

## Better Health in Action

### GRADE RANGE

6–8

### DURATION

3 Class sessions  
(approximately 45–60  
minutes)

### BETTER HEALTH IN ACTION VIDEO TOPIC SERIES

The *Better Health in Action* Video Topic Series gives students the opportunity to explore the impacts of the Social Determinants of Health (SDOH) on their overall health, the health of their community, and the health of communities around the world. This video series focuses on the SDOH: Health Care Access and Quality, Neighborhood and Built Environment, and Education Access and Quality. This series and activities will empower your students to become informed global citizens who are actively engaged in shaping a better, healthier world for all. By fostering critical thinking, education, and a broader perspective on health, students will research and address global health disparities and take positive action in their communities. To learn more about the SDOH, how to take action, and health equity visit: [www.betterhealthinaction.com/health-equity](http://www.betterhealthinaction.com/health-equity).

### ABOUT THE VIDEO SERIES

The *Better Health in Action* Video Topic Series is a three-part video topic series that introduces students to global professionals who are working to address health disparities around the world. This series will have students consider how global health concerns impact their local community. Guided by professionals at Takeda, students will develop a sense of global citizenship and empowerment to make positive changes in their communities and beyond. This series will have students consider how they can tackle the SDOH to bring communities around the world closer to health equity.

### USING THE VIDEOS IN YOUR CLASSROOM

The videos in this three-part topic series can be used in a variety of ways, depending on the needs of your students and device access. They

were designed with flexibility in mind, and can be used in any order, or even independently! Although, we recommend collaborating with other educators to really make the magic happen.

**Watch and Discuss:** Watch one or more of the videos in class or assign students to watch independently. Invite students to participate in a follow-up discussion and/or written assignment. Use the discussion and research questions provided for each video or create your own.

**Classroom Activity:** Each video has an accompanying classroom activity with three lessons that should be completed in 45–60 minutes, aligned to United Nations Sustainable Development Goals (SDGs), National Health Standards, and National Math Standards. The video is an integral part of each activity, which also includes objectives, standards, career connections, and detailed implementation strategies. Instruction is divided into the following sections:

- **Engage:** An opening activity or discussion that captures students' interest in each topic area.
- **Learn:** Discover the topics that connect directly to national standards.
- **Career/Health Connection:** Access industry professionals who drive home real-world connections into the classroom.
- **Challenge:** Students apply their learning in a collaborative and dynamic activity.
- **Reflect:** Encourage students to consider their learning, the connections they made, and feedback, or think of how to take their learning further.

## Connecting with a Math Teacher

Math teachers are highly creative individuals, but like all teachers, they are busy people. In the *Math Lesson Extension* section there are ideas to either invite the math teacher to collaborate with you or to expand learning further, through health education. Math is essential for collecting, organizing, and analyzing health-related data. Researchers and healthcare professionals use statistical methods to study health trends, assess treatment effectiveness, and identify risk factors for diseases.

## VIDEO 1: HEALTHCARE ACCESS AND QUALITY

[View full companion lesson](#)

### Overview

Drawing on the video, featuring Kumi Inagaki, Head of Global Sustainability at Takeda, provides valuable insights into sustainability and its significance, particularly in the context of Takeda's global commitment. Sustainability—the ability to maintain or support processes over time—involves conserving resources and reducing environmental footprints. Takeda's dedication to sustainability encompasses three key pillars: Patients, People, and Planet. Their efforts to improve healthcare access and quality worldwide aim to address health inequities and provide life-transforming medicines to all. Specific initiatives include patient access programs in low and middle-income countries to ensure affordability and accessibility to medicines and vaccines. This video highlights the importance of sustainability to the community and future generations, inspiring viewers to consider ways they can contribute to a brighter, more sustainable future in their own neighborhoods.

### Objectives

Students will be able to:

- **analyze** data to identify disparities in healthcare access among diverse populations.
- **develop** an action plan to raise awareness and propose practical solutions to support healthcare services in underserved communities.
- **explore** the importance of healthcare access and its impact on personal and community health.

### Key Student Questions

Why do healthcare challenges exist in marginalized communities? How can we analyze data to identify disparities in healthcare access among diverse populations? What practical solutions can we propose to support healthcare services?

### Health Connection | Kumi Inagaki

Students will take a deep dive into the work of Kumi Inagaki and personal stories of improving healthcare access and quality for all.

### Team Skills Practiced

Collaboration, communication, leadership, problem solving, organization, decision making, teamwork, empathy, and creativity.



## Math Lesson Extensions

If you have access to a great math teacher, invite them to work with you on extending the lesson. If you do not have a math teacher available, here are some ideas for how you could expand learning and further embed math into the lesson:

- Explore different data types. Guide students in collecting data related to health topics, such as physical activity, nutrition habits, or the prevalence of certain diseases within the community. Students can then organize and analyze the data using simple statistical methods like mean, median, and mode. They can also create various types of graphs, such as bar graphs or pie charts, to visualize the data and draw conclusions.
- Have students practice budgeting for nutritious meals by calculating the cost of ingredients and comparing it to unhealthy alternatives. They can also analyze food labels to understand portion sizes, daily recommended values, and percentages.
- Working in small groups, have students research and create an infographic about the prevalence of a particular chronic disease, its risk factors, and prevention strategies, using data from reliable sources.
- Plan a healthy and budget-friendly meal for a family of four, considering factors such as nutritional value and cost of ingredients to compare and explore healthy vs. unhealthy alternatives in the students' communities.

## VIDEO 2: BLUEPRINT FOR A HEALTHIER ENVIRONMENT

[View full companion lesson](#)

### Overview

In this lesson students will be introduced to the Dengue Zero Project team to discover the impact of a community campaign. They will examine the components that shape a healthy and safe environment. Students will consider the role that one's neighborhood and established environment has on their health. They will engage in discussions on the importance of a healthy and safe environment in promoting overall well-being, health, and quality of life globally. Through these discussions, students will learn the vital role that a healthy environment plays in promoting overall well-being and enhancing the quality of life on a global scale. These conversations will help students discover how addressing the social determinants of health impacts health equity.

### Objectives

Students will be able to:

- **discover** how the health and safety of an environment is connected to the health of people who are born, live, work, and grow there.
- **understand** how social determinants of health can impact the prevalence and spread of diseases like Dengue.
- **explore** the social determinants of health and their relevance to disease-control initiatives.

## Key Student Questions

- How does your neighborhood and built environment affect your health?
- How does a healthy and safe environment contribute to overall well-being, health, and quality of life?
- What are some specific components or factors that shape a healthy and safe environment?
- How can we take action to promote a healthier environment in our own community?

## Health Connection | The Dengue Zero Project in Thailand

Students will be introduced to the Dengue Zero Project in Thailand and learn how they integrated vector management strategies in controlling and reducing the transmission of Dengue Fever.

## Team Skills Practiced

Communication, collaboration, problem solving, collaboration, empathy, organization, and creativity.

### **Math Lesson Extensions:**

If you have access to a great math teacher, invite them to work with you on extending the lesson. If you do not have a math teacher available, here are some ideas for how you could expand learning and further embed math into the lesson:

- Provide students with a set of health-related data points, such as the number of steps taken by individuals in a week. In pairs or small groups, they can calculate the mean number of steps and discuss the significance of this average in understanding physical activity levels.
- Have students explore the Dengue Zero Project or other health initiatives and identify the measurable impacts they have had on the community. For instance, if the project reduced the number of dengue cases, students can calculate the percentage decrease. Provide them with simple conversion exercises, such as converting the number of lives saved from dengue into a fraction or a percentage.
- Ask students to create a scaled blueprint or map of their ideal healthy neighborhood design. Provide them with rulers and graph paper to plan out the layout. They can use geometric shapes to represent different buildings, parks, and community spaces.

## VIDEO 3: CAMPAIGN FOR CHANGE: STUDENTS UNITING FOR A HEALTHIER FUTURE

[View full companion lesson](#)

### Overview

The lesson begins by introducing students to Takeda's role in bringing innovations to communities around the world and how Corporate Social Responsibility (CSR) plays a crucial part in promoting better health outcomes and overall well-being. Toshie Ando's career journey and passion for global health are highlighted to inspire students about the potential positive impacts they can make in the future. Students will plan and execute their campaigns within their school or local community to educate others about the disease and its prevention. They will be guided by the expert Toshie Ando, Head of Global Corporate Social Responsibility (CSR) to learn how to become an advocate and a responsible global citizen. They will conduct research to discover how to become effective advocates and responsible global citizens.

Throughout the lesson, students will develop essential skills such as critical thinking, collaboration, and effective communication. They will gain firsthand experience in creating their campaign, honing their ability to become advocates for healthcare education equity and chronic disease awareness. These skills include but are not limited to communication, leadership, problem solving, organization, patience, teamwork, and creativity.

### Objectives

Students will be able to:

- **investigate** the factors that contribute to healthcare education challenges for marginalized populations and understand the impact of diseases on specific communities.
- **collaborate** to design and implement an initiative that promotes awareness around a specific chronic disease within their community.
- **reflect** on their experience and assess the impact of their advocacy initiatives.

### Key Student Questions

What are the main factors that contribute to healthcare education challenges around the world? How can we design and implement an initiative to promote awareness? What steps can we take to become effective advocates for healthcare?

## Health Connection | Toshie Ando, Head of Global Corporate Social Responsibility (CSR)

Toshie will guide students through valuable insights into the world of Global Corporate Social Responsibility (CSR) and about the diverse initiatives undertaken by Takeda to support communities through early prevention and intervention, and education programs, to strengthen health systems in low-income and middle-income countries.

### Team Skills Practiced

Communication, collaboration, leadership, problem solving, organization, patience, teamwork, and creativity.

### Math Lesson Extensions

If you have access to a great math teacher, invite them to work with you on extending the lesson. If you do not have a math teacher available, here are some ideas for how you could expand learning and further embed math into the lesson:

- Have students research the impact of a specific CSR initiative in their region and calculate the percentage of improvement achieved (e.g., reduction in disease cases, increased healthcare access). They can present their findings to the class and discuss the significance of these percentages.
- Ask students to measure and record various aspects of their community's health environment, such as the distance to the nearest health center, the number of playgrounds or green spaces available, or the availability of healthy food options. They can present their findings in a table or on a map.
- Have students create a budget for a hypothetical health campaign focused on a specific issue in their community. They can allocate funds for education materials, outreach events, and healthcare resources while considering the social determinants of health.
- Have students create time lines showcasing the progression of Takeda's CSR initiatives and their impact on global health over the years. They can research key milestones, events, or significant health outcomes achieved through these initiatives and place them chronologically on the time line.