

## University of Missouri Extension

CB15, Revised July 2011

# An Ounce of Prevention: Addressing Health Issues of Adolescents and Young Adults

## 2011 Revision

This curriculum resource focuses on preconception health concerns. It includes resources for classroom use, a variety of learning activities, assessments, visual aids and e-learning tools. The first edition, titled *An Ounce of Prevention; Addressing Birth Defects Related to Folic Acid, Alcohol and Tobacco*, was published in 2000 and revised in 2005.

### Editor's note

The following abstract describes a publication that is only available for purchase. A link to ordering information is on this page.

The 2011 revision will be available in late July.

## Target audience for curriculum

The number of students who report sexual activity increases significantly with age and each grade in school. Targeting ninth- and 10th-grade students provides an opportunity to impact the lifestyle of this age group. While the intended audience is ninth- and 10th-graders, content can be adapted to other grade levels, appropriate to the needs and situations of each teacher. Correlation is provided for all the Family and Consumer Sciences classes to which the concepts in this curriculum relate.

Another target audience consists of expectant mothers who participate in programs and services offered by state departments of health, regardless of their age or whether they are still in school.

## Based on current, research-based information

An Ounce of Prevention was developed by:

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## **Educationally correct**

This curriculum meets Missouri's Show-Me Standards, National Standards for Family and Consumer Sciences, and Common Core State Standards.

## **Curriculum design and development**

Development of An Ounce of Prevention was supported by funds from the March of Dimes Foundation, MU Hospitals and Clinics, Missouri Department of Health and Senior Services, and MU Extension, with collaboration from the Missouri Department of Elementary and Secondary Education.

## **Incorporates both the practical problem-solving approach and the scientific method**

Each chapter includes:

- The practical problem question
- Key concepts
- Student competencies
- Key terms
- Objectives
- Teacher background information that provides research, information and statistics
- References for the material used in developing each module
- Resources -- websites, videos and printed materials. Printed materials are designed for students to use as they complete learning activities and assessments.
- Learning activities that build on topics presented in the listed objectives. Discussion questions and/or case studies may be used as a learning activity or assessment.
- Assessments to help students explore and discover knowledge
- Supplemental materials
- Activity sheets, fact sheets, audiovisual aids and ordering information for resources
- Appendices
  - Activities and assessments from each chapter
  - Publication ordering information
  - Websites for additional research
  - Recommended videos
  - Color photos of babies with birth defects
  - Bibliography

*"I have been using the materials in my class and they are great, the students love it and it is very user friendly."*

-- Rhonda Galbraith, Central High School, Springfield, Mo.

*"I'm sure this notebook will be one of the most used resources in my classroom. The information has already been used in Child Development and Health classes and as a resource for speeches and research papers in Senior English. The real-life pictures have been excellent teaching tools: they are worth a thousand words for the students."*

-- Celia Dotson, Salisbury High School, Salisbury, Mo.

## Keywords

- Birth defects
- Family health history
- Fetal alcohol syndrome
- Folic acid
- Genetic counseling
- Health education
- Newborn screening
- Nutrition
- Preconception planning
- Pregnancy complications
- Prenatal diagnosis
- Secondhand smoke
- Sex education
- Smoking, tobacco risks

## Pages

- 244

CB15, revised July 2011

## Related MU Extension publications

- N714, Teen Parents: Take a Taste for You and Your Baby Recipes  
<http://extension.missouri.edu/p/N714>
- N715, Teen Parents: Nutrition Curriculum for Pregnant and Parenting Teens  
<http://extension.missouri.edu/p/N715>
- N944, MyPyramid for Pregnancy Handout  
<http://extension.missouri.edu/p/N944>
- N948, MyPyramid For Pregnancy Poster  
<http://extension.missouri.edu/p/N948>
- NS944, MiPirámide para el Embarazo (MyPyramid for Pregnancy, in Spanish)  
<http://extension.missouri.edu/p/NS944>

Order publications online at <http://extension.missouri.edu/explore/shop/> or call toll-free 800-292-0969.



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