

CHALLENGE PLANNER EXAMPLE

This example uses the Big Idea of Health to demonstrate how the Challenge Planner can organize and document the process. It is only an example, do not feel limited by this approach; find your own ideas and process. Remember, this document is only for your planning. You will not submit it.

ENGAGE	<p>Big Idea: Your passion or interest.</p> <p>Health</p>	<p>Essential Question: A specific question about your Big Idea.</p> <p>How can I make my community healthier?</p>	<p>Challenge: Actionable statement of your Essential Question.</p> <p>Help my community eat healthier!</p>	<p>Reflect: Think about your process.</p> <ol style="list-style-type: none"> 1. What is your Big Idea and why it is important to you? 2. What is your Challenge? Why does it make you want to take Action? <p>Health is very important to me because it has had a huge impact on my family and community.</p> <p>My Challenge is to help my community to eat healthier. There is a direct relationship between diet and the onset and management of diabetes. This is also something that combines my passion with helping my community and food, especially traditional diets and foods. I am excited to learn more and identify lasting solutions.</p>
	INVESTIGATE	<p>Guiding Questions: What do you need to find out?</p> <ol style="list-style-type: none"> 1. What is nutrition and why is it important? 2. What is my community? 3. What role does poor nutrition play in obesity, diabetes and other chronic diseases in my community? 4. What are the barriers to nutrition in my community? 5. Who is already trying to help improve nutrition? 6. Are there other communities with the same challenges? Can I learn from them? 7. How can behaviors be changed? 	<p>Guiding Activities: How you are going to answer the questions?</p> <ol style="list-style-type: none"> 1. I did web research on nutrition and the impact on health. 2. I looked at community maps, contacted the local government to get statistics. 3. I conducted phone interviews with a school and community nutritionist. 4. Interviews (#3), explored markets in my community, spoke with community elders. 5. I did a search of community organizations, reviewed their websites and spoke to two of them. 6. I did web research on nutrition programs in communities similar to mine. 7. I did web research on how people changed their habits. 	<p>Synthesis: What did you learn by answering the questions?</p> <p>I learned about the importance of a balanced diet with a heavy emphasis on fruit, vegetables and grains. I also learned that heavily processed foods are not very nutritious.</p> <p>In looking at community maps and walking through my neighborhood, I discovered that there are few places to purchase nutritious foods and they are expensive (Food Desert).</p> <p>By talking to school and community nutritionists I discovered that there are already a variety of print and digital resources providing general information about nutrition.</p> <p>In my conversations with my grandmothers, other elders in the community and some cooks in neighborhood restaurants I learned that there are traditional recipes that are nutritious and others that are high in fat and salt.</p> <p>Finally I learned that to change behavior things need to be made easy and repetitive. In the case of my community, the easy access to junk food over time had created a habit of bad nutrition.</p>



CHALLENGE PLANNER (Part 2)

ACT

Solution Statement: Based on the synthesis, what is your solution?

Solution Development: How will you create and show your solution?

Implementation: How will you put your Solution into Action and share the results?

Reflect: Think about your process.

Educate home cooks about nutrition (shopping and cooking) and modify traditional recipes to be healthier

Working with a community health organization and elders, I am modifying a traditional menu to include healthier ingredients. We will be making the recipes available through a community website and organizing a series of workshops on shopping and cooking with nutrition in mind.

Working with the community health organization we converted traditional recipes, made them available online and offered four workshops at the community center.

We did a short pre and post survey and then followed up with a couple of the participants several weeks later.

1. What is the Solution for your Challenge?
2. Why was the Solution effective? How do you know?

1. My solution is to Educate home cooks about nutrition (shopping and cooking) and modify traditional recipes to be healthier
2. While there was not enough time to do a significant implementation. The sample that were able to do a pre and post survey validated that this is an important problem and that having local and applicable information could help to change behavior.

REFLECT

1. What are the most important knowledge and skills you learned during the process?
2. How did you positively impact the people involved with your Challenge?
3. How has this experience prepared you for future Challenges?

1. Through this process I learned the critical importance of nutrition, that eating healthy is dependent on a lot of factors (habits, access, traditions, advertising, peer pressure, etc.), and that even small efforts can have big impact. I also learned the importance of asking questions and to carefully listen to answers. As for skills, I became much more organized and improved my ability to talk and listen to people.
2. While the reach of my solution was not as large as I had initially hoped the people that were involved are now excited to move forward and expand the project. I think by giving them practical information and resources that they felt more in control of their lives.
3. I am already thinking about future challenges that are connected to this one - especially the issue of access to healthy foods. Also the reintroduction of traditional diets. I now have a framework that I can apply to any challenge I face. It can even be used in my school work and daily chores. I frame them as challenges, identify the key questions, and work through the activities. I feel much more organized and in control of my life.

