

iCONN Learning Activity

Preventing Serious Health Conditions

Level: High School

Task: Students will interview a family member to determine a health issue that is of concern to them and then research ways in which that disease or condition can be prevented or helped.

Research Question: What preventative measures can be taken to prevent or lessen the severity of a disease?

Content Area(s): Foods 2

State Content Standard(s):

Health

Standard 1: Students will establish and maintain healthy eating patterns and a physically active life.

- Identify and discuss the impact of food selections in causing or contributing to specific diseases and health conditions

iCONN Database(s): *Health and Wellness Resource Center, Expanded Academic ASAP*

Search Strategy:

1. Go to <http://www.iconn.org/>
2. If the list of databases is not already showing, click on “Select iCONN resources”
3. Open *Health and Wellness Resource Center*
4. Enter *your health issue* in the *Search for:* box (e.g., high blood pressure/hypertension)
5. Limit the search *to full text articles* (You can also limit the search to articles published within a specified time period)
6. Click *Search*
7. Click on the *title* to read an article
8. If other tabs are active (not greyed out), click on them for additional types of resources (e.g., *Reference, Magazines & Journals, Pharmacy, Pamphlets, Resources*)

Alternate Search Strategy:

1. Go to <http://www.iconn.org/>
2. If the list of databases is not already showing, click on “Select iCONN resources”
3. Open *Health and Wellness Resource Center*
4. Click on the *Medical Encyclopedia* box in the *Quick Start menu*
5. Click on *the letter of alphabet* that corresponds to the *first letter* of your disease (Note: You should use the *medical*, not the common name of the disease as the search term. For example, use H for hypertension, not high blood pressure)
6. Scroll down until you find the disease you are searching for
7. Click on the name of the disease
8. Under the *Table of Contents*, click on *Prevention*
9. Note: Additional information may be found by clicking on the *See Also* topics in the left hand column
10. Additional information on your topic may also be available from organizations dedicated to the disease (such as the American Heart Association); to search for organizations that deal with the health condition you’re researching, click on *Health Organizations*
11. Enter *your search term* and click on *Search*
12. Click on the *name of the organization* to gain summary information about the organization and how to contact them

Adaptations for Differentiated Learning:**Search Strategy:**

1. Go to <http://www.iconn.org/>
2. If the list of databases is not already showing, click on “Select iCONN resources”
3. Open *Expanded Academic ASAP*
4. Select *Subject guide* search
5. Enter *hypertension* in the search box
6. Limit the search *to articles with full text only*
7. Click on *Search*
8. Next to *Hypertension* click on *Narrow by subdivision*
9. Scroll down the results until you come to *prevention*
10. Click on *View*
11. Click on an article title or *Text* to read the article

-- OR --

1. Go to <http://www.iconn.org/>
2. If the list of databases is not already showing, click on “Select iCONN resources”
3. Open *InfoTrac Junior Edition*
4. Enter *your subject* (e.g., hypertension) in the search box and click *Find*
5. Under *your subject* (e.g., hypertension), click on *See also* subdivisions to narrow search
6. Click on *View* next to prevention
7. Click on article title or *Check Out* to read an article

From:

Conard High School

West Hartford

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