**PHTT 6822: Health promotion, Disease Prevention and Wellness**

Health Promotion, Disease Prevention and Wellness Program Proposal & Education/Instructional Program Assignment

**Purpose:** The purpose and focus of this assignment is to apply the theories of behavior change and community education through the identification of health risk factors and interventions to promote behavior change, disease prevention, wellness and physical activity in at risk populations. You are also asked to demonstrate your ability to plan for and implement an instructional session by applying the principles of teaching and learning.

For this assignment you will submit: a) program proposal, b) an educational plan, and c) a video of your group leading an instructional session-teaching a psychomotor skill to a real or simulated individual patient or patient population (20-minute video demonstration, including 5 minutes to test for learning).

1. **Organization** **Program proposal**

*Working in groups, each group will be responsible for:*

1. **Identifying an at-risk population: (Amputees)**
2. **Choosing a planning model on which to guide you in the development of a health promotion, disease prevention and wellness program (decided to use the “Precede-Proceed Model” and the “Theory of Planned Behavior”)**

1. Developing a program rationale (evidence-based literature review; identification of priorities of target population)
2. Developing a mission and vision statement for the program
3. Developing goals and objectives for the program
4. Conducting a needs assessment for population identified using either primary or secondary data (must include a written summary of findings with proposal)
5. Creating an intervention for the targeted at-risk population
6. Developing a budget to implement the program
7. Identifying and assembling necessary resources (e.g. pamphlets, videos, etc.) for the program targeting the identified population
8. Developing plans on how to market the program to the target population
9. Developing a one-page (single spaced) written Executive Summary of the developed program

**Evaluation program proposal**

*Each group will be evaluated based on the following criteria and included elements:*

1. Identification of group members and allocation of primary vs. secondary responsibilities
2. **Theoretical bases of health behavior change (e.g. Stage of change model, Theory of planned behavior, etc.)**
3. Priorities of target population addressed
4. Needs assessment
5. Program budget
6. Mission, Vision, Goal and Objectives
7. Established Interventions
8. Research evidence
9. Resources (pamphlets, videos, etc.)
10. Marketing concept and materials
11. Written executive summary
12. Feasibility of implementing developed program (Is the program realistic)
13. Organization and presentation of written program materials