



2016 5th Annual Global

Invent It Challenge



Smithsonian



Think about a real-world health problem and come up with a solution.

HEALTH TOPICS & RELATED RESOURCES

Use these ideas and resources to spark your health inventions!

Nutrition: Eating a well-balanced diet is one of the most important ways that kids and adults can stay healthy and maintain a healthy weight. What can you invent to help others make smart food choices?

Resources:

- [Dietary Guidelines](#)
- [ChooseMyPlate.gov](#); [SuperTracker](#)
- [Read the Label Youth Campaign](#)

Importance of Sleep: Getting a good night's sleep helps you to be a better student and more effective in your afterschool activities. What can you invent that will help others sleep better or get the recommended amount of sleep each night?

Resources:

- http://www.cdc.gov/sleep/about_sleep/how_much_sleep.htm
- http://www.cdc.gov/sleep/about_sleep/sleep_hygiene.htm
- https://www.nhlbi.nih.gov/files/docs/public/sleep/healthy_sleep_atglance.pdf

Prevention of Disease Spread: Handwashing is the number one way to help anyone from getting sick. Create something that would remind kids and adults to wash their hands often to prevent infection and foodborne illness. What else can you invent that will help prevent the passing of germs?

Resources:

- [PSA: Alvin and the Chipmunks](#)
- [Henry the Hand](#)
- <http://www.cdc.gov/handwashing/>
- <http://www.cdc.gov/healthywater/hygiene/hand/handwashing-family.html>

Screen Time: Kids and adults should keep their screen time (TV, videos, apps) to no more than two hours a day (excluding school or office work). Can you think of an invention that would help people maintain healthy screen time limits? What can you invent to solve health problems caused by too much time in front of a TV, computer or gaming screen?

Resources:

- <http://www.nhlbi.nih.gov/health/educational/wecan/reduce-screen-time/>
- https://www.nichd.nih.gov/msy/materials/Pages/needMSY_infographic.aspx
- <http://www.fns.usda.gov/sites/default/files/limitscreen.pdf>

Street Safety: What could you invent to make our roads, sidewalks, and crosswalks safer for kids who walk, bike or roll around the neighborhood.

Resources:

- <http://www.saferoutesinfo.org/>
- http://www.cdc.gov/motorvehiclesafety/pedestrian_safety/index.html
- <http://www.cdc.gov/features/pedestriansafety/index.html>

Healthy Functioning: A disability is any condition of the body or mind that makes it more difficult for the person with the condition to do certain activities. Some examples of disabilities include challenges such as difficulty lifting, reaching, or walking, inability to see or hear well, and difficulty learning by reading or doing math or staying focused. As a result, many people with disabilities have unique challenges to being healthy, active, and part of the community. Invent a tool that helps people with disabilities to stay well, remain active and be part of the community.

Resources:

- <http://www.cdc.gov/ncbddd/disabilityandhealth.html>
- <http://www.nchpad.org/>
- <http://www.aahd.us/>

Dental Health: Tooth decay occurs in half of all children by age 5. Better diet choices and oral hygiene practices can help. What can you invent to help kids and adults take care of their gums and teeth?

Resources:

- http://www.cdc.gov/OralHealth/children_adults/child.htm
- http://www.nidcr.nih.gov/OralHealth/OralHealthInformation/ChildrensOralHealth/ToothDecayProcess.htm?_ga=1.160420671.305208996.1447967666
- <https://science.education.nih.gov/supplements/nih2/oral-health/default.html>

Sports Safety: Playing sports and games can be fun—and good exercise! But, playing too hard can cause exhaustion, dehydration, overheating, or injury. Can you invent something cool to make exercise safer for your friends and family?

Resources:

- <https://www.nlm.nih.gov/medlineplus/exerciseforchildren.html>
- <https://kids.usa.gov/exercise-and-eating-healthy/index.shtml>
- <http://health.gov/paguidelines/guidelines/chapter6.aspx>
- <http://www.webmd.com/parenting/raising-fit-kids/move/how-much-exercise>

Healthy Air and Water: From the quality of the air we breathe to the chemicals in our water, the environment has a complex relationship with our health. What can you invent to help us better monitor or improve our local air and water environment?

Resources:

- <https://youtu.be/DxmjMH600aw>
- http://www.niehs.nih.gov/health/assets/docs_f_o/healthy_homes_healthy_kids_in_door_water_english_508.pdf
- http://www.nytimes.com/2015/09/30/nyregion/pilot-program-will-gauge-air-quality-in-new-york-nail-salons.html?_r=1&utm_source=Innovators+Insights+Newsletter&utm_campaign=7f1c5b62b5-Innovators+Insights+November+19+2015&utm_medium=email&utm_term=0_171b83f6b5-7f1c5b62b5-290248089

Global Health: People around the world who live in poor and live in rural areas often have inadequate resources to help them make healthy life choices. For example, they may not have access to clean drinking water; all people and animals need clean water to be healthy. Or they may not have electricity and need to burn fires inside their homes for heating, light, and/or cooking. This increases the risk for lung diseases like asthma and for serious burns from fires, and decreases the quality and time school children have for their home studies because of inadequate lighting and indoor air pollution. What can you invent that does not require electricity (or battery) access that will help people living in poor, rural areas live more healthy and safe lives? What can you invent to help people in poor rural areas solve problems caused by unsafe food and drinking water?

Resources:

- <http://www.cdc.gov/safewater/disease.html>
- <http://www.voanews.com/content/a-13-2005-03-17-voa34-67381152/274768.html>
- <http://www.who.int/mediacentre/factsheets/fs292/en/>
- https://en.wikipedia.org/wiki/Indoor_air_pollution_in_developing_nations

Public Videos & Images

Media SMART Kids <https://www.nichd.nih.gov/msy/materials/Pages/default.aspx> . The materials address physical activity, poor diets, sedentary lifestyles, and marketing of foods.

Variety of topics

<http://www.cdc.gov/cdctv/>

<https://www.youtube.com/user/CDCStreamingHealth>

Handwashing

<http://www.cdc.gov/cdctv/healthyliving/hygiene/wash-your-hands.html>

<http://www.cdc.gov/cdctv/healthyliving/hygiene/hands-together-hygiene.html>

Physical Activity

<http://www.cdc.gov/physicalactivity/basics/videos/index.htm>

Community health videos

<http://www.cdc.gov/nccdphp/dch/multimedia/videos.htm>

Injury

<http://www.cdc.gov/parentsarethekey/socialmedia/videos.html>

<http://www.cdc.gov/cdctv/injuryviolenceandsafety/index.html>

<http://www.cdc.gov/headsup/resources/videos.html>

http://www.cdc.gov/TraumaticBrainInjury/tbi_stories.html

Disability

<http://www.cdc.gov/ncbddd/spinabifida/multimedia.html>

<http://www.cdc.gov/ncbddd/disabilityandhealth/video/index.html>

<http://www.cdc.gov/ncbddd/disabilityandhealth/righttoknow/index.html>

Antimicrobial resistance

<http://www.cdc.gov/drugresistance/resources/videos.html>

Food Safety

<http://www.fightbac.org/kidsfoodsafety/kids-games-and-activities/>

<http://www.fightbac.org/free-resources/videos/>

Nutrition

www.nutrition.gov

<http://www.nutrition.gov/life-stages/children/kids-kitchen>

Graphics: Team Nutrition and MyPlate

<http://www.fns.usda.gov/tn/graphics-library>