

Health Information in Tomorrow's World

The Health Academy

e-LEARNING COURSES

Courses Developed¹

1. All the Way to the Blood Bank

Around the world, AIDS is shattering young people's opportunities for healthy adult lives and this course is directed to the young people who offer the greatest hope for changing the course of the epidemic.

This course describes the various components and functions of blood, explains the importance of donating blood, lists the most common diseases that can be transmitted by blood, in particular HIV, and explains who is suitable to donate blood.

This course is divided into 4 units.

This course is available in English & Arabic.

2. Fighting for Our Lives

Tobacco is rapidly becoming one of the single biggest causes of death in the world; it is expected to kill about 1 billion people in the 21st century. The goal of this course is to enable people to take a leading role as advocates in environmental strategies to prevent and control tobacco use and to avoid its use personally. The emphasis of the course is on developing and implementing environmental approaches. In keeping with this approach, we urge communities to alter the physical, social, economic and legal environments that shape tobacco use. The emphasis of all activities is to develop learners' critical-thinking, analysis, and advocacy skills.

The course has 5 units.

This course is available in English & Arabic.

3. Healthy Mind, Healthy Body

The habitual use of substances has negative health impacts. The goal of this course on substance use is to promote healthy behaviour that decreases the incidence of habitual use of substances that have negative health impacts. It is designed to develop skills, to enable young people to avoid the dangers inherent in substance use, to promote positive and responsible attitudes and provide motivational support.

The course has 5 units.

This course is available in English & Arabic.

4. Safely on Our Way

The death rates on the roads are high and are growing daily. This course empowers learners to promote safe behaviour on the roads for all users, drivers as well as pedestrians. In this way, attitudes and behaviour of whole communities will be changed. The learners may then advocate for the creation of environments where road traffic crashes are minimal.

This course has 4 units.

This course is available in English & Arabic.

¹ Available Courses-25Feb10.doc

5. **Avoiding Tuberculosis**

Left untreated, each person with active TB disease will infect on average between 10 and 15 people every year. Someone in the world is newly infected with TB bacilli every second. Overall, one-third of the world's population is currently infected with the TB bacillus. 5-10% of people who are infected with TB bacilli (but who are not infected with HIV) become sick or infectious at some time during their life.

Information on Tuberculosis and its prevention is therefore of critical importance and should be sought in order to curb the occurrence of this disease. This course is designed to equip members of the community with the knowledge, skills and attitudes required to prevent and/or manage the disease.

This course is available in English, French & Arabic.

6. **Safer Food for Better Health**

Nutritious food is food that enables our bodies to grow, reproduce, and maintain good health. Safe food represents food that, upon eating, represents no or acceptable levels of risk to health. Do we really have to worry about whether food is safe? Yes! In addition to its life-giving properties, food is also a major source of exposure to disease-causing, or pathogenic, microorganisms and chemicals. Each year there are approximately 1,500 million episodes of diarrhoea around the world, resulting in over 3 million deaths in children less than five years of age. These mainly occur in developing countries, and over 2 million are estimated to have been caused by microbiologically contaminated food.

Learners will understand the basic causes and effects of food-borne illnesses and how to prevent them. They will also be shown the basic principles of hygiene and effective ways to enhance food safety, through the Five Keys to Safer Food.

This course is available in English, French & Arabic.

7. **Staying Fit**

In this course, WHO engages learners to think about their need for physical activity. Learners are provided with knowledge to help them understand various aspects of exercise, body weight and body mass indices. Learners will develop an exercise workout and keep a workout log.

This course is available in English & Arabic.

8. **Water for Life**

In this course, using skills-based investigative techniques, users learn about water in their vicinity by finding out where water is located, how it is used, and what sources of pollution exist that might affect water quality. They also learn how to carry out action-oriented projects to protect and improve critical water resources in their schools, their homes, the community and the larger environment. The lessons offer an innovative, interdisciplinary approach to health education. We use the term "interdisciplinary" to mean that key

curriculum messages are presented using concepts from multiple subject areas.

This course is available in English.

9. **Protecting our Bones**

Osteoporosis is a disease in which the density and quality of bone are reduced, leading to weakness of the skeleton and increased risk of fracture, particularly of the spine, wrist, hip, pelvis and upper arm. Osteoporosis and associated fractures are an important cause of invalidity and death. The goal of this course is to enable people to prevent and control osteoporosis. It is designed to advocate for preventing the disease and to provide motivational support. This topic is divided into 3 eLearning courses, separately targeted for women, men and children.

This course is available in English.

10. **Oral Health**

The goal of this course is to enable the learner to understand that oral health is essential for one's general health and well-being. It also provides the learner with the skills to take action to improve their oral health and prevent diseases.

The word "oral", both in its Latin root and in common usage, refers to the mouth. Oral health means much more than good teeth because the mouth includes not only the teeth and the gingivae (gums), but also their supporting connective tissues, ligaments and bones. It is connected to general health and is essential for well-being. It means being free of chronic oral and facial pain, oral and pharyngeal (throat) cancers, oral soft tissue lesions, birth defects (such as cleft lip and palate), and other diseases and disorders that affect the oral, dental and craniofacial tissues.

This course is available in English & Farsi.

11. **Don't Be a Victim of Health Attacks and Strokes**

Heart attacks kill more than 7 million people each year, and strokes kill nearly 6 million. Most of these deaths are in developing countries. Heart attack is now the leading cause of death worldwide. It is on the rise and has become a true pandemic that respects no borders. Stroke is the third most common cause of death in developed countries, exceeded only by heart attack and cancer.

The goal of this course is to help the learner to recognize the features of heart attacks and strokes, to identify the risk factors and to practice the preventive measures.

This course is available in English.

12. **Mind the Bite**

Malaria is a serious and life-threatening illness. Around 40% of the world's population, mostly those living in the world's poorest countries, are at risk of malaria. Every year, more than 500 million people become seriously ill with

the disease. Over one million people die of malaria each year, mostly babies, young children and pregnant women, and most of them in Africa. Asia, Latin America, the Middle East and parts of Europe are also affected. Malaria is a disease which can be transmitted to people of all ages. However, it is possible to both prevent and cure it.

This course is available in English.

13. Playing it Safe

Pandemic (H1N1) 2009 virus is a new Influenza virus that spread rapidly around the world. This virus is spread from person to person, similar to seasonal Influenza viruses. It is passed to other people by exposure to infected droplets expelled by coughing or sneezing that can be inhaled, or can contaminate hands or surfaces.

This course is available in English.