

National Health Education Standards

Standards		Awareness Cards activity	Intro lesson	Lifestyle Journal activity	Melissa lesson	Team Building activity	Roles lesson	Patient lesson	myPatient project
Standard 1: Use functional health information to support health and well-being.		Rationale: The acquisition and application of functional health information provide a foundation for promoting health and well-being. This standard includes essential concepts based on established health-behavior theories and models. Concepts reflected in this standard include health literacy, health promotion, well-being, and health outcomes within individual, interpersonal, community, societal, and environmental contexts. Functional information is information that can be used to make health-enhancing decisions and behaviors.							
1.12.1	Analyze the relationships between various dimensions of wellness as related to health outcomes.								
1.12.2	Evaluate behaviors that reduce or prevent illness and injuries.	x	x					x	x
1.12.3	Evaluate practices and behaviors for managing health conditions.		x					x	x
1.12.4	Compare and contrast individual and organizational health conditions.	x	x						
1.12.5	Analyze how individual, interpersonal, community, societal, and environmental factors are interrelated and impact health outcomes.		x					x	x
1.12.6	Analyze the benefits of and barriers to practicing a variety of health behaviors.		x					x	x
1.12.7	Examine how perceived susceptibility and perceived severity affect health behaviors.							x	
1.12.8	Analyze the relationship between access to health care and overall health and well-being.				x				
Standard 2: Analyze influences that affect health and well-being.		Rationale: Health and well-being are affected by a variety of influences within individual, interpersonal, community, societal, and environmental contexts. This standard focuses on identifying and evaluating the diverse internal and external factors that influence health practices and behaviors, such as values, beliefs, perceived norms, and policies. This standard recognizes that the factors affecting health behaviors and outcomes, such as social determinants of health, are complex and impact people and communities differently. This skill supports the ability to identify and use strategies and resources to recognize the types of influences, the role of influences, and strategies to manage influences on quality of life.							
2.12.1	Evaluate the interrelationships and impacts of various influences and health behaviors on health and well-being.		x					x	
2.12.2	Evaluate how social determinants of health can influence health behaviors and outcomes.		x						
2.12.3	Evaluate how individual, interpersonal, community, societal, and environmental influences and factors affect health equity.		x						

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2.12.4	Formulate strategies to manage influences that impact health and well-being.			x					
2.12.5	Use resources to manage influences that impact health and well-being.								
Standard 3: Access valid and reliable resources to support health and well-being.		Rationale: Access to valid health information, products, services, and other resources is essential to promoting health and well-being, and preventing, detecting, managing, and treating health issues and conditions. Access to valid and reliable information, products, services, and other resources promotes health and well-being in individual, interpersonal, community, societal, and environmental contexts. This standard focuses on identifying, accessing, and evaluating valid and reliable resources, including managing misinformation and disinformation, in in-person and digital settings.							
3.12.1	Analyze the accessibility of trusted adults, other individuals, health professionals, and other resources to promote health and well-being.								
3.12.2	Analyze supports and barriers for accessing valid and reliable health information, products, services, and other resources.								
3.12.3	Evaluate the validity and reliability of health information, products, services, and other resources.								
3.12.4	Use valid and reliable sources of health information, products, services, and other resources.				x		x	x	x
3.12.5	Apply strategies to manage misinformation and disinformation.								
Standard 4: Use interpersonal communication skills to support health and well-being.		Rationale: Effective communication promotes health and well-being in individual, interpersonal, community, societal, and environmental contexts. This standard focuses on using expressive and receptive communication skills and perspective-taking to recognize and strengthen interpersonal communication, develop and maintain healthy relationships, express and interpret messages, and manage conflict in in-person and digital settings. Developing communication skills helps individuals to see how they communicate and the ways in which their communication affects those around them.							
4.12.1	Apply effective communication skills across multiple modes of communications and media formats to support health and well-being of self and others.								
4.12.2	Apply communication skills and strategies within a variety of interpersonal context.					x			
4.12.3	Demonstrate how to ask for and offer assistance to support the health of self and others.								
4.12.4	Use communications skills related to communicating boundaries, expressing consent, and removing consent in a variety of situations.								
4.12.5	Apply refusal skills and strategies in a variety of situations.								
4.12.6	Apply skills and strategies to prevent, manage, or resolve conflict.					x	x	x	x
4.12.7	Demonstrate collaboration skills in a variety of situations.					x	x	x	x

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4.12.8	Demonstrate negotiation skills in a variety of situations.					x	x	x	x
4.12.9	Adapt strategies to communicate with others with different perspectives and values in various context.					x			
4.12.10	Communicate with empathy and compassion.					x			
Standard 5: Use a decision-making process to support personal and community health and well-being.		Rationale: Effective decision-making skills are needed to identify, adopt, and maintain health-promoting behaviors. This standard includes skills and steps integral to the process of effective decision-making to support health and well-being. The decision-making process enables collaboration to improve quality of life within individual, interpersonal, community, societal, and environmental contexts.							
5.12.1	Analyze how health-related decisions may affect personal and community health and well-being from a variety of perspectives.		x					x	x
5.12.2	Determine why health-related situations require the application of a thoughtful decision-making process.								x
5.12.3	Use an individual, supported, or collaborative decision-making process to maintain or improve health and well-being.			x					
5.12.4	Analyze a variety of options based on priorities and potential outcomes when making a health-related decision.			x					x
5.12.5	Analyze the potential impact of a decision on the health and well-being at individual, interpersonal, community, societal, and environmental levels.			x					x
5.12.6	Develop a plan of action to implement a health-related decision.			x					x
5.12.7	Evaluate the effectiveness of health-related decisions.			x					x
5.12.8	Evaluate the impact of supports and barriers that affect decision-making at individual, interpersonal, community, societal, and environmental levels.			x					
Standard 6: Use a goal-setting process to support health and well-being.		Rationale: Goal-setting is a process to support the achievement of short- and long-term goals, which includes working toward and reflecting on a goal. A goal-setting process is not only for the purpose of achieving a goal but to integrate practices, habits, and routines into our lives. This standard includes the processes needed to plan and attain short-term and long-term health goals. It is an ongoing process requiring adaptability within the context of personal and social factors. Goal setting supports aspirations and planning for future health and well-being within individual, interpersonal, community, societal, and environmental contexts.							
6.12.1	Assess personal health, well-being, and factors for engaging in a goal-setting process.			x				x	x
6.12.2	Use an individual, supported, or collaborative goal-setting process as appropriate.			x					x
6.12.3	Develop a goal and analyze how it supports health and well-being.			x					x
6.12.4	Implement a plan that addresses supports and barriers to attaining a goal.			x					x

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6.12.5	Monitor progress and adjust the goal or plan as appropriate.			x					
6.12.6	Evaluate the goal-setting process and outcomes on health and well-being.			x					
Standard 7: Demonstrate practices and behaviors to support health and well-being.		Rationale: Developing health practices and behaviors can promote health and well-being over the lifespan and reduce risk to self and others. Practicing health behaviors is critical to incorporating health-promoting habits and routines into everyday life. This standard promotes individual and collective responsibility by encouraging the exploration and practice of skills and process that support health and well-being in individual, interpersonal, community, societal, and environmental contexts.							
7.12.1	Analyze supports and barriers to practices and behaviors.		x	x					
7.12.2	Evaluate practices, behaviors, and other factors that support individual and collective health and well-being.		x	x					
7.12.3	Adapt practices and behaviors to support individual and collective health and well-being.			x					
7.12.4	Demonstrate a variety of practices and behaviors that support individual and collective health and well-being.			x					
Standard 8: Advocate to promote health and well-being for self and others.		Rationale: Advocacy skills help students promote healthy norms and healthy behaviors. This standard helps students develop important skills to target their health-enhancing messages and to encourage others to adopt healthy behaviors.							
8.12.1	Examine factors that may affect advocacy at individual, interpersonal, community, and societal and environmental levels.						x		
8.12.2	Assess when individual or collaborative advocacy is appropriate to improve health and well-being.								
8.12.3	Customize advocacy skills and strategies for varying audiences and contexts.								
8.12.4	Demonstrate self-advocacy skills and strategies to improve health and well-being.								
8.12.5	Demonstrate advocacy skills and strategies to improve health and well-being at individual, interpersonal, community, and societal and environmental levels.								
8.12.6	Evaluate the process, outcomes, and impact of advocacy efforts at the individual, interpersonal, community, and societal and environmental levels.								
8.12.7	Analyze the role of collaboration among different people in a community to prevent and solve community health issues.								