

# National Health Education Standards: Personal Application Experience Lessons

Hop, Skip, and Jump into Physical Activity	How Much is too Much? Let's Talk Sugar	Namaste to Keep the Stress Away	Now v Then: Portion Control	Smart Snacking	This is Me	Water, Water Everywhere and not a Drop to Drink	What to Choose When Dining Out	Nutrition 101	Catch Some ZZZZ's	To Drink or Not to Drink. That is the Question	100 Calories/ Balance
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## Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**Rationale:** The acquisition of basic health concepts and functional health knowledge provides a foundation for promoting health-enhancing behaviors among youth. This standard includes essential concepts that are based on established health behavior theories or models. concepts that focus on both health promotion and risk reduction are included in the performance indicators.

1.12.1	Predict how healthy behaviors can affect health status.	X	X	X	X	X	X	X	X	X	X	X
1.12.2	Describe the interrelationships of emotional, intellectual, physical, and social health.	X	X	X	X	X	X	X	X	X	X	X
1.12.3	Analyze how environment and personal health are interrelated.	X		X			X	X		X		X
1.12.4	Analyze how genetics and family history can impact personal health.											
1.12.5	Propose ways to reduce or prevent injuries and health problems.	X	X	X	X	X	X	X	X	X	X	X
1.12.6	Analyze the relationship between access to health care and health status.											
1.12.7	Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.	X					X			X		X
1.12.8	Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.	X	X		X	X	X	X		X	X	X
1.12.9	Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.	X	X		X	X	X	X		X	X	X

## Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

**Rationale:** The acquisition of basic health concepts and functional health knowledge provides a foundation for promoting health-enhancing behaviors among youth. This standard includes essential concepts that are based on established health behavior theories or models. concepts that focus on both health promotion and risk reduction are included in the performance indicators.

2.12.1	Analyze how the family influences the health of individuals.			X								
2.12.2	Analyze how the culture supports and challenges health beliefs, practices, and behaviors.				X			X		X		
2.12.3	Analyze how peers influence healthy and unhealthy behaviors.			X								
2.12.4	Evaluate how the school and community can affect personal health practice and behaviors.						X	X		X		
2.12.5	Evaluate the effect of media on personal and family health.			X					X	X	X	X
2.12.6	Evaluate the impact of technology on personal, family, and community health.	X							X	X		X
2.12.7	Analyze how the perceptions of norms influence healthy and unhealthy behaviors.				X			X	X		X	
2.12.8	Analyze the influence of personal values and beliefs on individual health practices and behaviors.						X					



