Here are steps I took to make HLTH 3000 - Theory & Practice in Community Health Education a sustainability course. Please advise if you need more.

I invited you to the Canvas course. I am still developing the shell for the class but the guts are done. I have made it a sustainability course by doing these things:

1. The introductory lecture will explain how Eco-anxiety, identified by Dr. Britt Wray in the book, "Generation Dread," impacts the emotional health of all, especially younger adults. The issue is cognitive dissonance, such that people want to do good for the planet but also want to continue their damaging behaviors because they believe those behaviors enable a good life. I will then explain how this course will address this issue by using theories to help people develop behaviors that enable a better life that can also promote personal and planetary health. I will also explain the interdependency and interaction of personal behavior on the health of individuals and the environment. (I am still finalizing this lecture)

1. Fun Theory or Major Project for the class. **Overall Purpose: This assignment aims to create and showcase an intervention/product** to improve personal and planetary health by promoting positive health behaviors that is related to regeneration or upcycling. Specifically, the project is designed to assist students in (1) Identifying the major health indicators that are associated with health outcomes, (2) Identifying multilevel causal factors that contribute to the occurrence of the indicator, (3) Identifying appropriate theoretical perspectives that might guide prevention efforts; (4) Develop an idea for an intervention that incorporates "fun" to promote positive behavior change that promotes regeneration or upcycling; **(5) *Practice oral presentation skills.***

1. 5 Application Exercises are assigned to the students who are divided into groups. These application exercises require the students to complete a worksheet and then do a 5 minute presentation, for which I provide a draft PPT for them to use as a starter. The presentations are about the topics below. These are designed to help them encourage sustainable behaviors:

## Application Activity 1: Health Belief Model - You will work on applying the Health Belief Model to promote behavior change toward plant-based eating and eating away from animal foods. Include the food system's environmental impact on sustainable/regenerative behaviors in your work and presentation.

## Application Activity 2: Transtheoretical Model & Health Belief Model - You will apply the Health Belief Model and Theory of Planned Behavior to promote behavior change ​​related to pro-environmental behaviors (not food choices).

## Application Activity 3: TTM, HBM, TRA/TPB: You will use the Transtheoretical Model,

##  the Health Belief Model, and the Theory of Reasoned Action and Theory of Planned Behavior to promote vaccinations.

## Application Activity 4: Social Cognitive Theory and Fun Theory Development: You will work on applying Social

## Marketing to promote behavior change. First, the Bogo Doll experiment. After this, your group will work on applying Social Cognitive Theory to your Fun Theory Project behavior.

## Application Activity 5: Social Marketing and Intervention Development: You will work on applying Social Marketing to promote behavior change. First, we will visit the website below and to view the “Click it or Ticket Campaign.” After this, your group will work on applying Social Marketing to your Fun Theory Project behavior