CDC and Fun Health Quizzes for Children

The Centers for Disease Control and Prevention (CDC) website is a source for health information. A broad spectrum of disease-related information is covered. Many of you may have visited the site to obtain information about the different strains of influenza over the years. Unless you browsed the entire site, you may have missed the feature titled Test Your Knowledge: Health and Safety Quizzes and Tools. As the title implies, you can: (1) test your knowledge on various health and safety topics, such as antibiotics; healthy swimming; the amount of fruit and vegetables you should consume in a day based on your age, weight, and physical activity; and concussions in youth sports and (2) use interactive health tools to ascertain if you are at risk for certain diseases, such as a heart attack.

Some of the quizzes were developed for children and youth. The Kids’ Stress-O-Meter, for example, consists of eight questions that assess a child’s stress profile. This quiz appears to be appropriate for children and youth ages 9 to 13. The questions cover children’s social scene, home and school environment, self-esteem, physical and mental well-being, and relaxation activities. At the end of the quiz, a stress profile is given along with recommendations for relaxing. One of the recommended fun relaxing activities is KABAM!, “a comic creator that allows kids to resolve conflicts and stressful situations with help of the cartoon BAM bunch.”

The Healthy Swimming quiz consists of ten questions mostly related to the swimming environment, such as the use of chlorine. What I like about this quiz is that the correct answer to a question is given along with an explanation for the answer.

The Heads Up: Concussion in Youth Sports quiz is for coaches, athletes, and parents. This quiz consists of nine questions and an answer key. One of the questions is: Concussion can happen even if the athlete hasn’t been knocked out or lost consciousness—true or false. To see if you answered the question correctly, go to the CDC Web site: http://cdec.gov.

Prepared by Dr. Rennae Daneshvary
Director of Nevada KIDS COUNT