



Health Analysis for your community

STEM4inclusive schools
WP2 – Toolbox



Chair of Business and Human Resource Education II
Prof. Dr. Marc Beutner

-1-



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Structure of the activity

A Introduction

about the topic

Health Analysis for your community

B Training phase

about the training

Create your own Health Analysis

-2-



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A: About the topic

Health Analysis for your community

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Definition!



What is in focus with health?

Health refers to the state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity.

Good health is often achieved through a balanced diet, regular exercise, adequate sleep, stress management, and preventative care, such as vaccinations and regular medical check-ups.



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Important aspects of health:

Health encompasses various aspects of a person's life, including:

Physical Health

Social Health

Mental Health



-5-



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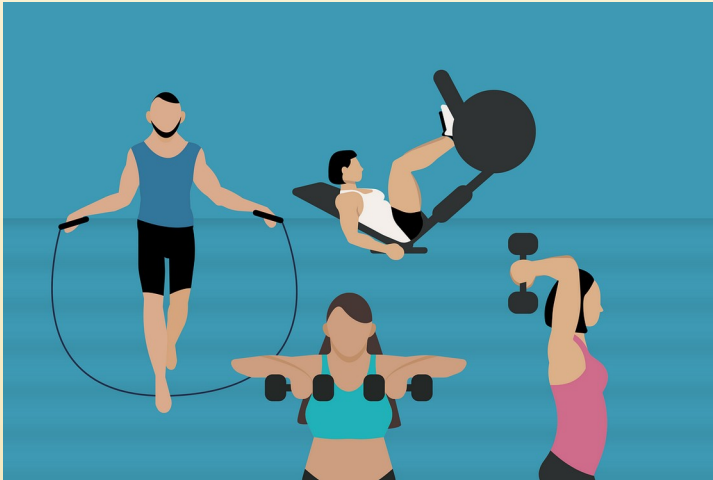


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Physical Health:

- The condition of the body, its systems, and organs. It involves factors like fitness, nutrition, and the absence of disease or physical disorders.



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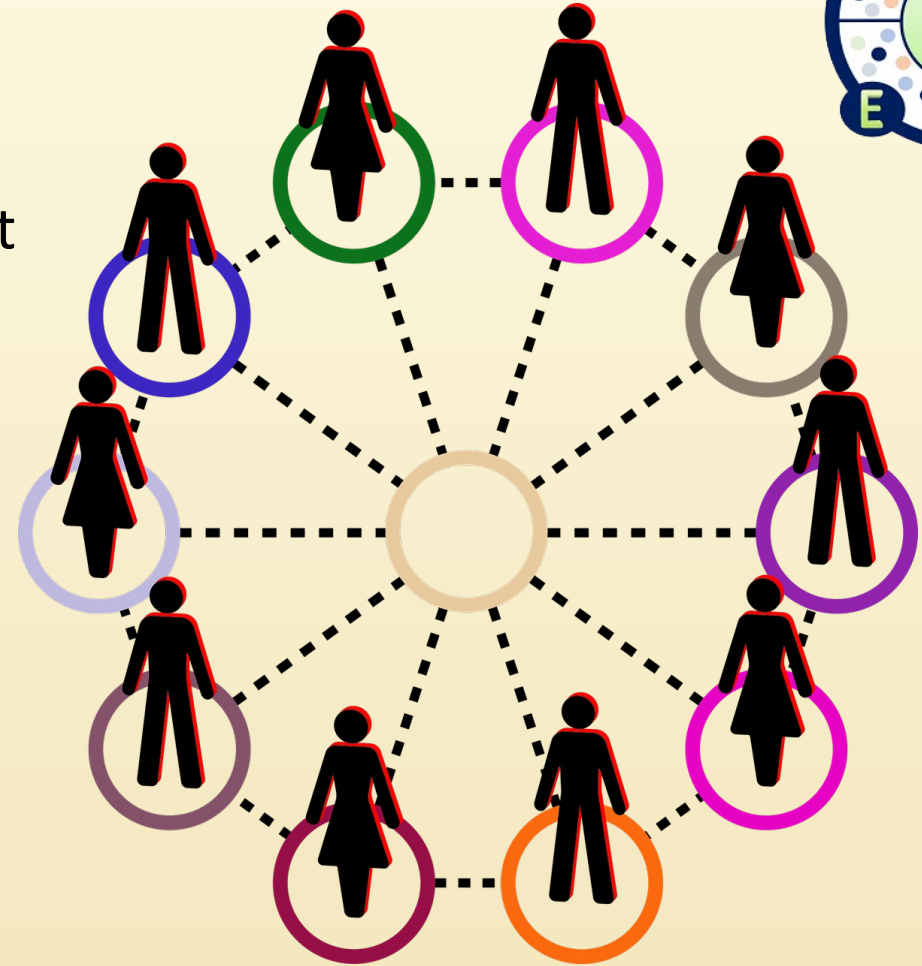


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Social Health :

- The ability to form satisfying interpersonal relationships and adapt to different social situations. It also involves the support systems that a person has, such as friends, family, and community.



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Mental Health :

- The state of a person's psychological and emotional well-being. It involves how people think, feel, and behave, and their ability to handle stress, relate to others, and make decisions.



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by RosZie

– Rosy / Bad Homburg /
Germany – free licence



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Health care systems and health status:

- Each system attempts to meet the population's need for health and health care.
- Health as a concept and status cannot be measured directly, but useful indicators can help assess its scope and nature.
- Typically, gathering information on health include population characteristics and various additional health indicators.
- Such indicators can be life expectancy, morbidity, and mortality rates. These indicators also serve as outcome measures for evaluating the effectiveness of health care.
- Also, the health status of a specific person can be measured.

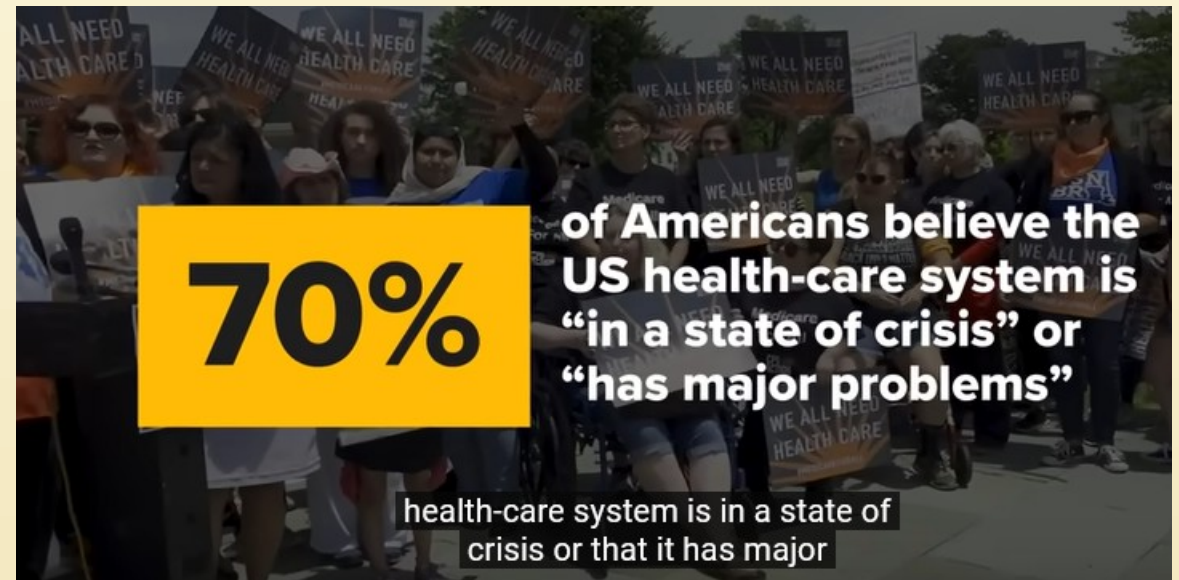




Let's have a look at this
youtube video about
health care systems!

Health Care Video

-10-



<https://www.youtube.com/watch?v=1d3QLPdHysc>



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Health care in Europe: Common trends

- Health care in Europe is characterized by a diverse range of systems and approaches, reflecting the different cultural, economic, and political landscapes across the continent. Despite this diversity, there are common features and trends that define European health care.
- Common trends in European systems:





Health care in Europe: Universal Health Coverage (UHC)

- Most European countries offer universal health coverage, ensuring that all citizens and residents have access to essential health services without suffering financial hardship. This is typically funded through a combination of taxation and social health insurance. Countries like the United Kingdom, Sweden, and Denmark have systems primarily funded by general taxation, while others, such as Germany and France, rely on social health insurance models.

**Universal Health
Coverage (UHC)**



-12-



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Health care in Europe: Public and Private Health Care

- European health care systems often include both public and private sectors. Public health care is usually more dominant, with private health care providing supplementary services. For example, in Spain and Italy, the public health system provides comprehensive coverage, while private insurance is available for those seeking additional services or faster access to care

Public and Private Health Care





Health care in Europe: Health Care Quality and Accessibility

- Europe generally boasts high standards of health care, with many countries recognized for their quality of care, patient satisfaction, and advanced medical technology. However, access to care can vary, especially between urban and rural areas, and among different socio-economic groups. Northern and Western European countries tend to have better access to health care services compared to some Southern and Eastern European nations.

Health Care Quality and Accessibility





Health care in Europe: Health Outcomes and Indicators

- European countries often have high life expectancy and low infant mortality rates, reflecting effective health care systems. Indicators such as life expectancy, morbidity, and mortality rates are used to monitor and evaluate the health of populations. For instance, Scandinavian countries like Norway and Sweden consistently rank high in these indicators.

Health Outcomes and Indicators





General types of studies

Qualitative:

Interviews with individuals, experts, or groups, case studies

Quantitative:

Surveys/Questionnaires, test

Experiments:

tests with randomized control and treatment groups, field experiments in natural setting

-16-



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Interviews:

Structured interviews

Structured interviews follow a standardized format, where all participants are asked the same set of predetermined questions in the same order.

Semi-structured interviews

Semi-structured interviews have a set of prepared questions, but the interviewer can follow up with additional questions or probe deeper based on the interviewee's responses.

Unstructured narrative interviews

Unstructured interviews have no predetermined questions or format. The conversation is open-ended, allowing the interviewee to narrate and guide the direction of the discussion..



Survey/Questionnaire:



- **Response Options:**

Provides a range of possible answers for closed-ended questions.

- **Scale:**

Likert scale is a popular and widely used psychometric scale for measuring attitudes, opinions, perceptions, or behaviors.

5-Point Scale: Strongly Disagree, Disagree, Neutral (or Neither Agree nor Disagree), Agree, Strongly Agree.

Or: Strongly Dissatisfied, Dissatisfied, Neutral, Satisfied, Strongly Satisfied





Suvey/Questionnaire – Analysis, Interpretation

- **Mean Scores:**
The average score across all respondents, indicating the overall trend.
- **Frequency Distribution:**
Shows how many respondents selected each scale point.
- **Median and Mode:**
Provide insight into the most common responses and the central tendency



First information on designing a questionnaire Video

-20-



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Let's have a look at this
youtube video on
designing a
questionnaire!



Designing a Questionnaire

1. Define the Problem
2. Plan how it will be administered
3. Write the questionnaire
4. Desk Check
5. Pilot Survey

It can be tempting to leap
straight to step three,

<https://www.youtube.com/watch?v=FkX-tOPgzzs>

Creating a questionnaire with Google-Forms

-21-

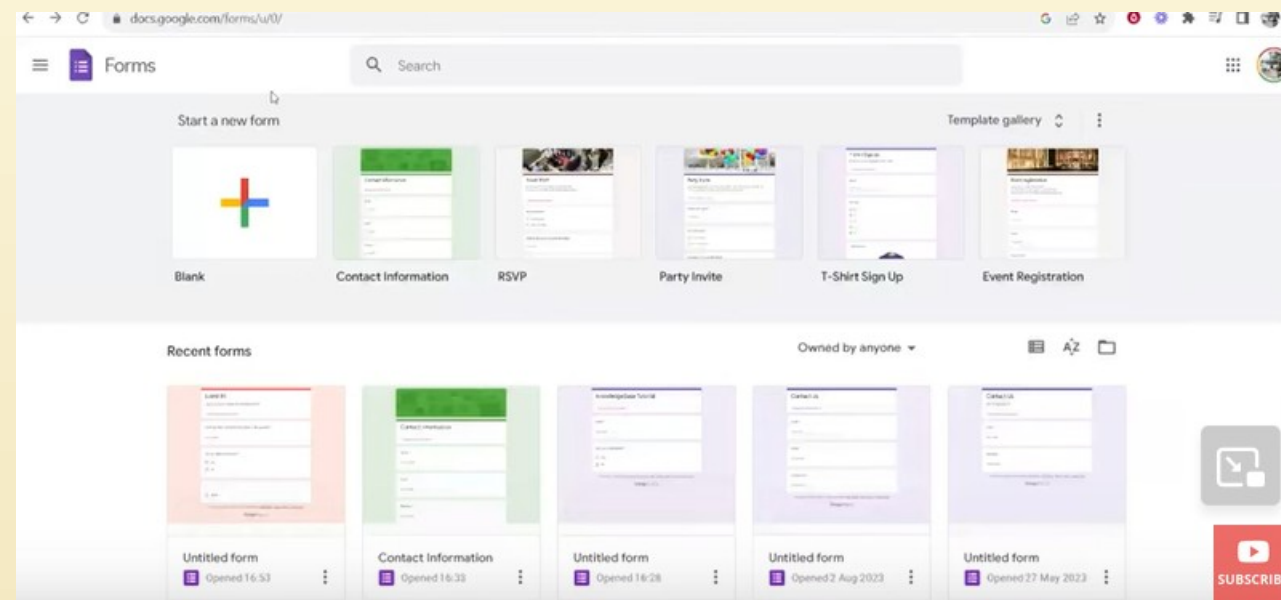


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Let's have a look at this
youtube video on the
use of GoogleForms!

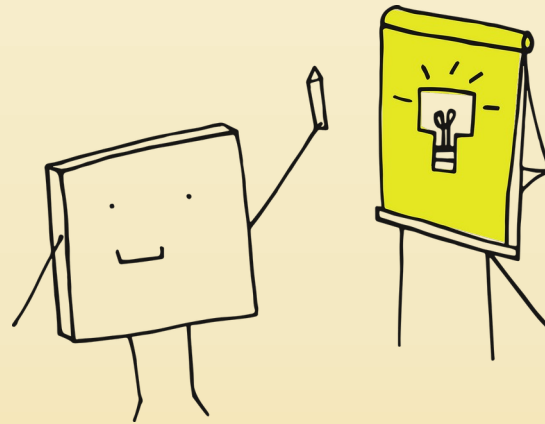


<https://www.youtube.com/watch?v=KHGL3f9WHUo>

B: About the training



Training phase



-22-



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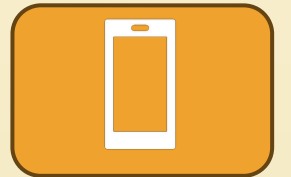


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Task 1:

- Meet in class, find together in groups of 3 to 4 persons and discuss how a study on health could look like. You have 20 minutes.
- Write down your ideas or record them with your mobile phone if you are not able to write. Support your classmates with special needs or disabilities.
- Share your ideas and collect feedback



-23-



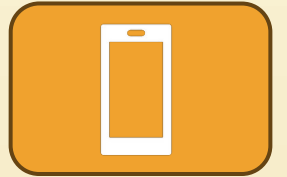
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Task 2:

- Create a survey on health in your community by building a questionnaire in a group of 3 to 4 persons. Use the phases of questionnaire design, scales etc. You can create paper-and-pencil version or a version based on GoogleForms.
- You have 2 hours to do the creation work.
- Share your ideas and collect feedback



-24-



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Task 3:

- Analyse your research results and write down your results in your group of 3 to 4 persons.
- Use percentages and create some graphics. Develop a report or presentation with recommendations for improving community health.
- You have 2 and a half hours for this task.
- Present your results to the other learners



-25-



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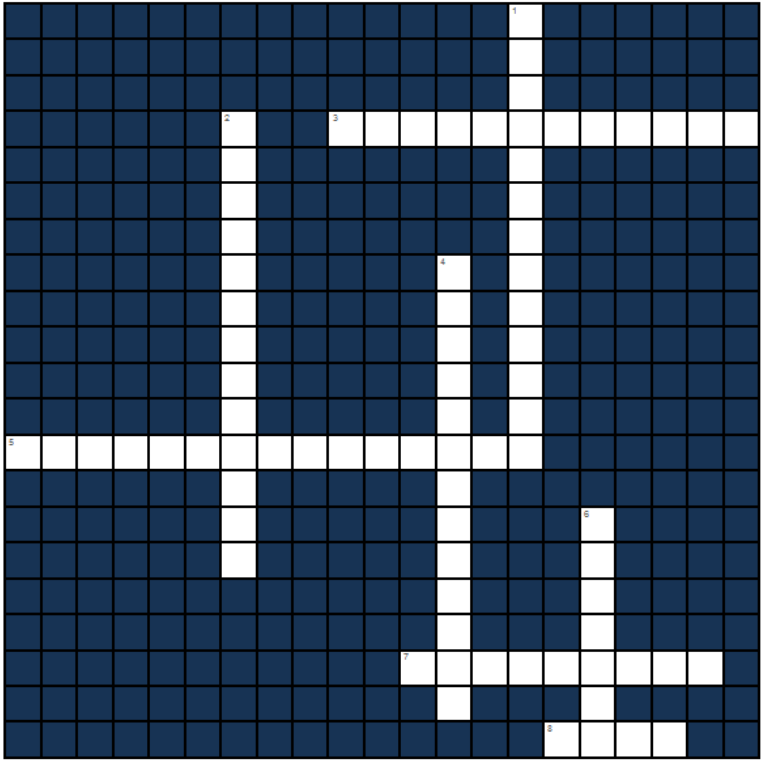


H5P- Tasks 1 about health – Definitions

-26-



Answer the questions and fill in the crossword.



Across

3 Studies can be experimental, qualitative or ... (12)

5 The condition of the body, its systems, and organs. (8,6)

7 Europe generally boasts high ... of health care (9)

8 The average score across all respondents, indicating the overall trend. (4)

Down

1 The ability to form satisfying interpersonal relationships. (6,6)

2 The state of a person's psychological and emotional well-being. (6,6)

4 The state of a person's psychological and emotional well-being. (6,6)

6 Health care in Europe often focuses on two sectors. The public and the ... one. (7)

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H5P- Tasks 2 about health – European health systems



All health systems in Europe are equal.

☐ True

☐ False

☒ Check

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H5P

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H5P- Tasks 3 about health – Scales



Is a Likert scale a popular and widely used psychometric scale for measuring attitudes, opinions, perceptions, or behaviors?

☐ True

☐ False

✓ Check

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Congratulation!

You mastered the activity on the health analysis for your community!

-29-



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