

# Health promotion

with Dr TanYa Gwathmey

## Talking points

### Knowledge

1. What is health equity?
2. What happened during the Tuskegee Syphilis Study?

### Comprehension

3. Why is the Triad Pastors Network (TPN) using faith leaders and church members to deliver health education to African American communities?

### Application

4. How do you think the TPN adapts its health initiatives to meet the specific needs of different communities?
5. How could the strategies employed by the TPN be implemented in your community to improve health outcomes for people of all faiths and racial backgrounds?

### Analysis

6. How has systemic racism contributed to health disparities between African American communities and the rest of the US population?
7. Why is it problematic if African Americans do not participate in research studies to better understand medical conditions?

### Evaluation

8. To what extent do you think faith-based health programmes, like the TPN, can address the deeper systemic issues that contribute to health disparities experienced by African American communities? How might these programmes influence wider changes in the healthcare system to achieve health equity?
9. What career in health promotion would you most like to have, and why?

## More resources

- Visit TanYa's Futurum webpage to read her article in Spanish and to find an animation, podcast and PowerPoint about her work: [www.futurumcareers.com/health-promotion-with-dr-tanya-gwathmey](http://www.futurumcareers.com/health-promotion-with-dr-tanya-gwathmey)

## Activities

**Imagine you are a health ambassador for your class.**

It is your responsibility to design a workshop to raise awareness of a health issue and to promote healthy behaviours that could reduce its impact.

1. Choose a health condition, such as high blood pressure, diabetes, or anxiety, and use reliable sources (e.g., [cdc.gov](http://cdc.gov), [who.int](http://who.int)) to gather information such as its causes, risk factors, and how it can be prevented or managed.
2. Design a 15-minute workshop which should include:
  - **Educational component:** introduce the condition and present important facts about it, including symptoms, prevention strategies, and treatment options.
  - **Interactive activity:** create a practical activity to engage your audience (e.g., lead a simple exercise routine, demonstrate healthy cooking techniques, or organise a blood pressure check-up).
  - **Health promotion:** offer practical tips on how your classmates can incorporate healthy behaviours into their daily lives (e.g., reducing salt intake to reduce high blood pressure, exercising regularly to manage diabetes, or practicing mindfulness techniques to reduce anxiety).
3. Present your workshop to your class to educate them about your chosen health condition.

**Read and watch the following resources about conducting research studies on humans:**

- What is medical research?  
[www.youtube.com/watch?v=4pLsHhP7yTw](http://www.youtube.com/watch?v=4pLsHhP7yTw)
- Deciding to participate in clinical trials:  
[www.youtube.com/watch?v=5VCW31AnEpl](http://www.youtube.com/watch?v=5VCW31AnEpl)
- About research participation: [www.hhs.gov/ohrp/education-and-outreach/about-research-participation](http://www.hhs.gov/ohrp/education-and-outreach/about-research-participation)
- Ethical Principles and Guidelines for the Protection of Human Subjects of Research: [www.hhs.gov/ohrp/regulations-and-policy/belmont-report](http://www.hhs.gov/ohrp/regulations-and-policy/belmont-report)

Reflect on what you have learnt about the importance of ethical standards in research. What characteristics should an ethical clinical trial have?



Let us know what you think of this educational and career resource. Simply scan the QR code to provide input.