



# Taking Action on Racial Equity and Justice

## Learning Challenge Series — Discussion Guide

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Help Shape a Healthier Society



Click or tap [here](#) to watch a special message from Dr. Sumbul Ahmad Desai, Apple's vice president of health. She's responsible for health initiatives, including clinical product development, innovative clinical partnerships, and medical research. She also leads the regulatory and quality teams at Apple.



# Help shape a healthier society

Our bodies are complex anatomies that require attention physically and mentally. And our ability to make good health and preventative decisions about our bodies relies on access to important and accurate health information. How can we improve the health and wellness of ourselves and others?

For all educators, students, and individuals to thrive at school and at work, it's crucial to close the gap in health disparities that exist for underrepresented communities based on race, socioeconomic status, and access to education.

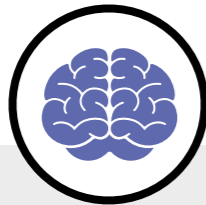
Businesses and educational institutions around the world reflect the communities they serve. And today, learning happens everywhere — not just in classrooms.

To begin the journey of making lasting social change, we've created this guide so you can help shape a healthier society by exploring mind, body, and health literacy.

As you take on the fourth challenge in this series, **Help Shape a Healthier Society**, be prepared to reflect on the impact health inequities have on our communities, and be ready to make a difference individually and globally.

# Health and Wellness

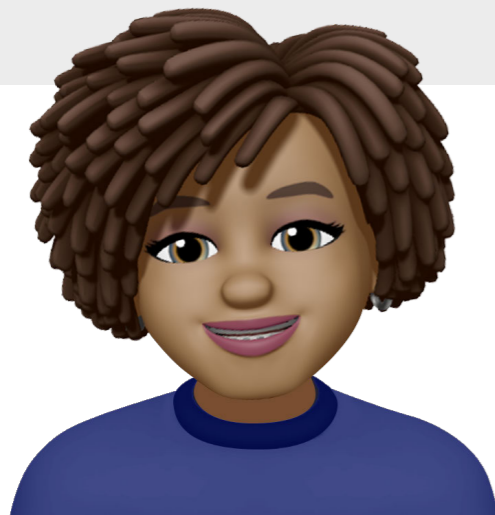
*Health* is the state of living. *Wellness* is the state of living a healthy lifestyle. The combination of the two, *health and wellness*, has become an important approach for taking care of ourselves, lowering stress, and reducing the risk of illness for ourselves and our communities — especially those with limited access to health services and information.



## Mental Health

A state of well-being in which the individual realizes their own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community

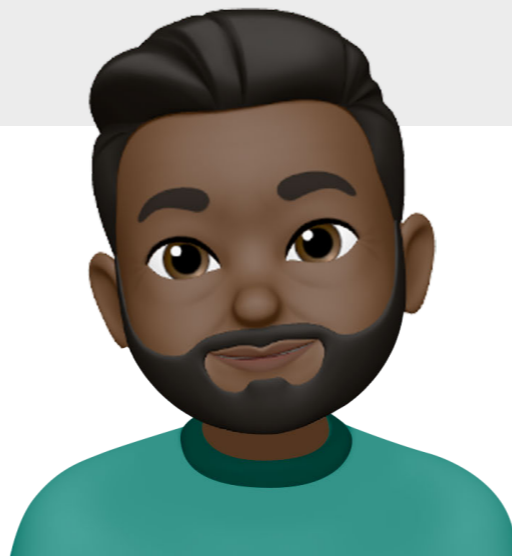
Source: [who.int](http://who.int)



## Physical Health

The well-being of the body and the proper functioning of the organism of individuals, which is a normal condition for individuals who are not suffering from any type of sickness

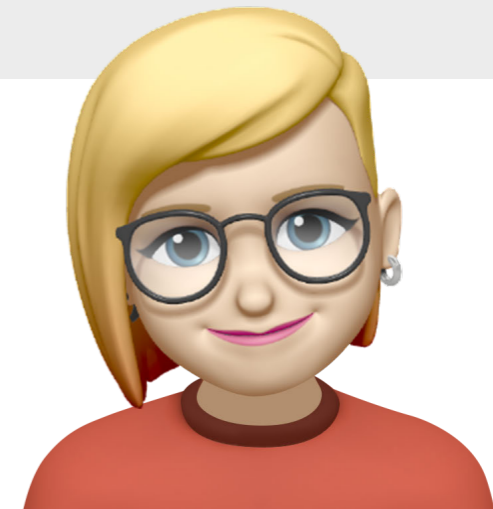
Source: Nayma Nishat,  
[What Does Physical Health Mean?](#)



## Health Literacy

The degree to which individuals have the ability — or the degree organizations equitably enable individuals — to find, understand, and use information and services to inform health-related decisions and actions for themselves and others

Source: [cdc.gov/healthliteracy/learn](http://cdc.gov/healthliteracy/learn)



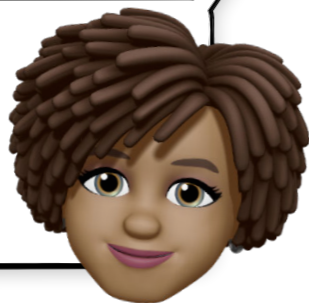
# Framework

Use the Challenge Based Learning framework to help organize your thoughts, ask questions, and conduct and synthesize research to design your solution. You can [download](#) the companion workbook from page 19 to capture your ideas.

## 1. Engage

Connect with the big idea, think about the impact on you personally, consider new viewpoints, and focus on the challenge's call to action.

Which area do I care about the most? Why does it matter to me or my community?



## 2. Investigate

Find ways to research these questions, and analyze your findings to help define your solution.

What do I need to know to help me (or us) better understand so that I (or we) can create a compelling solution?



## 3. Act

Your investigation will help you define your solution. It may be something personal or something that impacts your broader community. Don't stop at defining your solution — make sure to put it into action!

Based on what I've learned, what specific actions can I (or we) take to make a difference?





# Engage

For Step 1, you'll identify and connect to a big idea, personalize it by coming up with questions, and narrow those questions down to one essential question. Below you'll see how we apply this step to the **Help Shape a Healthier Society** challenge.



**Big Idea:** Health and Wellness



**Essential Question:** How can I improve the health and wellness of myself and others?



**Challenge:** Help shape a healthier society.



Let's follow the journey of a group of educators as they work through the Challenge Based Learning framework, decide whether to focus on mental health, physical health, or health literacy (or more than one), then design and implement a solution that will make an impact on themselves and their community.



Health and wellness is important to us and our community ...

... and we're passionate about developing a solution ...

... that will have a sustaining impact on those most impacted.



**Applying Engage:** First, the group took a deeper look at the definitions of the big idea, the essential question, and the challenge in Step 1, and applied it to the area they chose — health literacy.



**Big Idea:** Health Literacy

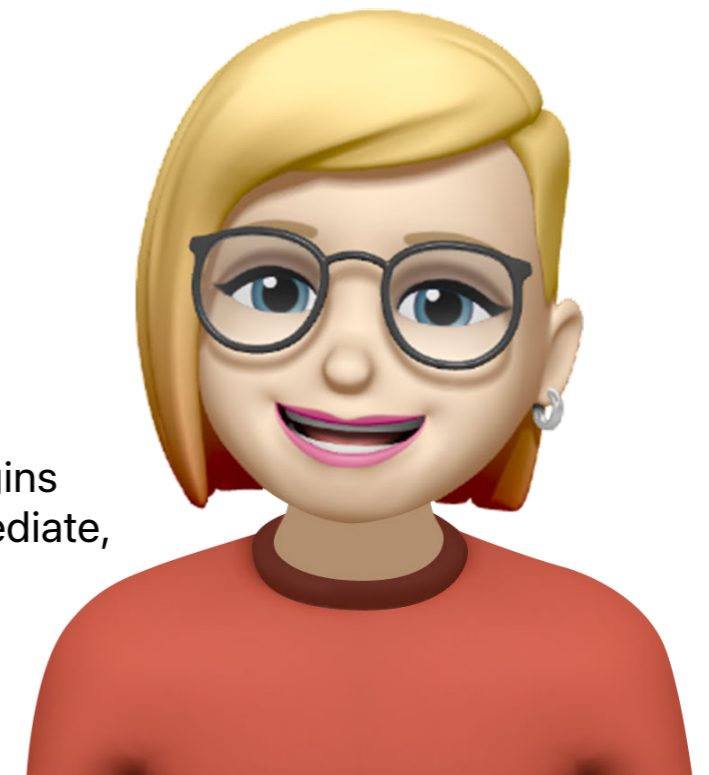


**Essential Question:** How can we ensure that all individuals and communities have equal access to information that helps them make good health decisions?



**Challenge:** Encourage others to make healthy decisions that will improve the overall health of all of our communities.

**Tip:** A challenge begins with a verb. It's immediate, it's actionable, and it builds excitement.







# Investigate

In Step 2, the group identified questions known as *guiding questions*. Guiding questions are what the group needed to know to begin developing a solution to the challenge. They brainstormed some potential guiding questions below.



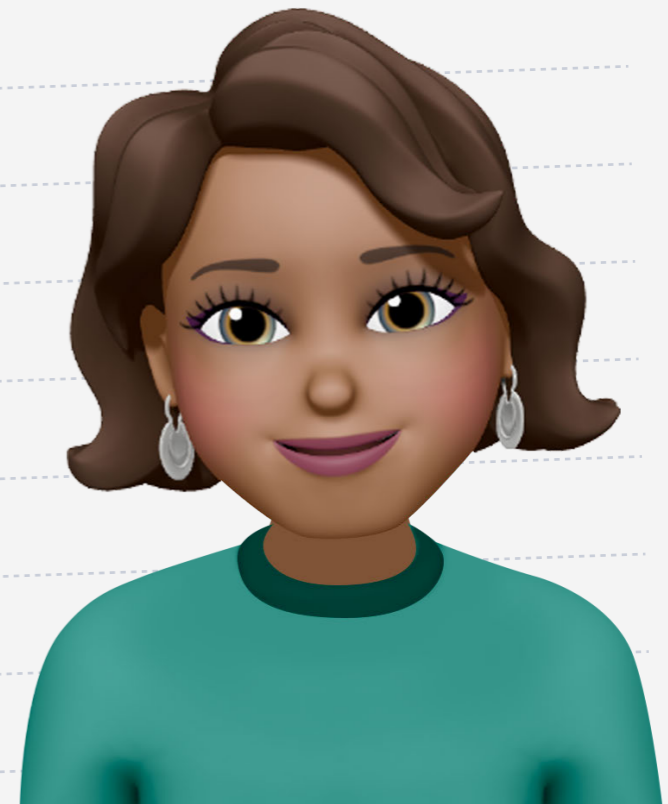


**Determining Their Questions:** Next the group refined the guiding questions that would help them answer the key question: What do we need to know before we can design a solution?

- What are some examples of health information campaigns - locally and globally - that have impact?

- How does health literacy impact me and others in my community?

- What are the most pressing health literacy concerns in my community today?





**Extension Activity:** Using creative expression — like drawing, photography, video, or music — became a great way to determine guiding questions. The educators created posters representing some of the ideas they discussed and researched.





**Researching the Questions:** Once they had their guiding questions, the group began their research. They asked themselves, Who can we interview? What other perspectives can we consider? They captured all the activities and resources they'd need to find answers to these questions.

Activities  
and  
Resources

- Attend a town hall meeting to understand the current health discussions impacting the community.
- Interview leaders of a local community health organization to learn how they're sharing important health practices with those most impacted in the community.
- Visit a local library to learn more about primary sources and how to find reliable information about health that impacts all populations.



**Synthesizing the Research Findings:** After completing their research, they evaluated the ideas and identified new perspectives based on the findings. This led them toward their solution.





## Act

With this final step, the group is now ready to define their solution.



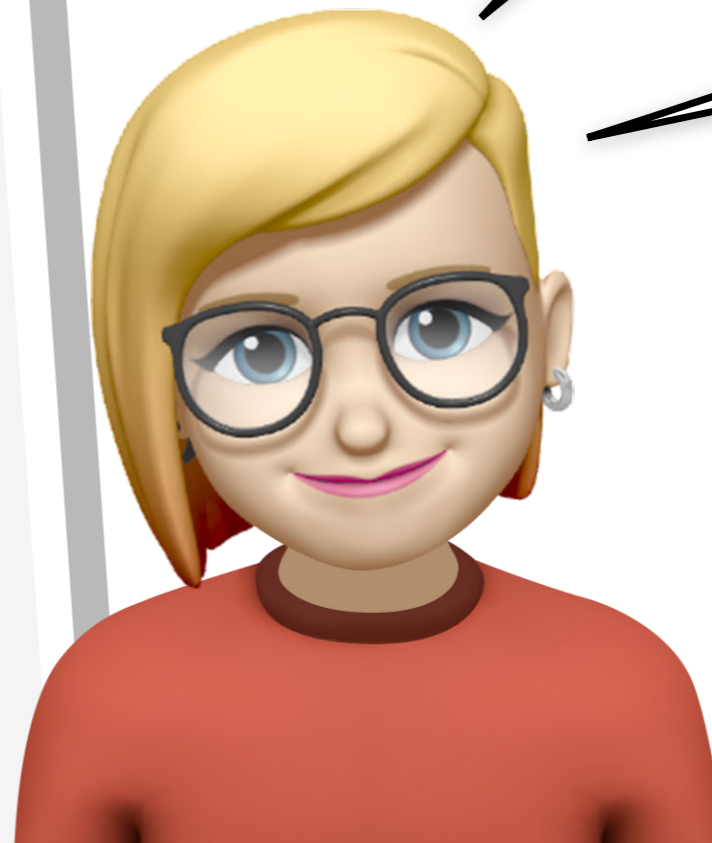
Host a series of "Improve the Health of Our Community" events that focus on good health practices and preventative health measures for the most underserved communities in our region.

Based on what we learned from our investigation, we propose the following solution ...

What is actionable evidence?  
What is measurable evidence?  
What is impactful evidence?

Defining success helps define progress.

How are we planning to get to the solution?



**Remember:** A challenge can have many solutions when there are diverse perspectives, which helps keep people more involved, engaged, and interested in the outcome.

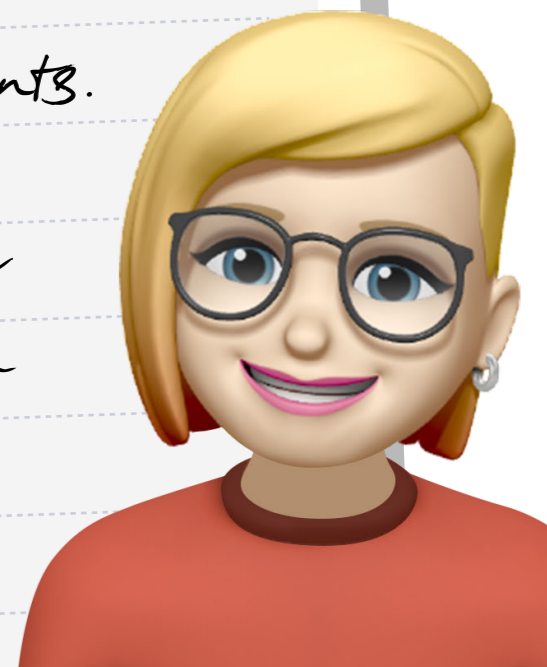


**Act:** The teachers wrote their plan of action, including the specific steps they would take to implement their solution and how they'd share results with others.



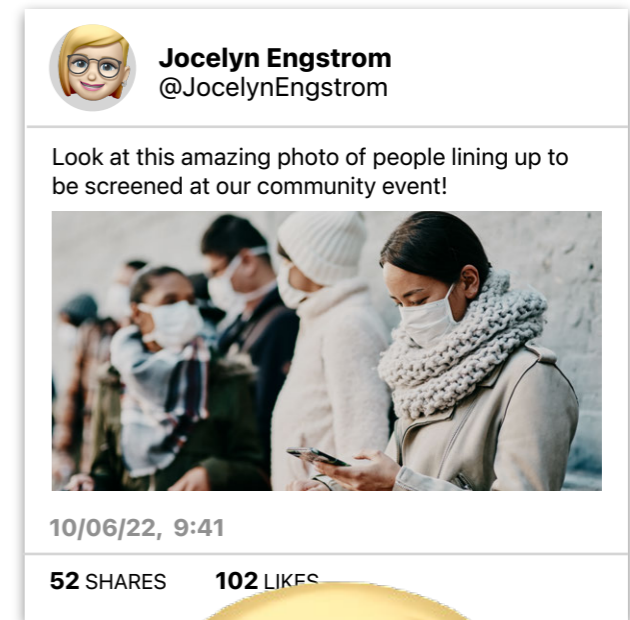
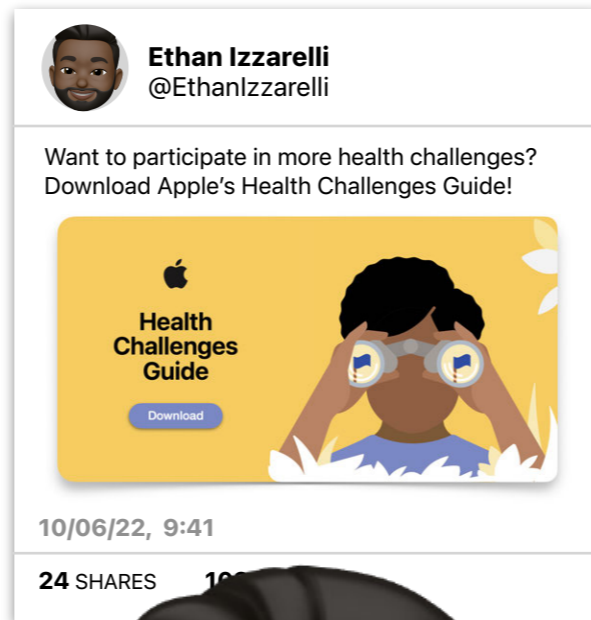
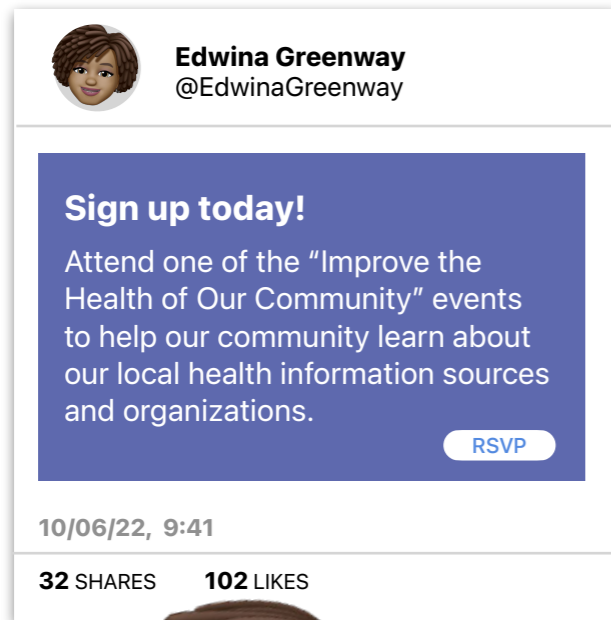
Plan of Action:

- Develop a project plan for the "Improve the Health of Our Community" events.
- Do one small activity to improve my personal health so that I can impact the greater community.
- Develop a marketing plan to promote the events.
- Capture images and video interviews during the events to share what we learned and how others can get involved.





**Act:** After their successful execution, they shared how they came up with their solution and the results of putting it into action. They expressed their solution's impact creatively through videos, poems, drawings, and photos, and even used their creation from the extension activity on [page 11](#). They then shared their story with the world using [#ChallengeForChange](#).







**Reflections:** It's important that the group took time to reflect on their process. They thought about what they learned and considered the impact they made on themselves and others. Then the educators visited the [Apple Education Community](#) to share their reflections and inspire others. The journey we took with these educators is a great example of how you'll approach your process.

How did our solution impact our community?



The organizations that participated in our "Improve the Health of Our Community" events reported an increase in sign-ups to receive ongoing health information.

Hundreds of people attended the community events. Many people put comments in the suggestion box telling us how much they learned and what new things they were going to try to be healthier.

What impact did I make on my personal health?



I've learned that it's important to eat healthy foods, exercise, get plenty of rest, and express how I'm feeling to my family and friends.

I know how important it is to find primary sources of information and how to determine what's relevant and accurate. Because of this, I can help others in my community do the same.

What will we keep doing based on what we learned personally and collectively?



This will become an annual community event series. It has also made us aware that we need to do more throughout the year to ensure that all communities have access to health information.

We'll look for ways we can support a diverse set of local health information organizations, whether through volunteering or fundraising.

# Health Challenges Guide

As we consider solutions to this global challenge, it's important to acknowledge that healthier societies start with healthier individuals. The small steps you take to improve your personal health have an impact on the community and world. Apple has also created “mini challenges” that will inspire you to get active, eat well, and support your personal health.

Each mini challenge applies the Challenge Based Learning framework, including guiding questions to help you uncover the best health solution. The duration and frequency of time you spend on a challenge is up to you — it could be 5 or 30 minutes, a day, or a week.

Each mini challenge includes:

- **Guiding Activities:** What you can do to take on the challenge
- **How It Works:** Description of the guiding activity
- **Why It's Helpful:** Benefits of the guiding activity
- **Guiding Questions:** Ways to think about how to approach the activity and what your solution could be

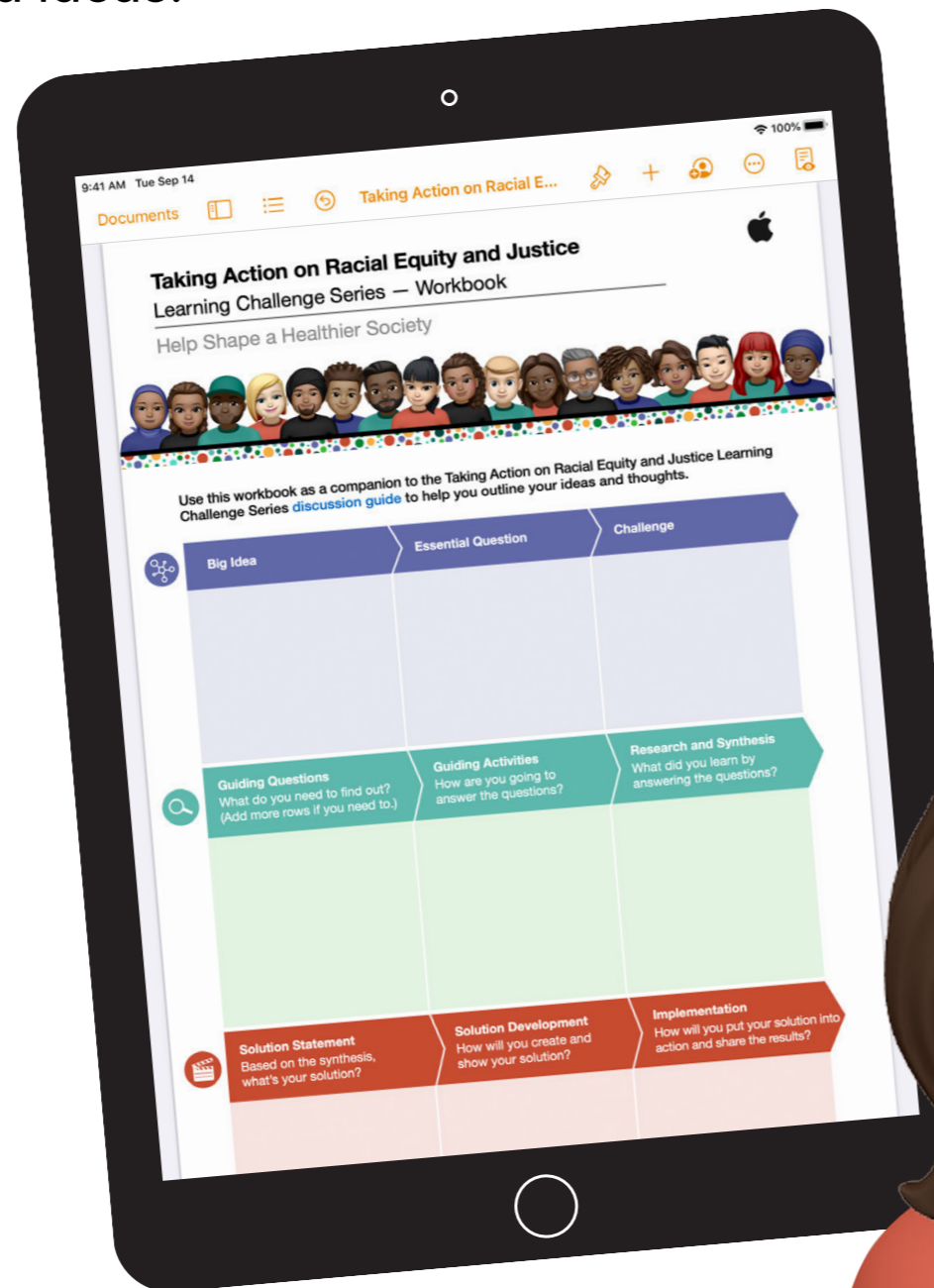


[Help Shape a Healthier Society  
Health Challenges Guide >](#)



# Workbook

Now it's your turn! Whether you take on the Help Shape a Healthier Society challenge or one of the "mini challenges" from the Health Challenges Guide, use the companion workbook to begin outlining your thoughts and ideas.



[Help Shape a Healthier Society Workbook >](#)



# Resources

## Health and Wellness

Many important resources about health and wellness are available that can help you generate thoughts, inspire questions, and provide a good foundational knowledge for this challenge. You can return to these resources anytime to further explore concepts and ideas.

- [World Health Organization \(WHO\)](#)
- [United Nations Educational, Scientific, and Cultural Organization \(UNESCO\)](#)
- [Global Wellness Institute](#)
- [Global Health Council](#)

## Mental Health

- [National Alliance on Mental Illness \(NAMI\)](#)
- [Crisis Text Line](#)
- [Build School Communities, and Support Students' Social, Emotional, and Mental Health](#)
- [Healthy Schools Start with Healthy Adults](#)
- [The Trevor Project](#)
- [Supporting Child and Student Social, Emotional, Behavioral, and Mental Health Needs](#)
- [Identity and Cultural Dimensions](#)
- [BIPOC Mental Health](#)
- [Infographic: BIPOC and LGBTQ+ Mental Health](#)

## Health Literacy

- [Centers for Disease Control and Prevention \(CDC\)](#)
- [Prioritize the Health and Safety of Students, School Personnel, and Families](#)
- [Safer Schools and Campuses Best Practices Clearinghouse](#)
- [What is Health Equity?](#)
- [Immigration, Health Care and Health](#)
- [Bystander CPR on kids differs by race and ethnicity](#)








## Physical Health

- [American Heart Association \(AHA\)](#)
- [American Diabetes Association](#)
- [American Cancer Society](#)
- [Aerobic, Muscle, and Bone Strengthening: What Counts for School-Aged Children and Adolescents?](#)
- [Physical Activity for Different Groups](#)
- [Race and Ethnic Disparities in Heart Disease](#)
- [Healthy People 2020: Physical Activity](#)
- [Healthy People 2020: Nutrition and Weight Status](#)


# Resources

## Mental Health and Wellness Apps




### Mental health apps

-  Headspace: Mindful Meditation
-  Moshi Kids: Sleep & Meditation
-  Shine: Calm Anxiety & Stress
-  Breathe: Meditation & Sleep
-  Calm: Sleep & Meditation
-  Loóna: calm, relax and sleep
-  Rootd - Panic Attack Relief



### Sound apps to help you sleep

-  White Noise Deep Sleep Sounds
-  BetterSleep: Relax and Sleep






### Nutrition and water-tracking apps

-  My Food - Nutrition for Kids
-  Drink water: Drinking reminder
-  Water tracker - Waterful

### Wellness journal apps

-  CBT Thought Diary
-  Tangerine: Self-care & Goals

### Exercise and yoga apps

-  Yoga Studio: Classes & Poses
-  Seven: 7 Minute HIIT Workout
-  Exercise: At Home Workout App
-  Wakeout: Stretch & Move Daily
-  Yoga Time: For Beginners & All

# Resources

## Mental Health and Wellness Podcasts and Books

### Podcasts

- [Teenager Therapy](#)
- [Therapy for Black Girls](#)
- [The Happiness Lab with Dr. Laurie Santos](#)
- [Ten Percent Happier with Dan Harris](#)
- [Mental Illness Happy Hour](#)
- [Life Kit: Health](#)
- [You Are MORE Than A Body. How To Heal Your Relationship With Yourself - Doctors Lindsay and Lexie Kite](#)
- [Ep. 150 - Body Image Resilience with Lexie & Lindsay Kite PhD](#)
- [EP72 - Body Image Resilience with Lexie Kite](#)
- [Food Heaven Podcast](#)
- [The Morgan Harper Nichols Show](#)
- [Thrive Parenting](#)

### Books

- [The Body Keeps the Score by Bessel van der Kolk, MD](#)
- [Every Body Yoga by Jessamyn Stanley](#)
- [Braiding Sweetgrass by Robin Wall Kimmerer](#)
- [You Belong by Sebene Selassie](#)
- [What Happened to You? by Oprah Winfrey and Bruce D. Perry](#)
- [Breath by James Nestor](#)
- [The Body by Bill Bryson](#)
- [Are u ok? by Kati Morton](#)
- [Genius Foods by Max Lugavere and Paul Grewal, MD](#)
- [How to Be Well by Frank Lipman, MD](#)
- [Why We Sleep by Matthew Walker](#)
- [21 Days to Resilience by Dr. Zelana Montminy](#)
- [The 22 Non-Negotiable Laws of Wellness by Greg Anderson](#)

# Resources

## Challenge Based Learning

Explore these curated resources to help you work through the challenge, extend your learning, and tell your story. Or take on one of the other challenges!

### Challenge Based Learning

- [Challenge Based Learning](#)
- [Challenge Based Learning Guide](#)
- [Challenge Based Learning in Indonesia](#)
- [Write to Change the World: Challenge Based Learning for Persuasive Writing](#)

### Apple Resources for Learning and Creativity

- [Apple Teacher](#)
- [Everyone Can Create guides](#)
- [Apple Education Learning Series](#)
- [Research for Educators](#)
- [Elements of Learning](#)

### Health Resources

- [Apple Health App](#)
- [Health App on Apple Watch](#)
- [Apple Fitness+](#)

### Taking Action on Racial Equity and Justice Learning Challenge Series

- [Challenge 1: Create Opportunities for Meaningful Conversations About Race](#)
- [Challenge 2: Make a Positive Impact in Your Community](#)
- [Challenge 3: Create a Better World Through Environmental Justice](#)



# Resources

## Racial Equity and Justice

Build your knowledge base on racial equity and supplement your curriculum with these important resources. Use them to help you present a compelling and credible challenge that makes an impact.

- [Equal Justice Initiative](#)
- [Learning for Justice](#)
- [Helping Students Make Sense of News Stories about Bias and Injustice](#)
- [ADL Education Glossary Terms](#)
- [Common Sense Media Resources About Race and Racism](#)
- [Greater Good in Education Resources to Support Anti-Racist Learning](#)
- [The King Center](#)
- [NV365® Education and Training](#)
- [The King Philosophy](#)







Diverse teams across Apple have worked together to create these guides, including our Apple Education, Apple Professional Learning, and Community Education Initiatives teams, with input from Apple Distinguished Educators, Apple Distinguished Schools, Inclusion and Diversity, and Apple Health. This guide — and others in the series — is part of Apple's Racial Equity and Justice Initiative, a long-term effort to help ensure more positive outcomes for communities of color.