

Activity: Reduce Breast Cancer Bingo



Overview

In this activity, participants will **become familiar with a number of modifiable breast cancer risk factors** so that they can consider ways to **reduce their own breast cancer risk and improve overall health**. This activity is an effective tool for reinforcing risk concepts among **low literacy adult populations**.

Learning Objectives

By the end of the workshop, each participant will be able to:

- Define risk and modifiable risk factors.
- Understand the difference between a genetic risk and an environmental risk.
- Identify some modifiable risk factors for breast cancer.
- Discuss some ways to reduce an individual's risk for breast cancer.

Materials

- Reduce Breast Cancer Bingo boards
- Bingo chips
- Leader's cards
- Several small prizes that promote health (e.g., healthy snacks, pedometer)

Activity Preparation

Print out enough Bingo boards for each participant to have one (possibly a classroom set of 25). There are only 5 different Bingo players' boards so be sure to shuffle them before distributing one to each participant. Place a pile of bingo chips within arm's reach of the participants. Several participants may share one pile.

This activity should be preceded by the workshop *Breast Cancer: Understanding Risk and Steps for Prevention* or by a discussion about breast cancer risk factors and ways to reduce the risks.

Duration

20 minutes

Instructions

1. Hold up one picture card at a time, taking care to make sure everyone can see the card.

Read the "Reduce Breast Cancer Factoid" on the back.

3. Instruct the participants to find the square on their board that matches that picture card and cover it with a bingo chip.
4. When a participant has covered all the pictures in a single column or row or diagonal line on their board, they shout "Bingo!" and they win.
5. Give out a small prize that promotes health improvement, such as a healthy snack food or a pedometer.

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6. Ask the participants to think about which of the breast cancer risk factors on their Bingo boards they are exposed to/partake in on a regular basis.
7. As a group, brainstorm ways to reduce your breast cancer risk.
8. Explain that an individual's breast cancer risk is influenced by both genetic and environmental factors. Since research suggests that only 5-10 percent of all cases of breast cancer are caused by inherited genetic mutations, environmental risk factors (such as behavioral factors like diet and exercise as well as exposure to environmental toxins) have become an important area of research. Current evidence supports associations between breast cancer incidence and the modifiable risk factors shown on the Bingo boards. Knowing what factors may increase or decrease one's breast cancer risk is the first step to making changes to significantly reduce a person's risk for developing breast cancer.
9. Instruct the participants to clear their boards.
10. Shuffle the picture cards and begin again.

Note: The game proceeds quickly. Expect to play 3-4 times and expect several people to get Bingo each time. Be sure to have enough prizes.

Variation

Print the leader and players' cards on card stock or laminate them for durability and repeated use.

Evaluation

- This activity serves as an evaluation tool at the completion of the workshop *Breast Cancer: Understanding Risk and Steps for Prevention*. Although this activity can be conducted without the workshop, it is advised that this activity follow some instruction and/or presentation on the risk factors for breast cancer.
- Ask workshop participants to identify some actions they will take (or will encourage others to take) to reduce their own risk for breast cancer.