Written Assignment Unit 3: **Learning Journal Unit 4**

University of the People

**UNIV** 1001**-01 Online Education Strategies**

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Outline for Five-Paragraph Essay

Topic/Subject:  
**Importance of Health Awareness**

**I. Introduction**

**Why I chose this topic and what I am going to tell the reader:**  
Health awareness is important in the prevention of diseases, living healthy lifestyles, and enabling one to make informed decisions about health. I chose this topic because increasing health awareness saves lives and improves the quality of life for individuals and communities. This essay will highlight the importance of health education, the role of awareness campaigns, and benefits accruable from adopting a healthier lifestyle.

**II. Information About the Article**

Article Title: "Health Education's Role in Disease Prevention"  
Author: Dr. **Amanda Wright**  
Publication Name: Health Journal  
URL: <https://www.healthjournal.org/health-education-disease-prevention>

**III. Three Things to Tell the Reader (Middle Paragraphs)**

1. **Point One (from the article):**Health education plays a critical role in disease prevention. The article by Wright says, "Through community health programs and awareness campaigns, individuals are equipped with knowledge that can prevent up to 70% of non-communicable diseases"

Written Assignment Unit 3: **Learning Journal Unit 4**

1. (Wright, 2023). These programs help people understand the risks of unhealthy lifestyles, encouraging them to adopt habits like eating balanced diets and exercising regularly.
2. **Second Point (personal experience):**  
   Growing up, I observed a community vaccination campaign for children. A number of workshops and local events that were part of this drive led to increased immunization. This effort drastically reduced the rate of diseases such as polio and measles in my community, hence showcasing the transformative power of health awareness.
3. **Third Point (personal insight):**  
   The other result of health awareness is the adoption of a healthy lifestyle. Simple steps like eating healthy food, being active, and avoiding harmful habits can prevent chronic illnesses and improve the quality of life. My personal experience of maintaining a balanced diet and exercising has positively impacted my mental and physical health.

**IV. Conclusion**

What I want the reader to know before continuing:  
Health awareness is one important determinant in the prevention of diseases and overall well-being. Health focuses on education, which enables one to take precautionary measures, thus living more healthily. Health education, as noted by Dr. Wright's article, is the foundation for ensuring a decrease in the prevalence of preventable illnesses and therefore should be something focused on in terms of awareness for all.

Written Assignment Unit 3: **Learning Journal Unit 4**

Which of the following middle paragraphs was taken from the article:  
The role of health education in the prevention of disease was obtained from the article by Dr. Amanda Wright.