**Health in Our Hands: What Controls My Health**

**Introduction and Acknowledgements**

This curriculum can be used with appropriate citations. To realize the full potential of the curriculum, professional development and support for teachers in the classroom is highly recommended.

**Project Description:** CREATE for STEM Institute at Michigan State University collaborated on the project, ***Health in Our Hands (HIOH),*** in partnership with University of Michigan School of Public Health, Flint Community Schools, Community-based Organization Partners of Flint, Sloan Museum, Flint Public Library, University Preparatory Science and Math Middle School, Detroit Public Schools Community District, Detroit Public Library, Michigan Science Center, Charles Wright Museum of African American History, and Friends of Parkside in Detroit, and the Concord Consortium in Massachusetts. The goal of HIOH was to produce a coordinated set of classroom and community activities intended to give youth and adults an understanding of modern concepts in genetics they can use to appreciate the importance of both genetic and environmental factors in their risk for disease. The project is funded by the National Institutes of Health Science Education Partnership Awards (SEPA).

“What controls my health?” is designed to meet the Next Generations Science Standards. Students investigate Type-2 diabetes, which connects them to real-world experiences and provides relevance for their learning. Diabetes, like many common diseases, is caused by a combination of both genetic and environmental factors. During the project-based unit, students meet Monique, a girl their age diagnosed with diabetes, and investigate how lifestyle options for healthy foods and exercise help prevent or reduce diabetes. For their final project, students conduct a community action project to improve their school or neighborhood to help prevent or reduce diabetes. After completing their investigations, students share their findings with their peers and broader community, draw conclusions regarding their inquiry question while addressing ethical issues, and suggest solutions and potential actions based on their findings.

**HIOH Project staff:** Michigan State University CREATE for STEM Institute: Joseph Krajcik (Principal Investigator), Renee Bayer, Idit Adler, Jane Lee, Louise Mead, Consuelo Morales; University of Michigan School of Public Health: Toby Citrin (Executive Manager), Ella Greene-Moton, Stephen Modell, Sharon Kardia (UMSPH PI); Concord Consortium: Frieda Reischman; Technion Israel: Tali Tal; University of Michigan School of Engineering, Elliot Soloway, Josh Meyer

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