

Prevention Card Games

Here are three activities to get you started using the cards:

Instant Prevention Presentation

2-6 players

Test your ability to articulate primary prevention and an environmental approach to community health and health equity.

- Dealer: **Deal 8 cards** to each player. Leave the remaining cards face down at the center of the table.
- Take **2 minutes** to review your cards. You may **swap up to 2 cards** with another player.
- Take **5 minutes** to review your final hand of cards and create a **1-2 minute presentation** on the importance of prevention using **5 of your cards**.
- Designate a time keeper and **take turns presenting**.
- If it helps, use the scenario of presenting before a city council or board of directors and/or focus on a specific primary prevention policy or action.

Prevention Three Card Draw

1-10 players

Explore the thematic links in groups of cards.

- Dealer: Lay the cards out face up so that all 52 cards are visible.
- The person to the right of the dealer starts. Quickly **choose 3 cards** and explain to your group **how they are related**. There are no “right” answers; the idea is to generate themes and see the connections that others identify. Do **NOT** replace the cards.
- Continue moving to the right, taking turns until everyone has had 3 turns. Each round will become more challenging as there are fewer cards to choose from.

Support Prevention Frameworks

1-7 players

Support community health and health equity frameworks with quotes, photos, and facts.

- Each player selects the cards related to one of the following frameworks:
 - ❖ Prevention Continuum(8♣, 8♥, 9♥)
 - ❖ Taking 2 Steps to Prevention (A♥, A♦, A♣)
 - ❖ The Trajectory of Health Inequities (K♣, K♦, K♥, K♠)
 - ❖ Community Health Factors (Q♣, Q♠, J♦, J♥, J♣)
 - ❖ Spectrum of Prevention (4♥)
- Spread out the remaining cards face up. Choose a player to start.
- One at a time, find a card with a **quote**, a card with a **photo**, and a card with a **fact** (3 cards total) that are **related to your framework**; explain the connection to the group. Once you have completed your turn, return the cards for the next player’s turn.