

## THE 3 THINGS

- Knowledge Attitude Practice** After working through this lesson, participants will be able to:
1. Name 3 things we can do to prevent premature heart disease, stroke, and diabetes.
  2. Give examples of a healthy diet.
  3. Teach about regular exercise.
  4. Explain that smoking or using tobacco causes health problems.

**Overview** This is another lesson in the Health Screening & Education series. It can also be used to teach about preventing cardiovascular disease or living a healthy lifestyle. This material is adapted from the Health Education Program for Developing Communities.

- Materials** *Collect these items before beginning the lesson:*
- Poster-size paper, markers, and masking tape
  - Handouts:
    - *The 3 Things (part one)*
    - *The 3 Things (part two)*

### LESSON

60 minutes

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**Illustration:** (5 minutes)

*Instructions:* Show *The 3 Things* poster (part one). What does this poster claim? What are the 3 things that you can do to prevent these problems?

Note to Trainers: Do not give away the answer yet.

Ask SH Questions:

*What did you **See**?*

*What was **Happening**?*

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**The Three Things** (10 minutes)

- A.** Think of all the diseases in the entire world. Which diseases are the biggest killers?
1. Heart disease is the #1 killer.
  2. Cancer is the #2 killer.
  3. Stroke is the #3 killer.
  4. Many people die from heart disease, stroke, diabetes, and cancer.
  5. These are not just diseases of the developed world. They are the biggest killers in both developed and developing nations.
- B.** What does this poster claim? What can be prevented by doing three things? (If they are not familiar with percentages, explain that 80% is four out of five, and 40% is two out of five.)
1. 80% of premature heart disease
  2. 80% of diabetes

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3. 80% of strokes
  4. 40% of cancer
- C.** Does that mean that all heart disease or stroke or diabetes or cancer can be prevented?
1. No! Some people are born with heart disease.
  2. No! Some people have heart disease that cannot be prevented.
  3. No! Sometimes children and young people have diabetes
  4. But 80%, or four out of five cases, of premature heart disease, stroke and diabetes can be prevented by doing these three things.
  5. Some types of cancer can be prevented as well.

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### **The 3 Things** (5 minutes)

*Instructions:* Discuss in large group.

- A.** What are the 3 things that you can do to prevent premature heart disease, stroke, diabetes, and many types of cancer? Show The 3 Things poster, part 2.
1. Eat a healthy diet.
  2. Get adequate exercise.
  3. Don't use tobacco.

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### **Activities** (25 minutes)

*Instructions:* Divide into small groups to work on one of three activities.

- A.** What does it mean to eat a healthy diet? What are healthy foods to eat? What foods should you avoid? Why? Draw a poster or act out a skit to illustrate this.
1. Eat lots of fruits and vegetables.
  2. Eat foods with high fiber.
  3. Avoid salty and salty foods
  4. Don't eat many fatty or fried foods.
  5. Eat fatty fish or take fish oil supplements.
  6. Limit your alcohol intake.
  7. Don't eat many sweets. Limit your sugar intake.
  8. Avoid sodas.
  9. Eat whole grains.
  10. Eat lentils, beans, peas, and nuts.
  11. Breastfeed your baby.
- B.** What health problems are caused by smoking and using tobacco? Draw a poster or act out a skit or sing a song to illustrate this.
1. Smoking stains your teeth.
  2. Smoking gives you bad breath.
  3. Smoking causes lung disease.
  4. Smoking causes cancer.
  5. Smoking hurts the people around you.
  6. Tobacco use can lead to heart disease.
  7. Don't smoke! Or quit smoking!
- C.** What is adequate exercise? What types of exercise do you enjoy? Teach an exercise class with the whole group or demonstrate your favorite type of exercise.
1. Physical activity includes sports, aerobics, gardening, housework, walking, or playing outside.

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2. Children and youths from 5 to 17 years old should have one hour of moderate physical activity a day.
3. Adults should have at least a half hour of physical activity every day.

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### **How Does this Apply to Me?** (15 minutes)

- A. Work individually, or in groups of 2 or 3 people. Think of practical ways that *The 3 Things* applies to you. Make an action plan. What will you do differently? Report back.
1. I will walk to work every day.
  2. I need to quit smoking.
  3. We can share recipes for healthy meals.
  4. We will go to the park instead of watching television.
  5. No more junk food!
  6. We can plant a garden.

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### **Conclusion and Take-Away** (5 minutes)

Discuss together:

- A. What did we discover in this lesson?
- B. Who could we share this with?
- C. Pray together.

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### **References:**

Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

Health Education Program for Developing Communities. 2011. *Community Health Screening & Education*. Available from: [http://www.hepfdc.org/Health\\_Screening.html](http://www.hepfdc.org/Health_Screening.html)

World Health Organization. 2012. *10 Facts on Physical Activity*. Available from: [http://www.who.int/features/factfiles/physical\\_activity/facts/en/index.html](http://www.who.int/features/factfiles/physical_activity/facts/en/index.html)

## THE 3 THINGS

THE 3 THINGS (part one)

# THE 3 THINGS



**The World Health Organization**  
reports that at least

**80%** of Premature Heart Disease  
(#1 Cause of Death)

**80%** of Stroke (#3 Cause of Death)

**80%** of Diabetes (#6 Cause of Death)

**40%** of Cancer (#2 Cause of Death)  
and **NUMEROUS** other conditions

**Can be Prevented by**

**YOU**

**Doing Just 3 Things**

(Much more important than all  
of our hospitals & clinics, doctors & nurses,  
and drugs & surgeries combined.)

**Source:** Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

# THE 3 THINGS

## THE 3 THINGS (part two)

