
INFOGRAPHIC

Promotion of brain health

Learning assignment

- The learning assignment is to create an infographic. An infographic is a visually appealing collection of images/illustrations with small amounts of text and numbers.
- The purpose is to provide the reader with an easily understandable summary of the topic at hand. In an infographic, the text portion is kept relatively minimal, and concepts are explained through the visual elements.
- Ensure that the information contained in the infographic is clear, accessible, understandable, and reliable. This way, you support the health literacy of the infographic's reader/user.
- Create an infographic on promoting brain health for one of the following target groups (choose one):
 - 1) Middle-aged individuals with risk factors for cardiovascular disease.
 - 2) Recently retired individuals who want to invest their increased leisure time in health and wellbeing.
 - 3) Persons recently diagnosed with dementia or experiencing mild cognitive impairment.
 - 4) Social and healthcare professionals who coordinate group activities related to promoting brain health for the older adults and provide individual guidance.
 - 5) Decision-makers responsible for health and well-being initiatives in municipalities/well-being services counties, aiming to communicate the importance of promoting brain health to support decision-making.
 - 6) Self-chosen target group for whom you want to create an infographic that you can also utilize in your own work.
- Create the infographic using tools such as Canva or PowerPoint. Upload the completed infographic as an attachment to the online discussion area or workshop in Moodle (or some other learning environment that also allows peer review) and explain which target group you created the infographic for and what aspects you considered regarding health literacy and brain health promotion.

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- Each student provides peer feedback and comments on two infographics created by another student. Write constructive feedback on infographics by commenting on them according to the following guidelines:
 - Evaluate and comment on how well the content of the infographic targets the selected audience and identify any development needs you observe in the information contained in the infographic for that audience.
 - Evaluate and comment on the clarity, accessibility, comprehensibility, and reliability of the information contained in the infographic.
 - Evaluate and comment on the overall visual design of the infographic.