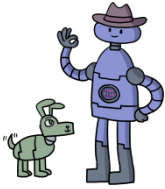




Faculty of Medicine

June 21, 2017

Dear Learning for Life Users,



The team at UBC’s Digital Emergency Medicine would again like to **thank you** for your dedication, engagement and support in developing resources for teachers and students in grades 4-8. These digital health literacy, sleep hygiene, and mental wellness resources have been rigorously tested and improved to meet the needs of students in BC, and through your support, fill a gap for educators.

To support **ongoing improvement of the materials and meet the needs of our users**, we encourage those who use the tools to complete the evaluation provided online through our Learning for Life webpage found here: (<https://survey.ubc.ca/surveys/37-e24cc4646f16ab969a2ed414105/learning-for-life-feedback-long-survey-1/>)

This information will help us improve our educational digital literacy tools and help us with developing more resources for you!

Don’t forget to share those special moments with us when using Learning for Life:

- **Post** your experiences, ideas and activities on Facebook. You can find us at <https://www.facebook.com/UBCDigem/>
- Write about it in your **newsletters**. You can find suggested content in the communication page included in this package and at our website:
- **Tweet** about how you use the resources using the following tags:
@UBCDigEm #LearningforLife #DigitalHealthLiteracy #UBC #DigEM



This new phase to improve and build on the toolkit is called **Learning for Life: mDAWN Kids** (full grant title: mobile Digital-health for Activity and Wellness - mDAWN Kids: Using online comics, mHealth and wearables for Type 2 Diabetes Prevention for Middle Years). It will build upon the Learning for Life digital health curriculum for grade 4-7 students. It will evaluate the effectiveness of a student-centered curriculum and mobile health (mHealth) tools to promote healthy lifestyle behaviors such as physical activity, healthy eating, sleep hygiene, and social/emotional wellbeing. It will also contain a preventative type 2 diabetes section and raise digital health literacy in students between 9-14 years. **Thank you again to all of you who supported our submission! Stay tuned for more resources!**

Thank you again for your ongoing support and for being champions of Learning for Life.

Elizabeth Stacy M.A.
Research Coordinator
Faculty of Medicine, Digital Emergency Medicine
Phone 604 822 8308 | Elizabeth.s@ubc.ca | @ubcdigem | <http://digem.med.ubc.ca/>

