

## **Rural Social Determinants of Health Board Game Instructions**

### **Starting the Game**

- If playing with more than 10 people, form teams.
- Select one person to be in charge of the instructions.
- Player profile selection:
  - Each player/team should select one profile card without looking at its contents.
  - Select game pieces and place them at the start position on the game board.
  - Take turns reading the player profiles out loud.
  - Take turns rolling the die to determine the order of play.

### **Playing the Game**

- Roll the die and move forward that number of spaces.
- If you land on a blank space, do nothing.
- If you land on an orange space, take a “risk factor” card and follow the instructions. Keep the cards that you draw.
- If you land on a blue space, take a “protective factor” card and follow the instructions. Keep the cards that you draw.
- If you land on an orange or blue space after completing the directions on a risk factor or protective factor card, stay where you are (do not draw another card or move again).
- When you reach a clinic space – STOP!
  - Each time you reach a clinic you must stop for a visit. On your next turn after stopping, roll the die. You must roll a number at least as high as the “Clinic Experience Number” on your profile before you may continue. Each failed roll represents a poor clinic experience that keeps you from accessing the care and services you need. Once you roll your clinic experience number or higher, move the number of spaces indicated on the die and continue playing.

### **Ending the Game**

- Once you reach the final space on the board, the game ends.
- To determine your final health status: Count your risk factor cards and your protective factor cards. Subtract the number of protective factor cards from the number of risk factor cards. Add the clinic experience number on your player profile.
  - <0 = Excellent
  - 0-1 = Very Good
  - 2-3 = Good
  - 4-5 = Fair
  - 6+ = Poor