MAKE A CHANGE TODAY

HHHU is a two day school-based education program to encourage healthy behaviors among elementary and middle school students

DAY ONE

School teachers create a lesson plan focused on cancer and behaviors that can help reduce the risk of certain cancers

DAY TWO

HHHU teaching assistants lead interactive discussions and provide organ samples donated by MSTI for the students to examine

OUR TEACHING ASSISTANTS IN ACTION

Our teaching assistants have an interest in either health education/promotion or a desire to work in the medical field. They create a fun and interactive learning experience for the students of the Boise School District.

GET INVOLVED

CONTACTS
CAILE SPEAR - PROGRAM DIRECTOR
GAIL FYANES - PROGRAM COORDINATOR

CONTACT EMAILS
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WEBSITE
https://hs.boisestate.edu/hec/health-healthy-u/
5. Eat 5 fruits and veggies every single day

2. Limit screen time to 2 hours or less

1. Get at least 1 hour of physical activity

0. Limit sweetened drinks to 0

HEALTHY HABITS

A CANCER PREVENTION PROGRAM
IN COLLABORATION WITH BOISE STATE UNIVERSITY (BSU), ST. LUKE'S MOUNTAIN STATES TUMOR INSTITUTE (MSTI), AND BOISE SCHOOL DISTRICT (BSD)

Sponsored By