What is a Wheel of Health?

This educational tool is designed to help staff educate their clients about hepatitis B. The paper-based wheel can be used to start a conversation when engaging with clients in the clinic, at health fairs or testing events. Here’s how to use the wheel:

1. Each slide of the wheel has one statement of Hep B that is true or false
2. Clients can spin the wheel and land on a statement
3. They can then state whether the statement is true or false
4. Staff can share the correct answer and elaborate as needed

How to make a Wheel of Health

Option 1

1. Buy a spinning flower at a discount or craft store
2. Cut a zip tie so it measures two inches
3. Tie the zip-tie to the back of the stick and tighten
4. Make sure it’s positioned so it scratches each of the petals when the wheel spins
5. Use a sharpie to write the Hepatitis B true/false statements on the petals
6. Cut an arrow our of thick paper or cardboard and tape it to the spinning flower’s stick
7. Video instructions are available here: https://www.youtube.com/watch?v=iIXwxkNgtxA

Option 2

1. Draw a circle on a poster board, which is circle A.
2. Draw a circle in a same size on a paper, which is circle B.
3. Cut out both circle A and circle B
4. Divide circle B into 10 pies equally.
5. Fill out each pie with different colors and write the true/false questions on each pie.
6. Cut out each pie on circle B
7. Place each pie on circle A side by side to make circle A full of pies from circle B
8. Create a hole in the center of the new circle (A+B)
9. Place the circle on a bigger board
10. Place a screw at the center of the circle (A+B)
11. Draw a warning sign on a paperboard then cut it out
12. Paste the warning sign on the screw
13. Add a short stick between each pie
14. Draw an arrow on a paperboard then cut it out
15. Paste the arrow above the circle
16. Write the title on the larger board
17. Video instructions are available here: https://www.youtube.com/watch?v=DCcEl6MbDkg
HOW WELL DO YOU KNOW

HEPATITIS B

- Most people infected with Hepatitis B were infected at birth or in early childhood.
- Hepatitis B is the leading cause of liver cancer among Asian Americans.
- Hepatitis B is spread through direct contact with infected blood.
- Hepatitis B cannot be spread through the air.
- The CDC recommends that people born in China and other Asian countries be tested for Hepatitis B.
- Treatments are available that can help prevent serious liver damage from Hepatitis B.
- One in 2 Asian Americans has Hepatitis B.
- Many people with Hepatitis B don't feel sick or have symptoms, and they don't know they have it.
- Hepatitis B is contagious through blood or body fluids.
- Hepatitis B is a virus that can be spread through the exchange of body fluids.