PE114 Health Environment Project Fall 2009
Instructions

This project is built around a *critical evaluation* of the Transtheoretical Model. Specifically, students will provide three **original** images (student-taken) that represent difficulties in achieving behavior change according to the stage-based processes that are suggested. The topic assigned will be linked to areas of difficulty for the student (as identified in the Current Health and Health History Project), and as such the student should be able to portray what these difficulties look like through their eyes.

In addition to the images, students will be asked to portray the stages of the Transtheoretical Model using an original visual representation (student-created), to provide data that indicates the extent to which the assigned behavior and the resulting health concerns are prevalent in the nation, state, and local area, and finally, students will provide data supporting other underlying processes that may have led to these difficulties.

The project will be created in PowerPoint, and will be limited to 9 slides as follows:

Slide 1
Student name, behavior, and stage

Slide 2
Student's portrayal of stages of change model (Transtheoretical Model). This can be created in PowerPoint using the lines, boxes, shapes, etc. that are available. Students may draw inspiration from other portrayals that they find, but must be able to show how they conceptually understand the model as it relates to the process of changing a health behavior.

Slides 3-5
1. ORIGINAL images on the slide itself (no text)
2. A 1-2 paragraph description of each image and its meaning in the **notes section** on PowerPoint **under** each slide

Your images should portray why some of the processes and variables outlined in the Transtheoretical Model are so difficult to implement. Students should examine the processes in Table 2.1 (p.49) that are associated with their assigned stage (as well as self-efficacy), and develop some reasons that using these processes may prove unsuccessful or difficult. These could be environmental factors (social influences, availability of resources, etc) or personal factors (thoughts, feelings, beliefs, etc.). The images that the students produce should "describe" these difficulties.

CREATIVITY IN YOUR IMAGES IS EXPECTED!!! Try to surprise the viewer with your insight into the processes.

Your written description should be what you will say during your presentation. It should link back to the process that the image references, a description of how that process works, and examples of the difficulties you are trying to portray in the image.

Slides 6-7

These slides should display:
- the national and state rate of the behavior in question (baseline, mid-course, goal),
- national and state rate from a specific sub-population (income, race, etc) at baseline, mid-course, and goal
- local rate of behavior in question (one year is fine)
- rate and trend over time for one health outcome for this behavior (national, state, local)

Feel free to use tables to display this data and be sure to make a case that this behavior and the associated health outcomes are a problem!

Slide 8

This slide should display the data that you obtained from statistical abstracts, that shows some trends that illustrate how good behavioral choices are as difficult as ever in our current complex environment. Use two years (one in the last 4 years, and one 15-20 years prior) to illustrate the changes over time.

Slide 9

References – each source should be cited here in APA format.

Due Dates
Monday December 7th

Images must be taken and rough draft of PowerPoint slides brought to class. Print out on 6 slides per page setting for review.

On **Wednesday December 9th** or **Friday December 11th** you will be showing your PowerPoint slides, and will need to be prepared to talk about and describe your images, the stages of change model, and the data. Students and faculty from PE and other invited departments will be circulating and asking questions about the meaning of your images and you should be prepared to talk about them.

On the day that your presentation occurs, please bring your 9 slides to class on a flash drive or send them to yourself via email, and save them on a computer in the lab where you are presenting.

PE 114 – Health Environment Project Initial Worksheet

This will be a photographic image-based project where the student will present his or her thoughts on the factors that make it so difficult to make good health behavior choices. Support for the importance of the health issues will come from research into current health status data, health goals, and other factors underlying the health decisions we make. Since we as individuals do not operate "in a bubble," this will be a chance for the student to examine what external factors impact health.   Students will base their projects on:

- Prochaska's Transtheoretical Model of Health Behavior Change
    o Stages
    o Processes
- Original, student created photographs
- Healthy People 2010
- Statistical Abstracts of the United States

Images, findings, and justifications will be presented in class in a session format, and a discussion will follow about the presented items.

Rank (1-3) the following general health behavioral areas of concern in America in the order that they are most closely linked with what you found as a weakness (for you) during the current health and health history project.

- Nutrition Behavior   ____

- Physical activity behavior   ____

- Alcohol behavior   ____

PE114: In-Class Assignment: Healthy People 2010   Name:_____

1. How do you cite the HP 2010 website?:
    a. if you were using it in a bibliography of reference information at the end of your project?

2. What are its two goals?

3. Take a look at the 2nd Leading Health Indicator- Overweight and Obesity, and answer the following questions:

    a.) What is the health impact of overweight and obesity?

4. DATA SEARCH: Use the most recent reported data from your search.
    a. What percent of US adults smoke cigarettes? US adolescents (grades 9-12)?

    b. What percent of Ohio adults smoke cigarettes?

    c. What percentage of Ohio adolescents (grades 9-12) smoke?

    d. Describe how both compare to the national average?

    e. Relative to the national data, discuss the impact gender, education, race, and economic status seem to have on the likelihood that a person will smoke.

Go to the following website: http://dwhouse.odh.ohio.gov/

From this website, go into the "Information Warehouse" and answer the following questions. *You will have to select the Behavioral Risk Factor Survey data.*

1. How does Delaware County compare to the statewide average in terms of current cigarette smokers? In what year were these data current?

Your Project Work (You should use your text, the HP2010 site and the Ohio Dept. of Health Information Warehouse)

1. What was the baseline HP 2010 rate for your behavior?

2. What is the HP2010 goal rate for your behavior?

3. What is a mid-course rate for your behavior (2006 or 2007)?

    a. Choose two types of data that show the problem (gender, income, various forms of the behavior, etc) and describe the rates (baseline, goal, mid-course)

    b. What is the rate in Ohio (baseline, goal, current)?

    c. What is the rate locally (usually only one data point available)?

4. What are 2 potential disease outcomes from your health behavior?

    a. For one of the outcomes, what is the rate nationally?

        i. Trend over time? (Include years)

        ii. Rate in Ohio vs US?

PE 114 Statistical Abstracts   Name_____

Describe the reference/resource
1. Correct APA citation. NOTE: Generic book APA citation is:
Author last name, 1st init. 2nd init. (year of pub). *Title.* Publishing Company: Publishing city, state abbrev.

2. Getting into the data.
If you wanted to answer the question if people watch more hours of TV today than they did 15-20 years ago, where might you look for information?

What data can you find that would show that today's adult has more demands placed on her/him than ever? Again, attempt to gather data across time that would help you answer this question. Write your supporting points as bullets. Cite the sources of your data. You may shorten the citation to (USDC, date, table #, p#) for this task.

3. In-class work:

Work with a group of 2 other people who are examining the same behavior. Think about environmental factors (work, personal life, leisure, etc.) that might make good behavioral decisions as difficult as ever. This portion of the task is just brainstorming, so that you have ideas for the next portion. Write your ideas below.

Now, try to find data that supports these limiting factors. You should use data across time, so find a current statistical abstracts edition (or use the online version) and an older version from 15-20 years ago. This task takes some creativity, and will take some looking around in the books to get ideas. Find info to support your ideas, bullet your these supporting data below and cite them. Cite the sources of your data. You may shorten the citation to (USDC, date, table #, p#) for this homework task.

Name:_____

<div align="center">

PE 114 Health Environment Project
Rough Draft Peer Rubric

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Check your partner's presentation for the following:

Title Slide (name, topic, stage)	YES	NO
Model slide	YES	NO
3 Image slides	YES	NO
2 health data slides (with sources)	YES	NO
1 slide with contextual data	YES	NO
1 Reference slide	YES	NO

Next, have your partner talk through her/his slides and rate them on the following:
(1=lowest, 5=highest)

Understanding and depiction of Transtheoretical Model
     1   2   3   4   5

Creativity of images
     1   2   3   4   5

Visual appeal of images (clarity, quality)
     1   2   3   4   5

Description of images
     1   2   3   4   5

Description of linkage to specific processes of change
     1   2   3   4   5

Connection between image issue and assigned stage of change
     1   2   3   4   5

Use of data to support the importance of assigned health issue
     1   2   3   4   5

Use of data to show difficulties of decision making in current environment
     1   2   3   4   5

Consistency of message (flow) between data, images, and topic
     1   2   3   4   5

Comments:

PE114 Health Environment Project
Presentation Instructions

Basic Rules:
- Be on time.
- Be creative!
- Dress professionally. I have invited faculty and students outside our dept. and class to this so please dress to properly represent your work and yourself.
- Be prepared to discuss your images.
- Bring your slides on Flash Drive and Email them to yourself. It is your responsibility to have everything together and ready to go.

Be prepared to answer questions about:
- Getting past these difficulties which you have identified in your images.
- Environmental factors that might have an influence on these issues.
- Understanding of the Transtheoretical Model.
- Connections between the behavior, stage, and processes you've identified.

Due on Presentation Day:
- Your Powerpoint presentation with:
  - 9 slides as described on the project instructions
  - A description of the meaning of your images typed in the "notes" section under the image slides
    - This description should link back to the process that the image references, a description of how that process works, and examples of the difficulties you are trying to portray in the image.

Some tips on your presentation:

Own it! Talk about your topic, and how you see the model, then jump into the images and describing how you came to get these, what they mean, your issues with particular processes of change. SHOW us why changing a behavior is so difficult, in your estimation.

Then, talk about how prevalent of a problem your assigned behavior is and how the data show that if changes aren't made there are larger issues at stake. Finally, talk about some outside factors (with data supporting it) can really make these behavioral decisions difficult.

The data is important, but don't forget…..
THE MAIN FOCUS OF PRESENTATION IS THE MODEL AND THE IMAGES!

Name:_____

You are asked to visit and view images and details with 6 of your classmates during this time. For each, provide their name, topic, assigned stage, and rate them in the given categories. For **just two** of the presentations, please respond to the questions on the last page.

Please use the following example for anchoring the rating scale:

5	4	3	2	1
Excellent, high quality	Good, solid quality	Fair, average quality	Lacking, below-average quality	Poor, very little quality

<u>Project 1</u>
Name: _____ Topic:_____ Stage:_____

Rate the presenter on the following (5=highest, 1=lowest)

Understanding and depiction of Transtheoretical Model
     5   4   3   2   1

Creativity of images
     5   4   3   2   1

Visual appeal of images (clarity, quality)
     5   4   3   2   1

Description of images
     5   4   3   2   1

Description of linkage to specific processes of change
     5   4   3   2   1

Connection between image issue and assigned stage of change
     5   4   3   2   1

Use of data to support the importance of assigned health issue
     5   4   3   2   1

Use of data to show difficulties of decision making in current environment
     5   4   3   2   1

Consistency of message (flow) between data, images, and topic
     5   4   3   2   1

Project 2
Name: _____   Topic:_____   Stage:_____

Rate the presenter on the following (5=highest, 1=lowest)

Understanding and depiction of Transtheoretical Model
        5   4   3   2   1
Creativity of images
        5   4   3   2   1
Visual appeal of images (clarity, quality)
        5   4   3   2   1
Description of images
        5   4   3   2   1
Description of linkage to specific processes of change
        5   4   3   2   1
Connection between image issue and assigned stage of change
        5   4   3   2   1
Use of data to support the importance of assigned health issue
        5   4   3   2   1
Use of data to show difficulties of decision making in current environment
        5   4   3   2   1
Consistency of message (flow) between data, images, and topic
        5   4   3   2   1

Project 3
Name: _____   Topic:_____   Stage:_____

Rate the presenter on the following (5=highest, 1=lowest)

Understanding and depiction of Transtheoretical Model
        5   4   3   2   1
Creativity of images
        5   4   3   2   1
Visual appeal of images (clarity, quality)
        5   4   3   2   1
Description of images
        5   4   3   2   1
Description of linkage to specific processes of change
        5   4   3   2   1
Connection between image issue and assigned stage of change
        5   4   3   2   1
Use of data to support the importance of assigned health issue
        5   4   3   2   1
Use of data to show difficulties of decision making in current environment
        5   4   3   2   1
Consistency of message (flow) between data, images, and topic
        5   4   3   2   1

Project 4
Name: _____   Topic:_____   Stage:_____

Rate the presenter on the following (5=highest, 1=lowest)

Understanding and depiction of Transtheoretical Model
        5   4   3   2   1
Creativity of images
        5   4   3   2   1
Visual appeal of images (clarity, quality)
        5   4   3   2   1
Description of images
        5   4   3   2   1
Description of linkage to specific processes of change
        5   4   3   2   1
Connection between image issue and assigned stage of change
        5   4   3   2   1
Use of data to support the importance of assigned health issue
        5   4   3   2   1
Use of data to show difficulties of decision making in current environment
        5   4   3   2   1
Consistency of message (flow) between data, images, and topic
        5   4   3   2   1

Project 5
Name: _____   Topic:_____   Stage:_____

Rate the presenter on the following (5=highest, 1=lowest)

Understanding and depiction of Transtheoretical Model
        5   4   3   2   1
Creativity of images
        5   4   3   2   1
Visual appeal of images (clarity, quality)
        5   4   3   2   1
Description of images
        5   4   3   2   1
Description of linkage to specific processes of change
        5   4   3   2   1
Connection between image issue and assigned stage of change
        5   4   3   2   1
Use of data to support the importance of assigned health issue
        5   4   3   2   1
Use of data to show difficulties of decision making in current environment
        5   4   3   2   1
Consistency of message (flow) between data, images, and topic
        5   4   3   2   1

Project 6

Name: _____ Topic:_____ Stage:_____

Rate the presenter on the following (5=highest, 1=lowest)

Understanding and depiction of Transtheoretical Model
      5   4   3   2   1

Creativity of images
      5   4   3   2   1

Visual appeal of images (clarity, quality)
      5   4   3   2   1

Description of images
      5   4   3   2   1

Description of linkage to specific processes of change
      5   4   3   2   1

Connection between image issue and assigned stage of change
      5   4   3   2   1

Use of data to support the importance of assigned health issue
      5   4   3   2   1

Use of data to show difficulties of decision making in current environment
      5   4   3   2   1

Consistency of message (flow) between data, images, and topic
      5   4   3   2   1

For two of the presentations, please answer the following questions. In addition, you should ask one follow-up question of your own making.

Name: _____   Topic:_____   Stage:_____

Should a person just ignore this particular process of change or strategy if it is such a hurdle? Why or why not?

What does the presenter suggest for getting past the identified difficulties?

What environmental factors (social, availability, access, cost, etc.) does the presenter feel have an impact on this issue (beyond even what is represented in the presentation)?

Follow Up Question:

What would your images have been like if you had been assigned the same topic and stage?

Name: _____ Topic:_____ Stage:_____

Should a person just ignore this particular process of change or strategy if it is such a hurdle? Why or why not?

What does the presenter suggest for getting past the identified difficulties?

What environmental factors (social, availability, access, cost, etc.) does the presenter feel have an impact on this issue (beyond even what is represented in the presentation)?

Follow Up Question:

What would your images have been like if you had been assigned the same topic and stage?

PE 114 – Health Environment Project Rubric

Name:_____

Competency	Excellent (10)	Proficient (8)	Developing (6)	Inadequate, poor, or no attempt made (4-0)
Completeness	Slides and descriptions are complete, no missing topics or components.	Slides and descriptions are mostly complete, only some missing depth and/or breadth	Substantial lack of completeness, and depth/breadth	Many missing sections, or severely lacking depth and breadth
Support	Supporting data is clear, consistent, and appropriately used to clarify prevalence and connection of issues.	Supporting data is mostly clear, mostly consistent, and generally used where appropriate to clarify prevalence and connection of issues.	Supporting data is lacking in clarity and consistency, and is sometimes not used to clarify main discussion points.	Supporting data missing or only used sporadically and not consistent with main points.
Flow/Organization	Clear and logical progression through model, images and data, as well as description.	Mostly clear progression through model, images and data, as well as description with some gaps in logc.	Progression and logic is often flawed, difficult to understand flow of project	Progression through slides and description indicates a lack of logical thought and synthesis into a "whole."
Coherence	Student understood the purpose of the project (weaknesses of TTM); topics are appropriately linked, categorized, and understood	General understanding conveyed with a few errors: topics are generally appropriately linked, categorized, and understood	Some lack of understanding of purpose of project; topics are sometimes not appropriately linked, categorized, and understood	Project not well understood; topics are often not appropriately linked, categorized, and understood
Theoretical Concepts	Project conveys a complete understanding of the theoretical foundation of behavior change, including the TTM.	Project conveys some understanding of the theoretical foundation of behavior change, including the TTM.	Project shows a lack of understanding of portions of the theoretical foundation of behavior change, including the TTM.	Project displays little to no understanding of the theoretical foundation of behavior change, including the TTM.
Creativity	Images and model depiction use a creative and effective approach	Images and model depiction sometimes use a creative and effective approach	Images and model depiction Infrequently use a creative and effective approach	Rarely or never uses a creative and effective approach in images and model depiction

Process Points:
_____ APA Format – references **(5)**
_____ Images are taken not found **(10)**
_____ Professionalism (dress, punctuality, etc.) **(20)**

Total Points (95) _____