

## National Health Education Standards and Skills

The *National Health Education Standards* describe the *knowledge and skills* essential to the development of a health-literate person. The *knowledge* includes the most important and enduring ideas, issues, and concepts related to achieving good health.

The *skills* include the ways of communicating, reasoning, and investigating that characterize a health-literate person.

Below is a list of health skills and their corresponding *National Health Education Standards*:

<b><i>Health Skills</i></b>	<b><i>National School Health Standards</i></b>
<i>Advocacy</i>	<i>Students will demonstrate the ability to advocate for personal, family, and community health.</i>
<i>Self Management</i>	<i>Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.</i>
<i>Interpersonal Communication</i>	<i>Students will demonstrate the ability to use interpersonal communication skills to enhance health.</i>
<i>Decision Making/Goal Setting</i>	<i>Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.</i>
<i>Internal and External Influences</i>	<i>Students will analyze the influence of culture, media, technology, and other factors on health.</i>
<i>Accessing Information</i>	<i>Students will demonstrate the ability to access valid health information and health-promoting products and services.</i>
<i>Core Concepts</i>	<i>Students will comprehend concepts related to health promotion and disease prevention.</i>

Skills should grow in complexity, ultimately requiring higher-order thinking. The hierarchy proceeds from *Core Concepts*, the simplest, to *Advocacy*, the most complex.

Utilize the school health standards and skills when developing a district policy for K-12 nutrition education curriculum and assessing nutrition education curriculum.