



Module 1 Workbook:

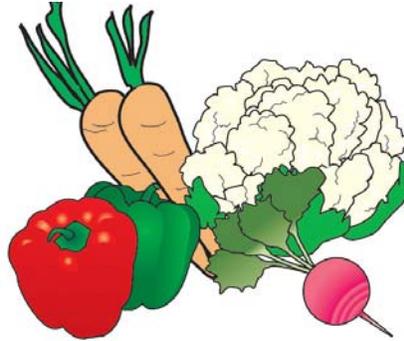
What is health
research?

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What is health?

Use the box below to write or draw what health means to you. If you are using your computer, you can even use pictures from the internet. The pictures below are some examples of what health can mean to some people. **What does health mean to you?**



A large, empty rounded rectangular box with a blue border, intended for writing or drawing a response to the question "What does health mean to you?"

What is research?

Research is the process of asking meaningful questions to better understand things we are interested in learning about. There are three (3) steps to the research process.

What are the three (3) steps of the research process?



We can use online searches, like Google, to find answers to our questions. **What is one (1) thing you have researched using Google?** Use the box below to write or draw something that you have researched or looked up using the three steps of research in an online search.

Step 1: _____

Step 2: _____

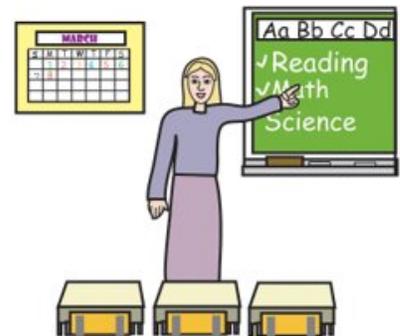
Step 3: _____

I belong on a research team

Use the box below to write or draw reasons why YOU belong on a research team. If you are using your computer, you can even use pictures from the internet.

There are many reasons why you belong on a research team.

What are three reasons why you belong on a research team?



Identify different types of research

There are lots of different ways to do research and get involved with research. **What are the three (3) different types of research?**

①



②



③



We can use the information we find from research in lots of different ways!

How is health research being used?

Research is being used in lots of different ways around us. Use the box below to write or draw to brainstorm how research is used. If you are using your computer, you can even use pictures from the internet.



Health research is being used to:



Secure funding for current & new programs

**Special
Olympics**



Show the impact and success of Special Olympics programs



Help to change policy & laws



Help doctors provide better care to help everyone

Activity: Health Research Survey

It's time for an activity and to do some research of our own through a survey. For each question, make an X in the box. Once you have answered all the questions, you can compare your answers to the national averages.

Question	Yes	Sometimes	No	National Averages
Do you drink at least 3, eight-ounce glasses of water per day?				2 ½ glasses
Do you exercise at least three times per week?				51%
Do you get at least seven hours of sleep per night?				65%
Do you go to the doctor at least one time per year for an annual check-up?				85%
Do you go to the dentist at least one time per year for a check-up?				64%
When you go to the doctor, do you go alone or does someone go into the doctor's office with you?				
When you go to the doctor's office, do you feel that the doctor listens to you?				

Why is it important for people with ID to participate in research?

It is important for everyone to participate in research. **Why should YOU participate in research?** Use the box below to write or draw to brainstorm why you should participate in research. If you are using your computer, you can even use pictures from the internet.

There are lots of benefits to participating in research. **What are three (3) reasons why YOU should participate in research?**



Module 1: COMPLETE



CONGRATULATIONS!

Thank you for participating in Module 1, and happy researching!