**How CHFFF Meets National Health Education Standards**

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| **National Health Education Standards**  | **Performance Indicators for Grades 3-5 met by CHFFF** | **Performance Indicators for Grades 6-8 met by CHFFF** |
| 1. Students will comprehend concepts related to health promotion and disease prevention to enhance health. |

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| 1.5.1 | Describe the relationship between healthy behaviors and personal health. |

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| 1.8.1 | Analyze the relationship between healthy behaviors and personal health. |
| 1.8.7 | Describe the benefits of and barriers to practicing healthy behaviors. |

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| 2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. |

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| 2.5.1 | Describe how family influences personal health practices and behaviors. |

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| 2.8.1 | Examine how the family influences the health of adolescents. |
| 2.8.8 | Explain the influence of personal values and beliefs on individual health practices and behaviors. |

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| 3. Students will demonstrate the ability to access valid information, products, and services to enhance health. |

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| 3.5.1 | Identify characteristics of valid health information, products, and services. |
| 3.5.2 | Locate resources from home, school, and community that provide valid health information. |

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| 3.8.2 | Access valid health information from home, school, and community. |
| 3.8.5 | Locate valid and reliable health products and services. |

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| 4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. |

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| 4.5.1 | Demonstrate effective verbal and nonverbal communication skills to enhance health. |
| 4.5.2 | Demonstrate refusal skills that avoid or reduce health risks. |

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| 4.8.1 | Apply effective verbal and nonverbal communication skills to enhance health.. |
| 4.8.2 | Demonstrate refusal and negotiation skills that avoid or reduce health risks. |

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| 5. Students will demonstrate the ability to use decision-making skills to enhance health. |

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| 5.5.1 | Identify health-related situations that might require a thoughtful decision. |
| 5.5.3 | List healthy options to health-related issues or problems. |
| 5.5.5 | Choose a healthy option when making a decision. |

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| 5.8.1 | Identify circumstances that can help or hinder healthy decision making. |
| 5.8.2 | Determine when health-related situations require the application of a thoughtful decision-making process. |
| 5.8.4 | Distinguish between healthy and unhealthy alternatives to health-related issues or problems. |
| 5.8.6 | Choose healthy alternatives over unhealthy alternatives when making a decision. |

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| 6. Students will demonstrate the ability to use goal-setting skills to enhance health. |

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| 6.5.1 | Set a personal health goal and track progress toward its achievement. |
| 6.5.2 | Identify resources to assist in achieving a personal health goal. |

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| 6.8.1 | Assess personal health practices. |
| 6.8.2 | Develop a goal to adopt, maintain, or improve a personal health practice. |
| 6.8.3 | Apply strategies and skills needed to attain a personal health goal. |

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| 7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. |

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| 7.5.2 | Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health. |
| 7.5.3 | Demonstrate a variety of behaviors to avoid or reduce health risks. |

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| 7.8.2 | Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. |
| 7.8.3 | Demonstrate behaviors to avoid or reduce health risks to self and others. |

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| 8. Students will demonstrate the ability to advocate for personal, family, and community health. |

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| 8.5.1 | Express opinions and give accurate information about health issues. |
| 8.5.2 | Encourage others to make positive health choices. |

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| 8.8.2 | Demonstrate how to influence and support others to make positive health choices. |
| 8.8.3 | Work cooperatively to advocate for healthy individuals, families, and schools.. |

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See the full National Health Education Standards at: <https://www.cdc.gov/healthyschools/sher/standards/index.htm>.

Full report: “National health education standards: achieving excellence” developed by the Joint Committee on National Health Education Standards. 2nd ed. Atlanta, GA: American Cancer Society, c2007.

For more information on Choose Health: Food, Fun, and Fitness (CHFFF), contact Wendy Wolfe, PhD, Division of Nutritional Sciences, Cornell University, at ww16@cornell.edu.