

# Appendix 3: HECAT Healthy Behavior Outcomes for Grades Pre-K–12

## Alcohol and Other Drugs

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**HBO 1.** Use prescription and over-the-counter medications correctly.

**HBO 2.** Avoid misuse and abuse of over-the-counter and prescription drugs.

**HBO 3.** Avoid the use of alcohol.

**HBO 4.** Avoid the use of illegal drugs.

**HBO 5.** Avoid driving while under the influence of alcohol and other drugs.

**HBO 6.** Avoid riding in a motor vehicle with a driver who is under the influence of alcohol or other drugs.

**HBO 7.** Quit using alcohol and other drugs if already using.

**HBO 8.** Support others to be alcohol- and other drug-free.

## Food and Nutrition

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**HBO 1.** Follow a healthy eating pattern that meets individual preferences and needs for growth and development.

**HBO 2.** Choose a variety of options within each food group.

**HBO 3.** Eat lots of fruits and vegetables.

**HBO 4.** Choose to eat whole grain products.

**HBO 5.** Choose to drink or eat fat-free or low-fat dairy or fortified dairy alternatives.

**HBO 6.** Drink lots of water.

**HBO 7.** Avoid sugary drinks.

**HBO 8.** Limit foods high in added sugars, saturated fats, trans fats, and sodium.

**HBO 9.** Choose to eat or drink nutrient-dense foods and beverages when dining.

**HBO 10.** Prepare good-tasting, nutrient-dense foods for yourself and others.

**HBO 11.** Choose and enjoy nutrient-dense foods and beverages that reflect personal preferences, culture, and budget.

**HBO 12.** Support healthy eating patterns for others.

## Mental and Emotional Health

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**HBO 1.** Express feelings in a healthy way.

**HBO 2.** Engage in activities that are mentally and emotionally healthy.

**HBO 3.** Manage interpersonal conflict in healthy ways.

**HBO 4.** Prevent and manage emotional stress and anxiety in healthy ways.

**HBO 5.** Use self-control and impulse-control strategies to promote health.

**HBO 6.** Get help for troublesome thoughts, feelings, or actions for oneself and others.

**HBO 7.** Show acceptance of difference in others.

**HBO 8.** Establish and maintain healthy relationships.

**HBO 9.** Practice habits that promote mental and emotional wellbeing.

## Personal Health and Wellness

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**HBO 1.** Practice appropriate hygiene habits.

**HBO 2.** Get an appropriate amount of sleep and rest.

**HBO 3.** Prevent vision and hearing loss.

**HBO 4.** Prevent damage from the sun.

**HBO 5.** Practice behaviors that prevent infectious diseases.

**HBO 6.** Practice behaviors that prevent chronic diseases.

**HBO 7.** Practice behaviors that promote mental and emotional wellbeing.

**HBO 8.** Practice behaviors that prevent foodborne or waterborne illnesses.

**HBO 9.** Prevent serious health problems that result from common chronic diseases and conditions among youth, such as allergies, asthma, diabetes, and epilepsy.

**HBO 10.** Use healthcare services to address common infectious diseases and manage chronic diseases and conditions.

**HBO 11.** Seek out healthcare professionals for appropriate screenings and examinations.

**HBO 12.** Prevent health problems that result from fads or trends.

## Physical Activity

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**HBO 1.** Engage in moderate to vigorous physical activity for at least 60 minutes every day.

**HBO 2.** Regularly engage in physical activities that enhance cardio-respiratory endurance, flexibility, muscle endurance, and muscle strength.

**HBO 3.** Engage in warm-up and cool-down activities before and after structured exercise.

**HBO 4.** Drink plenty of water before, during, and after physical activity.

**HBO 5.** Follow a physical activity plan for healthy growth and development.

**HBO 6.** Avoid injury during physical activity.

**HBO 7.** Support others to be physically active.

## Safety

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**HBO 1.** Follow appropriate safety rules when riding in or on a motor vehicle.

**HBO 2.** Avoid driving a motor vehicle—or riding in a motor vehicle driven by someone—while under the influence of alcohol or other drugs.

**HBO 3.** Use safety equipment appropriately and correctly.

**HBO 4.** Apply safety rules and procedures to avoid risky behaviors and injury.

**HBO 5.** Avoid safety hazards in the home and community.

**HBO 6.** Recognize and avoid dangerous surroundings.

**HBO 7.** Get help for oneself or others when injured or suddenly ill.

**HBO 8.** Support others to avoid risky behaviors and be safe.

## Sexual Health

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**HBO 1.** Recognize developmental changes experienced by self and others during childhood and adolescence.

**HBO 2.** Establish and maintain healthy relationships.

**HBO 3.** Treat all people with dignity and respect with regard to their gender identity and sexual orientation.

**HBO 4.** Give and receive consent in all situations.

**HBO 5.** Be sexually abstinent.

**HBO 6.** Engage in behaviors that prevent or reduce sexually transmitted infections (STIs), including HIV.

**HBO 7.** Engage in behaviors that prevent or reduce unintended pregnancy.

**HBO 8.** Support others to avoid or reduce sexual risk behaviors.

**HBO 9.** Avoid pressuring others to engage in sexual behaviors.

**HBO 10.** Use appropriate health services to promote sexual and reproductive health.

## Tobacco

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**HBO 1.** Avoid using (or experimenting with) any form of tobacco.

**HBO 2.** Avoid exposure to secondhand smoke and aerosol.

**HBO 3.** Support a tobacco-free environment.

**HBO 4.** Support others to be tobacco-free.

**HBO 5.** Quit using tobacco, if already using.

## Violence Prevention

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**HBO 1.** Manage interpersonal conflict in nonviolent ways.

**HBO 2.** Manage emotional distress in nonviolent ways.

**HBO 3.** Avoid bullying or being a bystander to bullying, or being a victim of bullying.

**HBO 4.** Avoid engaging in violence, including sexual harassment, coercion, exploitation, physical fighting, and rape.

**HBO 5.** Avoid situations where violence is likely to occur.

**HBO 6.** Avoid associating with others who are involved in or who encourage violence or criminal activity.

**HBO 7.** Get help to prevent or stop violence including harassment, abuse, bullying, hazing, fighting, and hate crimes.

**HBO 8.** Get help to prevent or stop unwanted or inappropriate touching.

**HBO 9.** Get help to stop being subjected to violence or physical abuse.

**HBO 10.** Get help for oneself or others who are in danger of hurting themselves.