

SOME WAYS TO START INTEGRATING HEALTH

- **Have interested teachers and learners chose a health topic and then explore using the health lessons designed for ABE and ESOL available at the Harvard School of Public Health Website ([www.hsph.harvard.edu/health literacy](http://www.hsph.harvard.edu/health%20literacy)) and at the LINCS Health & Literacy Special Collection (www.worlded.org/us/health/linc).**
- **Contact local community health care centers and/or hospitals about a “community health van”. Many health centers and/or hospitals have vans that will come to your program to do such health activities as 1) blood pressure, cholesterol and blood sugar screening; 2) flu shots; and 3) mammograms and PSA tests. Contact your local resources to see what is available in your community. Have student help with coordinating activities.**
- **Ensure that local health centers are represented on your Community Planning Board. Their knowledge of community health services will connect your program and your students to local community health resources and special health programs.**
- **Ask your local hospital if they have a “virtual tour” of the facility. This can be a technology lesson as well as an opportunity to get students and teachers familiar with the local hospital.**
- **Do a technology lesson to teach teachers and students how to use the LINCS Health and Literacy website maintained at World Education in Boston. The website specializes in easy-to-reach health information and resources for both teachers and learners in ABE & ESOL.**
- **Have a student leadership team design, stock and maintain a health bulletin board.**
- **Provide workshops or fairs on popular health topics for ABE and ESOL students such as stress and depression, healthy eating and cancer. Students can act as facilitators for groups coming in and explain about importance of simple language etc. and/or act as interpreters.**