



Do You Think You're Healthy?

Case Studies Worksheet

Learning Activity 1: Who Is Healthy?

Case Study

Discuss with your group about the health practices of the character featured in your case study. Assign a person to report on the answers to the following questions:

What are the factors that affect your character's health?

Protective Factors

Risk Factors

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Is your character healthy?

What are the physical, social, mental, and/or financial implications of your character's health-related decisions on self, family, and community?

What would you advise your character to do to improve his/her health?