

## **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>**