

Module 8: A Drive Through the Community
Topic 3 Content: Social Health Issues

Organ Donation

Organ Donation

The infographic consists of two vertical panels. The left panel has a dark grey background with white text. The right panel has a red header with white text and a dark grey body with white text. The background of the entire infographic shows a hand holding a red heart.

- Organ donation is when the tissues of someone who has recently died is removed, and then transplanted into the body of a living individual.
- People need organs for various reasons such as, chronic disease, or a disability acquired at birth or later in life.
- Approximately 110,000 people are on a wait-list to receive a viable organ.
- 18 people will die each day because they do not receive a new organ.

Organs That Can Be Donated

- Kidneys
- Heart
- Liver
- Pancreas
- Intestines
- Lungs
- Skin
- Bone and bone marrow
- Cornea

Organ donation is when the tissues of someone who has recently died is removed from his or her body, and then transplanted into the body of a living individual in need of that organ. People need organs for various reasons. For example, they may have a chronic disease, or a disability acquired at birth or later in life. According to the U.S. Department of Health and Human Services, approximately 110,000 people are on a wait-list to receive a viable organ. Eighteen people will die each day because they do not receive a new organ.

The following organs can be donated:

- kidneys;
- heart;
- liver;
- pancreas;
- intestines;
- lungs;
- skin;
- bone and bone marrow; and
- cornea.

Although the need for organs is high, anyone can choose to become an organ donor. In fact, organ donors can save or enhance the lives of as many as eight people in need of an organ transplant. When you apply for a driver's license or learner's permit, you will have the option to choose whether or not you want to become an organ donor. If you are under eighteen years old, you must receive consent from your parent or guardian.

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Blood Donation

Blood Donation

- There are many reasons that blood is needed, like car accidents or natural disasters.
- One donation of blood can save up to 3 lives.
- Nearly 4.5 million lives in the U.S. are saved by blood donations every year.
- To donate blood, you must be 16 and weigh at least 110 lbs.
- You must have consent from your parent or guardian if you are a minor.
- Every donor's blood is tested to ensure it's healthy.
- You can donate at a community blood drive.

Another way to help members of your community is by donating blood. This need arises for various reasons, including for individuals involved in car accidents, and during natural disasters like hurricanes or tornadoes. According to the Virginia Blood Services, one donation of blood can save up to three people's lives. Across the United States, nearly 4.5 million lives are saved every year through blood donations.

In order to donate blood, you must be sixteen years old, and weigh at least one hundred ten pounds. If you are a minor, you must have consent from your parent or guardian prior to donating blood. In addition, in order to ensure that patients only receive healthy blood, every donor's blood is tested. If you are interested in donating blood, try to find a community blood drive. It should only take about an hour to donate.

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Homelessness

Homelessness

- Homeless individuals often cannot afford healthcare, food, water, hygiene items, or a safe place to sleep.
- Roughly 565,000 were homeless on any given night in January 2015.
- 15% of homeless individuals are chronically homeless.
- 8% of homeless individuals are veterans.
- Poverty is the inability to afford basic needs.

Common Causes

- Lack of affordable housing
- Domestic violence
- Job loss
- Hazardous housing conditions
- Critical health issues
- Mental illness
- Substance abuse
- Conflicts with family, neglect, or abuse

People who do not have a fixed, regular, or adequate nighttime residence are considered homeless. Individuals who are homeless often cannot afford healthcare, food, water, hygiene items, or a safe place to sleep. The most common causes of homelessness include lack of affordable housing, domestic violence, job loss, and hazardous housing conditions. Many people experiencing homelessness have critical health issues, mental illness, or substance abuse problems.

According to research done by the National Alliance to End Homelessness, roughly 565,000 people were homeless on any particular night in January 2015. Fifteen percent of individuals experiencing homelessness are chronically homeless, and eight percent are veterans. Youth often become homeless because of conflicts in their family, neglect, or abuse.

While poverty and homelessness are closely related, poverty is the inability to afford basic needs, such as food, water, clothing, and shelter. Living in poverty can force people to choose between paying for food and paying for rent. It often makes it difficult for people to hold a job.

Take a moment to consider the following ways you can help individuals experiencing homelessness or living in poverty:

- donate clothes to local organizations;
- donate school supplies to local school districts or organizations;
- donate food to a local food bank;
- volunteer at a local shelter; and
- contribute money to a local charity that helps this population.

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Underage Drinking



Underage Drinking

- Underage drinking is widespread among teens.
- According to the Monitoring the Future 2015 survey results, the following used alcohol in the last month:
 - 35.3% of 12th graders;
 - 21.5% of 10th graders; and
 - 9.7% of 8th graders.
- It is estimated that 5,000 people under 21 die from underage drinking each year in the U.S.
- The rate of alcohol-related traffic crashes is greater from drivers between the ages of 16 and 20, than drivers over 21.

Underage drinking is when an individual under the legal drinking age of twenty-one consumes alcohol. This is extremely widespread among teens. In fact, according to the Monitoring the Future 2015 survey results acquired by the National Institute on Drug Abuse, National Institutes of Health, and U.S. Department of Health and Human Services, 35.3 percent of twelfth graders, 21.5 percent of tenth graders, and 9.7 percent of eighth graders used alcohol in the past month.

Serious issues can arise from underage drinking. The National Institute on Alcohol Abuse and Alcoholism estimates that five thousand people under the age of twenty-one die from underage drinking each year in the United States. In addition, the rate of alcohol-related traffic crashes is greater for drivers between the ages of sixteen and twenty, than for drivers over twenty-one years of age.

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Substance Abuse

Substance Abuse

Possible Risks	Possible Signs
<ul style="list-style-type: none">▪ Cancer▪ Changes in brain functioning▪ Respiratory problems▪ Weakened immune system▪ Infertility▪ Violent crimes▪ Instability in communities	<ul style="list-style-type: none">▪ Behaving secretly▪ Having new interests that highlight drug use▪ Demanding more privacy and sneaking around▪ Skipping classes, worsening grades, and trouble at school▪ Missing money, valuables, or prescription drugs▪ Acting isolated, withdrawn, or depressed▪ Hiding the smell of drugs▪ Using eyedrops

Substance abuse is defined by the excessive use of drugs, including alcohol, tobacco, inhalants, and medications, to name a few. This community health issue affects local, national, and global communities. Users can develop cancer, experience changes in their brain functioning, have respiratory problems, develop a weakened immune system, and risk infertility. In addition, use of illegal substances can spark violent crimes and instability within communities. It is important that communities become involved in helping substance abuse victims.

Take a moment to explore possible signs that someone is abusing substances:

- behaving secretly about friends, possessions, and activities;
- having a new interest in clothing, music, and other items that highlight drug use;
- demanding more privacy, locking doors, avoiding eye contact, and sneaking around;
- skipping class, worsening grades, and getting in trouble at school;
- missing money, valuables, or prescriptions;
- acting uncharacteristically isolated, withdrawn, or depressed;
- using incense, perfume, or air freshener to hide the smell of smoke or drugs; and
- using eye drops to mask bloodshot eyes or dilated pupils.

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Community Promotion of Health



In addition to the local, state, federal, and international organizations that work to assist individuals with healthy living, people who share a common concern can come together to address particular health issues that may be plaguing their community and its environment.

One particular problem prevalent in communities nationwide is childhood obesity. An individual's environment can be a factor in his or her diet and activity level. For instance, if there are countless fast-food restaurants, and few facilities that promote physical activity, like park and walking/biking trails, people may be more likely to make poor decisions in what they eat, and the exercise they do regularly. In many communities, programs have been implemented to eliminate childhood obesity. The U.S. Department of Health and Human Services has designated funding to help states and territories successfully conquer childhood obesity. These communities educate their citizens about the importance of eating healthfully, fitting in regular exercise, and increasing children's physical activity.

It is essential that communities come together and work as a whole to address issues such as childhood obesity. As the faces of the future, today's youth must be educated on ways to combat obesity and other unhealthy lifestyle choices. They will be able to share this knowledge with the next generation.