



## Topic of the Month – Health Education

### Health in School

Many parents are interested in the basic academic education of their children—reading, writing, and math—but are not nearly as conscientious about the other learning that goes on. A health education program is an important part of the curriculum in most school districts. Starting in kindergarten and continuing through high school, it provides an introduction to the human body and to factors that prevent illness and promote or damage health.



It is easy to underestimate the importance of this health education. As an adolescent, teenagers will face many choices that, if they choose inappropriately, could impair their health and even lead to their death. These choices revolve around alcohol, tobacco, and other drug use, sexual behavior (abstinence, prevention of pregnancy and sexually transmitted diseases), driving, risk-taking behavior, and stress management. Most experts agree that education about issues like alcohol abuse is most effective if it begins at least two years before the behavior is likely to start. This means that children seven and eight years old are not too young to learn about the dangers of tobacco, alcohol, and other drugs, and that sexuality education also needs to be part of the experience of elementary school children. At the same time, positive health behavior can also be learned during the middle years of childhood. Children's well-being as an adult can be influenced by the lifelong exercise and nutrition habits that they adopt now.

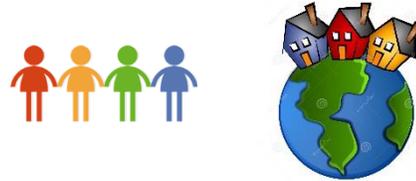


As important as the content of a health curriculum may be, other factors are powerful in shaping children's attitudes toward their own well-being. Other important aspects of the school day must reinforce what is being taught in the classroom. For example, is the school cafeteria serving low-fat meals that support the good nutritional decisions encouraged by the teachers? Is there a strong physical education program that emphasizes the value of fitness and offers each child thirty minutes of vigorous activity at least three times a week? Does the school district support staff-wellness programs so that teachers can be actively involved in maintaining their own health and thus be more excited about conveying health information to their students? All of these are significant in schools worldwide.

<http://www.healthychildren.org/English/ages-stages/gradeschool/school/Pages/Teaching-Health-Education-in-School.aspx>

### Health in the Community

It is important to teach the local community about healthy living. In addition to education in school, healthy living it must be reinforced outside of school by other children. Children sometimes listen more attentively to people of a similar age because they feel that those people can better relate to them. Spreading health education in the community is not difficult. Contact local afterschool programs, libraries, or summer camps to get involved.



### Health at Home

Parents play an important role in the health habits of their children because they are a major influence. Children tend to follow their parents' eating habits. Additionally, if the parents are too busy to buy fresh food or cook, they will resort to purchasing fast food or ready-made meals. These choices are unhealthy and lead to bad eating choices of their children. Lastly, the parents' economic status can play a role. Most healthy food sold in grocery stores is expensive. Similar to if the parents are busy, if their economic status is poor, they will purchase cheap fast food which is not healthy. Parents must learn to encourage their children to make healthy choices because if they do not, their children will suffer in the future.



## "Food Goal" This Month

Try to get involved in the local community and promote healthy living!

## "Health Quiz" of the Month

1. A coordinated school health program includes all of the following components EXCEPT
  - A. mental health education.
  - B. nutrition and food services.
  - C. physical education.
  - D. school health instruction.
2. An "integrated method of functioning which is oriented toward maximizing the potential of which the individual is capable..." is part of the definition of
  - A. health education.
  - B. wellness.
  - C. health.
  - D. health promotion.
3. In school, health should be taught
  - A. every year at every grade level.
  - B. every semester at every grade level.
  - C. alternating semesters at every grade level.
  - D. at least every other year in K-12.
4. Health-related behaviors are both
  - A. acquired and concrete.
  - B. learned and changeable.
  - C. flexible and positive.
  - D. innate and avoidable.

Answers: A, C, B, B.  
[http://wps.aw.com/bc\\_anspaugh\\_health\\_8/61/15807/4046685.cw/index.html](http://wps.aw.com/bc_anspaugh_health_8/61/15807/4046685.cw/index.html)

## "Move" of the Month

### Insanity

Insanity is a difficult 60-day workout designed by Shaun T. It is designed to give a lean, muscular body in a short amount of time. Its complete set includes a nutrition guide, a calendar to track your progress, and 10 DVDs. No exercise equipment is necessary, all you need is a little space. Make sure you do not push yourself past your limits though. Even if you cannot handle the rigors of Insanity, try modifying your exercises or taking more rest.

[http://www.beachbody.com/product/fitness\\_programs/insanity.do](http://www.beachbody.com/product/fitness_programs/insanity.do)



## Upcoming December 2014

✓ Next newsletter will focus on **Radiation**

## Fun Facts

### Physical Education in School

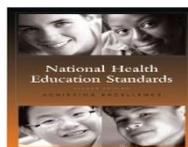
The percentage of high school students who attended physical education classes daily decreased from 42% in 1991 to 25% in 1995 and remained stable at that level until 2013 (29%)



<http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>

## Health Standards

The Joint Committee on National Health Education Standards recommends that students in Pre-K to grade 2 receive a minimum of 40 hours and students in grades 3 to 12 receive a minimum of 80 hours of instruction in health education per academic year.



[http://www.everydaychoices.org/082008/Health%20Ed%20Fact%20Sheet%20ACS%20ADA%20AHA%205.27.08%20\\_final\\_.pdf](http://www.everydaychoices.org/082008/Health%20Ed%20Fact%20Sheet%20ACS%20ADA%20AHA%205.27.08%20_final_.pdf)



"The handle on your recliner does not count as an exercise machine."

[http://blog.envisialearning.com/wp-content/uploads/2010/12/funny\\_exercise\\_cartoon\\_2.gif](http://blog.envisialearning.com/wp-content/uploads/2010/12/funny_exercise_cartoon_2.gif)