

ASSIGNMENT 1

Preventable Causes of Death and Personal Health Goals (10 Points)

The purpose of this assignment is to give you the opportunity to research key health behaviors and preventable causes of death. The ultimate goal of this assignments is for you to evaluate your own health behaviors and set three health-related goals towards which you will work across the semester as part of the course's final project. The assignment will require you to do some searching for information online, self-evaluation against public health recommendations and setting of goals for the semester. The written assignment will then be completed and submitted on IS.

Specific Instructions:

1. Research the top ten preventable causes of death. Be sure to inspect your sources and select at least three different sources during your research.
 - *Suggestions for credible sources include public health authorities such as the World Health Organization (WHO), Centers for Disease Control (CDC), or other similar Czech or European agency. You may also research specific reports in public health journals accessible through databases such as PubMed or Medline.*
2. Inspect the list that you came up with and identify which factors represent or are related to personal health behaviors (i.e., something a person does to either improve or worsen their health). Then research the current public health recommendations with respect to these behaviors. What should people specifically do or not do?
 - *For example, in relation to smoking, the public health recommendation is NOT to smoke. Similarly, for physical activity, the public health recommendations state how frequently, how much, for how long, and what type of activity one should engage in.*
3. Evaluate your own behavior against the public health recommendations that you identify. Which do you meet and which you don't?
4. On the backdrop of what you found, set three health-related goals that you will work towards this semester. The subsequent assignments and final project will require you to monitor your behavior, set incremental goals and make plans for reaching your goals. BE SURE to select at least two health behaviors, one goal can be related to a health-related outcome other than a health behavior.
 - *For example, setting a goal to lose weight is not a health behavior but a health outcome. In order to lose weight, you may need to increase physical activity and modify your eating – these are health behaviors. When selecting your goals please bear in mind the fact that you will be asked to use some aspect of technology to monitor your goals – e.g., a smartphone app. Be sure that at least one of your goals will allow you to monitor your behavior in this way.*
5. Write a 3-5 page paper summarizing the information above. Follow the same structure as outlined in instructions 1-4. Be sure to cite the sources of the information you present. Please use APA citation style (<http://www.apastyle.org/>) .

Format: The written assignment should be 3-5 pages double-spaced with 1 inch margins and 11 or 12 point font.

Due Date: Assignment 1 must be submitted by Mar 22 on IS.

Evaluation Criteria:

Criteria	Weight
Scope (all elements answered with sufficient detail)	4 points
Accuracy (selecting at least two health behaviors)	3 points
Clarity and quality of writing	2 points
Grammar, spelling, format	1 point
Total	10 points

Criteria	Assigned Point Value			
Scope	[4 points] All elements answered in sufficient detail	[3 points] One element missing or insufficient detail in some	[2 points] >1 element missing and insufficient detail provided	[0-1 points] Most (3+) elements missing; none or insufficient detail provided
Accuracy	[3 points] Selects at least two factors that can be considered a health behavior	[2 points] Selects one factors that can be considered a health behavior	[0-1 points] Does not select a health behavior	
Clarity and quality of writing	[2 points] Thoughts are presented clearly; exemplary organization of ideas with cohesive flow	[0-1 points] Thoughts not clearly presented; disorganized ideas with poor flow		
Grammar, spelling, format	[1 point] No grammatical or spelling errors; Adheres to specified format and length	[0 points] Grammatical or spelling errors; does not adhere to specified format and length		
Total	10 points			