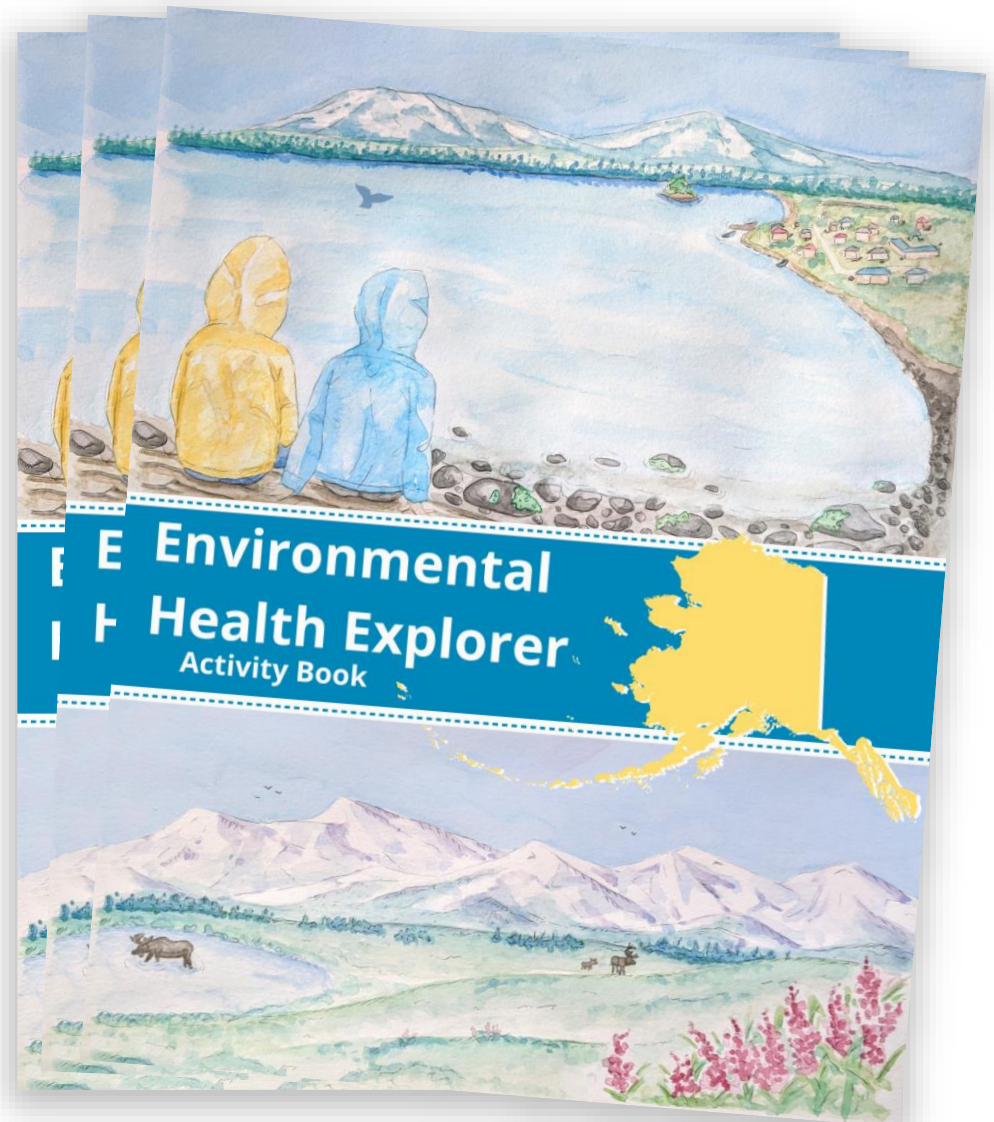


Introducing: *The Environmental Health Explorer Activity Book*

- What is it?
- Who is it for?
- How do I get them?

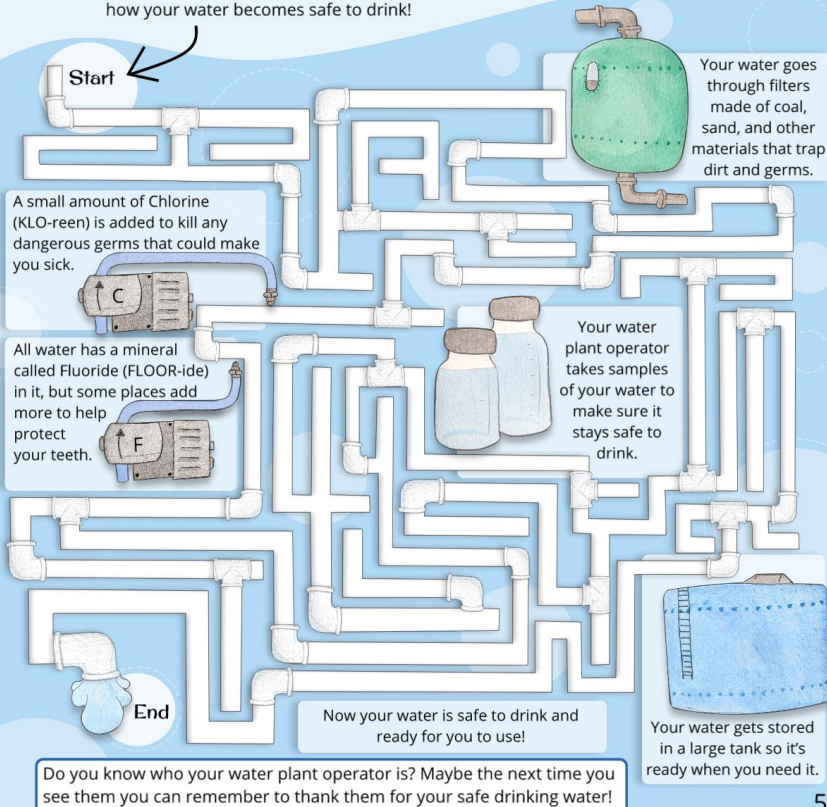


Where does our safe drinking water come from?

Bad germs can also live in water. So where does our safe drinking water come from? We have our water plant operators, the people who test and treat our water before it enters our homes, to thank for that. They take water from a river, a pond, or from underground and clean it for us so we can stay healthy!

In Alaska, people get their drinking water in many different ways. Some people have pipes that run water from the water plant into their home. Sometimes the water plant operator hauls water to people's homes or people haul water themselves.

Complete the water treatment maze from start to end to learn how your water becomes safe to drink!



5

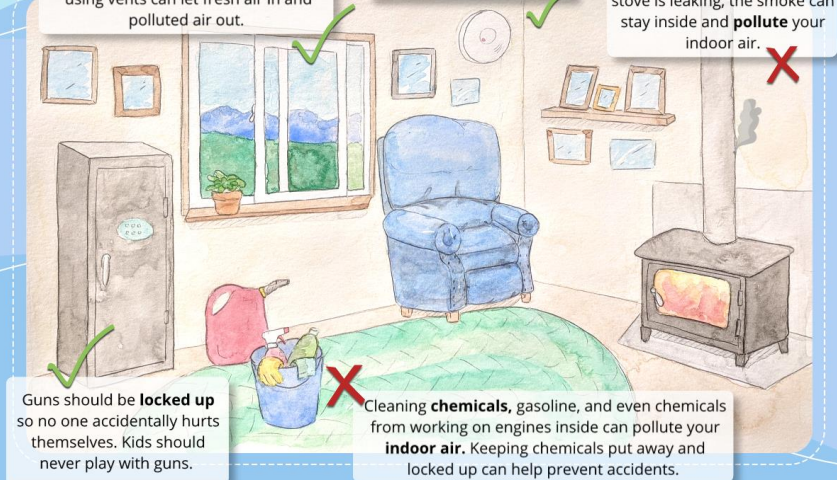
What is a healthy home?

We spend a lot of time in our homes, so they should be healthy too!

Homes need to **breathe**, just like we need to breathe. Opening **windows** or using vents can let fresh air in and polluted air out.

Smoke alarms can help **alert** you if there is a fire.

Smoke from **wood stoves** should go outside. If a wood stove is leaking, the smoke can stay inside and **pollute** your indoor air.



Find the **8 bold words** from above in the word search below.



6



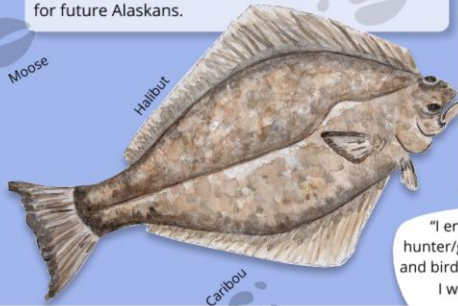
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What are subsistence foods?

Subsistence foods are the foods that people living in Alaska have always relied on. They are foods like fish, seal, moose, and berries that are provided by the land and water. These foods are important for daily life and culture in Alaska. It's important to only take what you need and protect these plants and animals for future Alaskans.



Many subsistence foods are healthier than the food you can buy in a store. Subsistence foods are usually fresher and have more vitamins to help keep you healthy. People living in Alaska have been eating subsistence foods to stay healthy for thousands of years; long before grocery stores or snack foods.



"I enjoy living a subsistence lifestyle, hunter/gatherer. I know our animals, plants and birds are the healthiest food we can eat. I want my children to also enjoy."
-Lonnie Tebbits, Noorvik*

Draw a picture or try writing a haiku poem about your favorite subsistence food.

Haiku poems are made of 3 lines. The first line should have 5 syllables, the middle line should have 7 syllables, and last line should have 5 syllables again. Haiku poems don't even need to rhyme. Here's an example:

1 2 3 4 5
Berry picking time!
1 2 3 4 5 6 7
Salmonberries are the best,
1 2 3 4 5
I'll share them with you.



Environmental Health BINGO!

Mark a square off if you see or do what's written in the box. Get 5 in a row up and down, across, or diagonally to get Environmental Health BINGO!

B I N G O

Wash your hands for 20 seconds.	Recycle or reuse a plastic bottle.	Pick up a piece of trash off the ground.	Recycle or reuse an aluminum or tin can.	Find out if your community's water source is surface water or ground water.
Recycle or reuse a glass container.	Tell someone a tip to help improve their indoor air.	Walk somewhere instead of riding in a car or ATV.	Take a shorter shower than normal.	Open a window or use vent when showering.
Thank your teacher or IGAP coordinator for protecting your environment.	See your community's water plant.	Free Square	Thank your water plant operator for your safe drinking water.	Eat a food that was grown in Alaska.
Catch, pick, or eat a subsistence food.	Use a reuseable bag when shopping.	Turn off lights when you leave a room.	Tell someone a tip to help reduce road dust.	Recycle or reuse a cardboard item.
Ask about your family's emergency plan.	Thank your health aide for protecting your health.	Clean a room in your house.	Recycle or reuse a paper item.	Tell someone a tip to improve environmental health.



Welcome to the start
of your journey to
become an
**Environmental
Health Explorer!**

How does it work?

1. Complete the activity pages in this book.
2. Show your completed activities to the same person that gave you the book to check your work - your tribal environmental coordinator, teacher, or other community member.
3. Receive your certificate and take the pledge to become an Environmental Health Explorer. Congratulations!

Try to complete at least as many activities as your age. Example: If you are 9 years old, try to complete at least 9 activity pages. If you want, try to complete the whole book!

Environmental Health Explorer Pledge

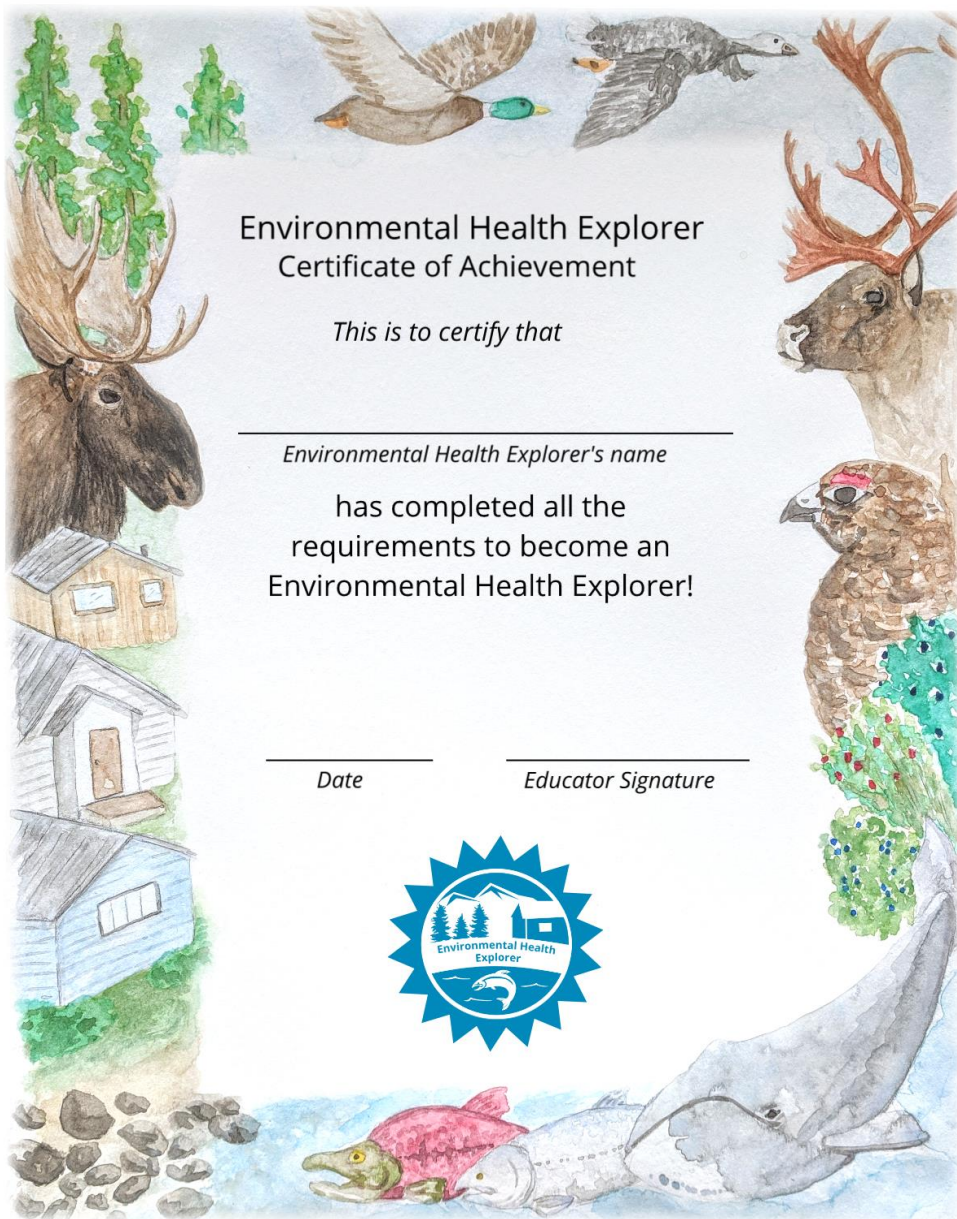
I am an Environmental Health Explorer.
I promise to continue learning about the health of the air,
water, land, and places where I live.
I promise to teach others how to protect our
environmental health.
And I promise to do my best to improve the
environmental health of my community.

Programming:

- Give out the books
 - Tell kids to return with completed activities
 - Complete pledge and certificate and give out reward (if available)
-
- Feel free to adapt programming to better fit your community, audience, or lesson plans.



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Pledge and Certificate

- Empower participants
- Promote feeling of ownership
- Make it a “thing”

Environmental Health Explorer Pledge

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Reward:

Drawstring bags with
reflective strips

Included with books
(when available)

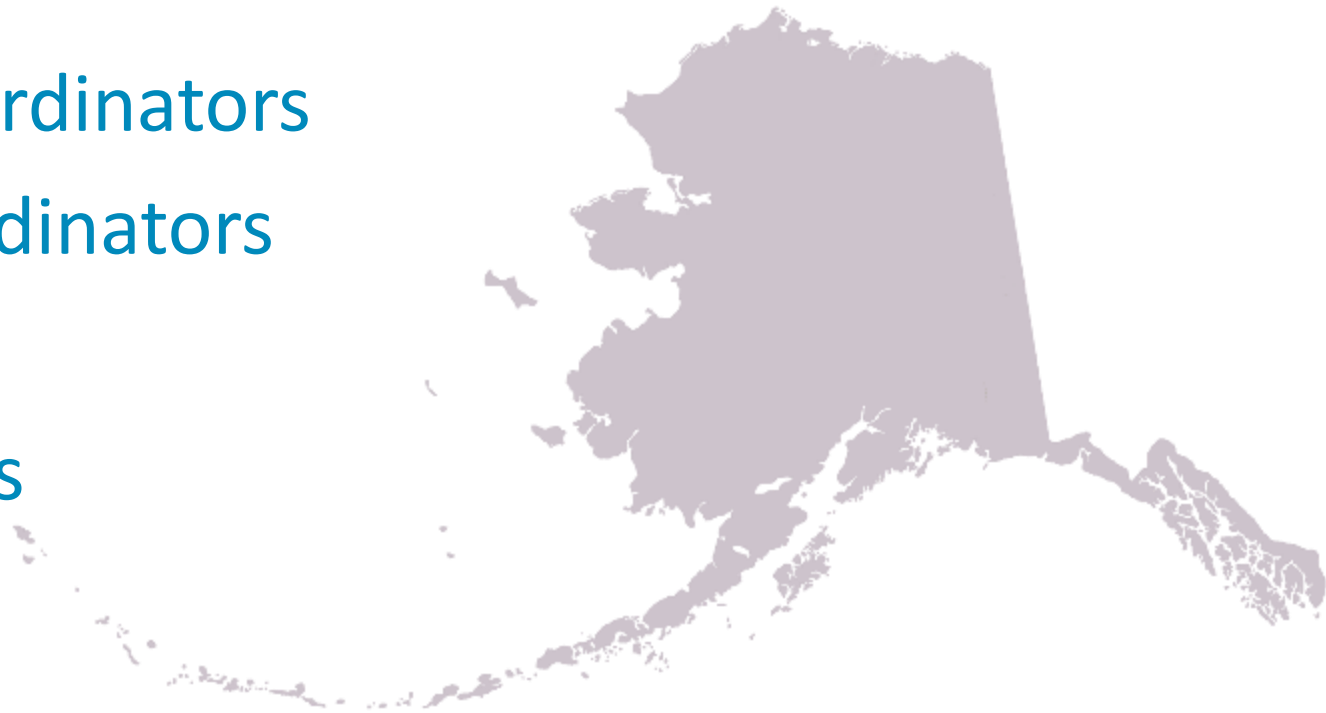


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Who can request books?

- IGAP coordinators
- TRP coordinators
- Teachers
- Educators

* In Alaska



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Educator Guide and Answer Sheet

Where does our safe drinking water come from?

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In Alaska, people get their drinking water in many different ways. Some people have pipes that run water from the water plant into their home. Sometimes the water plant operator hauls water to people's homes or people haul water themselves.

Complete the water treatment maze from start to end to learn how your water becomes safe to drink!

Start

Your water goes through filters made of coal, sand, and other materials that trap dirt and germs.

A small amount of Chlorine (KLO-reen) is added to kill any dangerous germs that could make you sick.

All water has a mineral called Fluoride (FLOOR-ide) in it, but some places add more to help protect your teeth.

Your water plant operator takes samples of your water to make sure it stays safe to drink.

End

Now your water is safe to drink and ready for you to use!

Do you know who your water plant operator is? Maybe the next time you see them you can remember to thank them for your safe drinking water!

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Is your home a healthy home?

We spend a lot of time in our homes so they should be healthy too!

Homes need to **breathe**, just like we need to breathe. Opening **windows** or using vents can let fresh air in and polluted air out. ✓

Smoke detectors can help **alert** you if there is a fire. ✓

Smoke from **wood stoves** should go outside. If a wood stove is leaking, the smoke can stay inside and **pollute** your indoor air. ✗

Guns should be **locked up** so no one accidentally hurts themselves. Kids should never play with guns. ✓

Cleaning **chemicals**, gasoline, and even chemicals from working on engines inside can pollute your indoor air. Keeping chemicals put away and locked up can help prevent accidents. ✗

Find the 8 **bold words** from above in the word search below.

B	U	Z	E	D	M	A	W	X	B	K	A	F	L	J	O	I	W	Q	N	H	M	U	W	Z	A	U	T
R	F	O	L	Y	L	G	O	P	L	C	H	E	M	I	C	A	L	S	F	R	B	A	T	V	F	G	I
E	W	H	P	S	Q	B	O	H	Y	H	G	J	K	P	Y	C	R	A	Z	C	V	F	D	Y	X	M	L
A	P	D	I	Z	A	J	D	O	E	L	T	X	C	M	W	E	P	F	Q	A	L	E	R	T	U	X	D
T	J	B	S	O	U	C	S	F	O	R	P	N	U	R	I	S	F	O	P	D	S	C	Z	S	Q	A	C
H	Q	L	A	X	N	Y	T	R	C	S	O	B	Z	U	E	R	H	E	Y	S	G	K	F	D	I	W	K
E	A	Y	W	T	R	I	O	T	B	Q	W	R	L	Q	B	Y	G	X	U	X	A	L	M	P	R	Q	E
C	X	I	G	S	E	D	Y	D	L	E	C	L	H	A	D	U	O	I	R	T	P	R	S	O	T	P	D
G	R	U	X	C	T	W	H	R	Z	O	E	I	X	G	S	E	Z	T	U	X	W	Y	A	E	J	J	
H	Y	M	V	K	X	L	S	Y	G	P	V	D	H	O	T	V	L	A	D	K	C	Z	Q	N	V	D	
O	K	T	I	R	K	X	L	W	K	H	N	Y	B	V	W	I	N	D	O	W	S	O	P	S	X	E	M
I	L	G	H	V	S	C	V	Q	D	M	G	C	R	P	C	J	Y	H	S	L	G	V	T	M	O	L	F
N	B	I	N	D	O	O	R	A	I	R	W	S	E	T	Z	A	M	F	W	R	J	E	N	A	D	U	C

6



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How to access the books?

- There is a PDF available for download on the ATCEM Community Resources page under Environmental Health Youth Outreach

<http://www.atcemak.com/environmental-health-youth-outreach/>

- Physical copies are available at request for communities in AK.



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Book Request Logistics

- **Books are free.**
- We can work with you to arrange a pick up if you are in town or if we are traveling out your way.
- We can mail them if you cover shipping costs*



* Depending on your situation we may be able to cover shipping



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How to request physical copies?

- Email – ceh@anthc.org
- Call – 907-729-4043
- Provide information:
 - Your name and contact info (email/phone)
 - Community name
 - Number of books you need
 - Best method to get them to you (handoff in ANC, by mail, ...)
 - If mailing, an address



Thank You

Christy McDonald

Assistant Environmental Health Consultant

mcmcdonald1@anthc.org / 907-729-3640



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OUR VISION:

Alaska Native people are the
healthiest people in the world.



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