



TEN CONTENT AREAS OF HEALTH

(National Committee for Health Education Standards, 1995)

- 1. Mental & Emotional Health**
- 2. Family Living**
- 3. Growth and Development**
- 4. Nutrition**
- 5. Personal Health & Physical Activity**
- 6. Alcohol, Tobacco and Other Drugs**
- 7. Communicable and Chronic Diseases**
- 8. Injury Prevention and Safety**
- 9. Consumer Health**
- 10. Environmental Health**

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