

National Health Education Standards and Heat Related Illness Prevention

The following National Health Education Standards (NHES) for grades 9-12 correlate to Heat-Related Illness Prevention (HRI) course. Corresponding performance indicators follow each Standard.

1 Comprehend concepts related to health promotion and disease prevention to enhance health.

- 1.12.1 Predict how health behaviors can affect health status.
- 1.12.3 Analyze how environment and personal health are interrelated
- 1.12.5 Propose ways to reduce or prevent injuries and health problems
- 1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of health behaviors
- 1.12.8 Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors
- 1.12.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors

2 Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 2.12.2 Analyze how the culture supports and challenges health beliefs, practices, and behaviors
- 2.12.4 Evaluate how the school and community can affect personal health practice and behaviors.
- 2.12.6 Evaluate the impact of technology on personal, family, and community health
- 2.12.9 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors

4 Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.

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5 Demonstrates the ability to use decision-making skills to enhance health.

5.12.1 Examine barriers that can hinder healthy decision making.

5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations

5.12.5 Predict the potential short-term and long-term impact of each alternative on self and others

5.12.6 Defend the healthy choice when making decisions.

7 Demonstrates the ability to practice health-enhancing behaviors and avoid or reduce risks

7.12.1 Analyze the role of individual responsibility in enhancing health

7.12.2 Demonstrate a variety of healthy practices and behaviors that avoid or reduce health risks to self and others

For more information about the National Health Education Standards in public health education, visit the following Website

<http://www.cdc.gov/HealthyYouth/SHER/standards/index.htm>