



Class Title: Red Why Are We Sicker? A Global Health Investigation

Teacher Name: Brandi Williams

Class Day: Monday

Class Size: 12

Class Cost: \$90

Class Fee: \$96

Ages or color group served: Red

What level is this class: Level 3

Prerequisites: NA

Graduation Requirements: NA

Homework Requirements: Each week, students will prepare for the upcoming topic by researching how the United States compares to other countries we will be discussing.

Students should bring:

- ✓ Notes from their research
- ✓ At least one credible source/article
 - ✓ Key facts or statistics
- ✓ One question or discussion point

This preparation will help students participate in class discussions and debates

Class Description:

In this thought-provoking course, students will investigate why the United States experiences higher rates of chronic health conditions compared to many other countries. Through weekly research, group discussions, and structured debates, students will explore how food systems, healthcare, lifestyle habits, environmental factors, and cultural practices impact health outcomes.

Each week, students will compare America to countries with better health outcomes, learning to evaluate evidence, analyze data, and respectfully debate complex topics.

Students will develop:

- Research and critical thinking skills
- Public speaking and debate confidence
- Media literacy and fact-checking skills
- Understanding of nutrition, wellness, and prevention
- Awareness of global health practices

Week 1:

What Does “Healthy” Mean?

Topics:

- Life expectancy
- Chronic disease rates
- Obesity & diabetes statistics

Activity:

Compare U.S. health rankings with 3 other countries.

Discussion: What surprised you most?

Week 2:

Food Systems & Portion Sizes

Compare: USA vs Japan & France

Topics:

Portion sizes

Processed foods

Eating habits

Activity: Analyze real restaurant meals.

Week 3:

Sugar Consumption

Topics:

Hidden sugars

Soda culture

Marketing to kids

Activity: Label reading challenge

Debate: Should sugary drinks be regulated?

Week 4:

School Lunch & Childhood Nutrition

Compare: USA vs Finland & Italy

Topics:

School meal programs

Fresh vs processed food

Activity: Design a healthier school lunch.

Week 5:

Physical Activity & Movement Culture

Compare: USA vs Netherlands & Denmark

Topics:

Walking & biking culture

Screen time vs active lifestyles

Discussion: Why do Americans move less?

Week 6:

Healthcare Systems & Prevention

Topics:

Preventive care vs reactive care

Access to healthcare

Debate: Is prevention valued in America?

Week 7:

Fast Food & Convenience Culture

Topics:

Drive-thru culture

Food accessibility

Cost vs convenience

Activity: Map fast food density vs grocery access.

Week 8:

Medication Use & Overprescribing

Topics:

Antibiotic overuse

Prescription culture vs lifestyle treatment

Discussion: Do we rely too heavily on medication?

Week 9:

Sleep & Stress Culture

Compare: USA vs Mediterranean countries

Topics:

Work schedules

Sleep habits

Stress & cortisol

Activity: Sleep tracking challenge

Week 10:

Mental Health & Social Connection

Topics:

Community & family structure

Loneliness & isolation

Discussion: Does community impact health

Week 11:

Environment & Built Spaces

Topics:

Urban design

Walkable cities

Pollution & food deserts

Activity: Evaluate your own community.

Week 12:

Final Debate & Solutions

Students present:

What contributes most to poor health?

What can America learn?

What changes would improve health?

Optional: Parents invited for presentations.