

Health Promotion Statistical Graphic

Information

Being healthy and living and following a healthy lifestyle is linked to longer lifespan and general happiness.

Various organisations have identified activities and methods for keeping healthy. Much of the statistical information they have gathered can be complex and detailed; it can be difficult for young people to understand.

You are tasked with:

Planning and producing a statistical graphic targeted at teenagers, in relation to either:

- living a healthy lifestyle
- Or:**
- making healthy choices

Within your graphic you must include supporting information identifying the positive aspects of healthy living.

Additional advice

There are a number of websites providing statistical information relating to the assignment task. As these statistics vary from year to year, your assessor can advise where this information can be found.

Your graphic should be visually relevant to the target market and contain impact to reinforce a healthy living message.

You should make appropriate use of layout and presentation techniques, including:

- target market — font, colour, imagery
- nature of the data — time, percentage or quantity
- desktop publishing principles and design elements