

NATIONAL HEALTH EDUCATION STANDARDS

(National Committee on Health Education Standards, 1995)

1. HEALTH PROMOTION AND DISEASE PREVENTION

Students will comprehend concepts related to health promotion and disease prevention.

2. HEALTH INFORMATION, PRODUCTS AND SERVICES

Students will demonstrate the ability to access valid health information and health-promoting products and services.

3. REDUCING HEALTH RISKS

Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

4. INFLUENCES ON HEALTH

Students will analyze the influence of culture, media, technology, and other factors on health.

5. USING COMMUNICATION SKILLS TO PROMOTE HEALTH

Students will demonstrate the ability to use interpersonal communication skills to enhance health.

6. SETTING GOALS FOR GOOD HEALTH

Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

7. HEALTH ADVOCACY

Students will demonstrate the ability to advocate for personal, family, and community health.