

Growing Up Healthy Facilitator Page



RX FOR
CHILD
SURVIVAL
A GLOBAL HEALTH CHALLENGE™

Purpose: To learn about factors that significantly affect a child's health

Activity at a Glance

- Activity type: Board game
- Age range: Middle school–adult
- Number of players: 2–6
- Duration: 8 minutes
- Space: A table top
- Facilitation: Not required
- Preparation time: 15 minutes

Overview

Players imagine themselves to be a young child trying to reach his or her fifth birthday. (Once a child reaches age five, his or her chances of reaching adulthood increase dramatically.) Players take turns drawing YOUR MOVE cards, which present health-related scenarios faced by the child, the child's family, or the community. Depending on whether the scenario helps or hurts a child's health, the player moves his or her playing piece forward or back. The play ends after eight minutes. Players discuss how healthy they are compared to when they began the game and which public health measures seem to make the most difference in keeping people healthy.

Core Concepts

- There are factors at the individual, family, community, regional, national, and international levels that affect children's health.
- Raising a child to age five can be especially challenging without an adequate public healthcare system.

Materials

- GROWING UP HEALTHY game board
- 6 game pieces (use the ones supplied with the game or borrow some from other games)
- YOUR MOVE cards (30)
- CHANCE cards (12)
- 50 small objects, such as pennies, to use as tokens
- A container to use as the "bank"
- A timer

Preparation

- Download the game board and the YOUR MOVE and CHANCE cards. Print them on card stock and laminate, if possible.
- Connect the two halves of the board and cut out the cards.
- Gather the rest of the materials.

**POOR
HEALTH**

**FAIR
HEALTH**
(START HERE)



**YOUR
MOVE**

**YOUR
MOVE**

Place YOUR MOVE cards here, face down.

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Growing Up Healthy



RX FOR
**CHILD
SURVIVAL**

A GLOBAL HEALTH CHALLENGE™

READ ALOUD:

Everyone playing is a child growing up in the same rural community in a developing nation. In the game, you (and sometimes your family) face situations that improve or worsen your health. And sometimes, your entire community is affected. Your goal—finish the game in the best possible health. Beware... your fate is in the cards!

SCORING

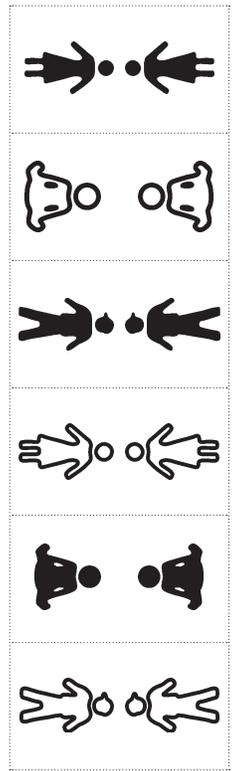
How many public health measures that kept you healthy during the game can your group recall? If you scored:

- 1–3 measures: Try again!
- 4–6 measures: You're paying attention!
- 7 or more measures: Public health expert!

1. Place your game piece on FAIR HEALTH.
2. Take 5 tokens from the bank. *(This is your money to spend during the game.)*
3. Set the timer for 8 minutes.
4. The play goes clockwise, with the youngest player going first.
5. On your turn, take a YOUR MOVE card and follow the instructions. *(Put card in a discard pile, unless you are keeping it. If you run out of cards, shuffle and reuse them.)*
6. The game ends when the time runs out.



<p>C H A N C E</p> <p>You receive care at a free clinic. Move 1 place toward GOOD HEALTH.</p>	<p>C H A N C E</p> <p>Your condition remains stable. Stay where you are.</p>
<p>C H A N C E</p> <p>Your condition remains stable. Stay where you are.</p>	<p>C H A N C E</p> <p>You receive care at a free clinic. Move 1 place toward GOOD HEALTH.</p>
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<p>C H A N C E</p> <p>Your condition worsens. Move 1 place toward POOR HEALTH.</p>	<p>C H A N C E</p> <p>Your condition improves. Move 1 place toward GOOD HEALTH.</p>
<p>C H A N C E</p> <p>Your condition improves. Move 1 place toward GOOD HEALTH.</p>	<p>C H A N C E</p> <p>Your condition worsens. Move 1 place toward POOR HEALTH.</p>
<p>C H A N C E</p> <p>Your condition worsens. Move 1 place toward POOR HEALTH.</p>	<p>C H A N C E</p> <p>Your condition improves. Move 1 place toward GOOD HEALTH.</p>



1. Cut out playing pieces along dotted lines.
2. Fold in half.



Cut out cards along dotted lines. 

YOUR MOVE: Your family has a good harvest and will have plenty of food this year.

➔ Move 2 places toward good health.

Did you know? 5 million children under the age of five die of starvation each year.



YOUR MOVE: You have severe diarrhea and become dehydrated.

➔ To recover, pay 2 tokens to the bank for oral rehydration solution. Move 1 place toward good health.

➔ If you cannot afford oral rehydration solution, take a CHANCE card.

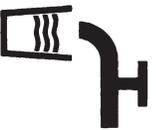
Did you know? 1.6 million children under the age of five die from diarrheal diseases each year.



YOUR MOVE: You have clean drinking water.

➔ Move 2 places toward good health.

Did you know? 1.1 billion people—about 1/6 of the world's population—lack access to safe drinking water.



YOUR MOVE: A clinic has Vitamin A to protect your vision.

➔ Pay 2 tokens to the bank to buy Vitamin A and move 1 place toward good health.

➔ If you cannot afford to buy Vitamin A, move 1 place toward poor health.

Did you know? Each year, approximately 500,000 children go blind because of a Vitamin A deficiency.



YOUR MOVE: A limited supply of insecticide-treated netting is being sold in your community.

➔ Pay the bank 2 tokens to buy some to protect yourself from mosquitoes carrying malaria. Move 1 place toward good health.

Keep this INSECTICIDE-TREATED NETTING CARD to show you are protected.

➔ If you cannot afford netting, move 1 place toward poor health.



YOUR MOVE: You get pneumonia.

➔ Pay 2 tokens to the bank for antibiotics and move 1 place toward good health.

➔ If you can't afford antibiotics, take a CHANCE card.

Did you know? The antibiotics to treat one case of pneumonia cost 15 cents.



Cut out cards along dotted lines. 

YOUR MOVE: A local health clinic offers vaccines.

➔ **Pay the bank 2 tokens to be immunized against measles, diphtheria, and whooping cough. Move 1 place toward good health.**

Keep this IMMUNIZATION CARD to show you are immunized.

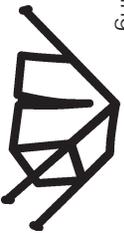
➔ **If you cannot afford to be immunized, move 1 place toward poor health.**



YOUR MOVE: War erupts in your country, and you move to a refugee camp.

➔ **Everyone moves 3 places toward poor health.**

Did you know? In refugee camps, overcrowding and unsanitary conditions promote the spread of disease.



YOUR MOVE: Your parents have a secondary education, can read, and have good jobs.

➔ **Take 2 tokens from the bank and move 1 place toward good health.**

Did you know? Healthy people are better able to contribute to the economic, political, and social lives of their country.



YOUR MOVE: Your parents lose their jobs and are unable to provide you regular meals.

➔ **Move 2 places toward poor health.**

Did you know? Malnutrition makes people more vulnerable to becoming sick.



YOUR MOVE: You were breastfed as a baby.

➔ **Move 1 place toward good health.**

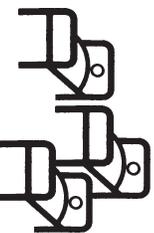
Did you know? Breastfeeding provides essential nutrients and boosts a baby's immune system.



YOUR MOVE: You get the flu.

➔ **Take a CHANCE card.**

Did you know? Over 30 million people worldwide died of the Spanish flu in the influenza epidemic of 1918-1919.



Cut out cards along dotted lines. 

YOUR MOVE: Your government has increased the amount it spends on public health.

➔ Everyone moves 2 places toward good health.

Did you know? In 2001, the US spent an average of \$4,887 per person for health care. In Mexico, the average was \$544. In Afghanistan, it was \$34.



YOUR MOVE: A drought destroys half your family's food crop, and you become malnourished.

➔ Move 2 places toward poor health.

Did you know? The USDA recommends 2000 calories a day for an active woman and 2600 calories a day for an active man.



YOUR MOVE: Aid organizations cannot deliver medical supplies to your remote area.

➔ Everyone moves 2 places toward poor health.

Did you know? Geographical barriers, political instability, and mistrust of foreign governments can keep health workers from reaching people in need.



YOUR MOVE: A limited supply of insecticide-treated netting is being sold in your community.

➔ Pay the bank 2 tokens to buy it to protect yourself from mosquitoes carrying malaria. Move 1 place toward good health.

Keep this INSECTICIDE-TREATED NETTING CARD to show you are protected.



➔ If you cannot afford netting, move 1 place toward poor health.

YOUR MOVE: Your family has a good harvest and will have plenty of food this year.

➔ Move 2 places toward good health.

Did you know? 5 million children under the age of five die starvation each year.



YOUR MOVE: One of your parents becomes seriously ill and cannot take care of you.

➔ Move 2 places toward poor health.

Did you know? UNICEF estimates that by 2010, 18 million children in sub-Saharan Africa will have lost a parent to AIDS.



Cut out cards along dotted lines. 

YOUR MOVE: You wash your hands regularly with soap and hot water.

➔ **Move 1 place toward good health.**

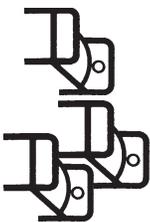
Did you know? Unwashed hands can spread diseases, such as colds, flu, strep throat, ear infections, and diarrhea.



YOUR MOVE: An epidemic strikes your community. Everyone gets sick.

➔ **Each player takes a CHANCE card.**

Did you know? Each year, infectious disease kills 14 times as many people as are killed in wars.



YOUR MOVE: Your family filters its water.

➔ **Move 2 places toward good health.**

Did you know? By filtering water through old saris, Bangladeshi women in one community cut the incidence of cholera by 50%.



YOUR MOVE: A \$100 donation enables your local clinic to buy 1,000 oral rehydration solution packets.

➔ **Everyone moves 1 place toward good health.**

Did you know? These packets cost about 10 cents each and annually could prevent over 1 million child deaths from dehydration associated with diarrhea.



YOUR MOVE: A local health clinic offers vaccines.

➔ **Pay the bank 2 tokens to be immunized against measles, diphtheria, and whooping cough. Move 1 place toward good health.**



Keep this IMMUNIZATION CARD to show you are immunized.

➔ **If you cannot afford to be immunized, move 1 place toward poor health.**

YOUR MOVE: You are exposed to measles.

➔ **If you have an IMMUNIZATION CARD, you are protected. Move 1 place toward good health.**

➔ **If not, you contract measles and infect other players. All players not immunized get measles. They each take a CHANCE card.**

Did you know? Immunization could prevent 1 million children from dying from measles each year.



Cut out cards along dotted lines. 

YOUR MOVE: Your community has a sanitation system.

➔ **Everyone moves 2 places toward good health.**

➔ **Did you know?** Over 40% of the world's population lacks access to modern sanitation facilities.



YOUR MOVE: You are exposed to whooping cough.

➔ **If you have an IMMUNIZATION CARD, you are protected. Move one place toward good health.**

➔ **If you do not have an IMMUNIZATION CARD, move 1 place toward poor health.**

➔ **Did you know?** In Africa, infectious and parasitic diseases account for 50% of all deaths, while in Europe they account for only 2%.



YOUR MOVE: One of your parents gets a higher-paying job.

➔ **Take 2 tokens from the bank and move 1 place toward good health.**

➔ **Did you know?** The higher a country's average income, the higher its average life expectancy.



YOUR MOVE: You are exposed to diphtheria.

➔ **If you have an IMMUNIZATION CARD, you are protected. Move 1 place toward good health.**

➔ **If not, you contract diphtheria and infect other players. All players not immunized move 1 place toward poor health.**

➔ **Did you know?** Vaccines, which cost pennies per dose, are one of the most cost-effective public health interventions.



YOUR MOVE: Malaria-carrying mosquitoes are abundant in your community.

➔ **If you have an INSECTICIDE-TREATED NETTING CARD, you are protected. Move 1 place toward good health.**

➔ **If not, you get malaria. Take a CHANCE card.**

➔ **Did you know?** Over one million children under the age of five die of malaria each year. Insecticide-treated netting could prevent many of these deaths.



YOUR MOVE: It is the rainy season and there are more malaria-carrying mosquitoes.

➔ **Players with INSECTICIDE-TREATED NETTING CARDS are protected. They each move 1 place toward good health.**

➔ **Players who are not protected get malaria. They each take a CHANCE card.**

➔ **Did you know?** Insecticide-treated netting costs \$5 per net.



Cut out cards along dotted lines. 