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<b>Correlation of <i>Essential Health</i> ©2018</b>		
<b>to the National Health Education Standards</b>		
<b>COMPETENCY</b>		<b>CORRELATING PAGES</b>
<b>Standard 1—Students will comprehend concepts related to health promotion and disease prevention to enhance health.</b>		
1.12.1	Predict how healthy behaviors can affect health status.	102 (#26), 168 (Real World Health), 198 (Before You Read)
1.12.2	Describe the interrelationships of emotional, intellectual, physical, and social health.	6 (Before You Read), 10, 32 (#7)
1.12.3	Analyze how environment and personal health are interrelated.	54 (#5), 115, 221 (Real World Health)
1.12.4	Analyze how genetics and family history can impact personal health.	54 (Real World Health), 62 (#29), 118 (#1)
1.12.5	Propose ways to reduce or prevent injuries and health problems.	62 (#29), 128 (#31), 314 (#24)
1.12.6	Analyze the relationship between access to health care and health status.	12 (Research in Action), 29–31
1.12.7	Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.	125 (#5), 183 (#8), 221 (Real World Health)
1.12.8	Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.	265 (#2), 299 (#6), 313 (#10)
1.12.9	Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.	142, 315 (Reading and Writing Practice), 543 (Case Study)
<b>Standard 2—Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</b>		
2.12.1	Analyze how the family influences the health of individuals.	31 (Real World Health), 34 (Hands-On Activity), 44 (Real World Health)
2.12.2	Analyze how the culture supports and challenges health beliefs, practices, and behaviors.	116, 117 (Local and Global Health), 137–138
2.12.3	Analyze how peers influence healthy and unhealthy behaviors.	135 (Research in Action), 143, 271
2.12.4	Evaluate how the school and community can affect personal health practice and behaviors.	62 (Hands-On Activity), 99 (Real World Health), 116
2.12.5	Evaluate the effect of media on personal and family health.	84 (Research in Action), 88 (Health in the Media), 139 (#7)



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2.12.6	Evaluate the impact of technology on personal, family, and community health.	555 (#38), 565–566, 587 (Reading and Writing Practice)
2.12.7	Analyze how the perceptions of norms influence healthy and unhealthy behaviors.	107, 137, 453
2.12.8	Analyze the influence of personal values and beliefs on individual health practices and behaviors.	33 (#21), 224 (Hands-On Activity), 341
2.12.9	Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.	60 (#15), 269 (Case Study), 489
2.12.10	Analyze how public health policies and government regulations can influence health promotion and disease prevention.	151 (#3), 367, 387
<b>Standard 3—Students will demonstrate the ability to access valid information, products, and services to enhance health.</b>		
3.12.1	Evaluate the validity of health information, products, and services.	17 (Case Study), 20 (Real World Health), 99 (#5)
3.12.2	Use resources from home, school, and community that provide valid health information.	239 (Before You Read), 282 (#19), 515 (Real World Health)
3.12.3	Determine the accessibility of products and services that enhance health.	12 (Research in Action), 29–31, 58–59
3.12.4	Determine when professional health services may be required.	295–296, 416–417, 515
3.12.5	Access valid and reliable health products and services.	16–17, 18–19, 20 (Real World Health)
<b>Standard 4—Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>		
4.12.1	Use skills for communicating effectively with family, peers, and others to enhance health.	385, 534–536, 537 (#6)
4.12.2	Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.	24 (Real World Health), 278, 537 (Real World Health)
4.12.3	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.	537 (Real World Health), 558, 561 (Real World Health)
4.12.4	Demonstrate how to ask for and offer assistance to enhance the health of self and others.	515 (Real World Health), 570, 580



<b>Standard 5—Students will demonstrate the ability to use decision-making skills to enhance health.</b>		
5.12.1	Examine barriers that can hinder healthy decision making.	12 (Research in Action), 41 (#3), 89 (Local and Global Health)
5.12.2	Determine the value of applying a thoughtful decision-making process in health-related situations.	90 (Before You Read), 224 (Hands-On Activity), 293 (Warm-Up Activity)
5.12.3	Justify when individual or collaborative decision making is appropriate.	626 (#22), 632, 655
5.12.4	Generate alternatives to health-related issues or problems.	94–95, 224 (Hands-On Activity), 346 (#29)
5.12.5	Predict the potential short-term and long-term impact of each alternative on self and others.	94–95, 224 (Hands-On Activity), 346 (#29)
5.12.6	Defend the healthy choice when making decisions.	24 (Real World Health), 278–279, 543 (Peer Pressure in Action)
5.12.7	Evaluate the effectiveness of health-related decisions.	127 (#28), 151 (#2), 467 (#7)
<b>Standard 6—Students will demonstrate the ability to use goal-setting skills to enhance health.</b>		
6.12.1	Assess personal health practices and overall health status.	22, 45 (Warm-Up Activity), 49 (Personal Profile)
6.12.2	Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.	62 (Health and Wellness Skills), 62 (Hands-On Activity), 438 (#20)
6.12.3	Implement strategies and monitor progress in achieving a personal health goal.	23, 182, 406 (#29)
6.12.4	Formulate an effective long-term personal health plan.	62 (#30), 180–183, 183 (#12)
<b>Standard 7—Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</b>		
7.12.1	Analyze the role of individual responsibility for enhancing health.	343, 569, 783
7.12.2	Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.	128 (Hands-on Activity), 365–367, 370 (Real World Health)
7.12.3	Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.	314 (#24), 346 (#31), 370 (Real World Health)



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<b>Standard 8—Students will demonstrate the ability to advocate for personal, family, and community health.</b>		
8.12.1	Utilize accurate peer and societal norms to formulate a health-enhancing message.	154 (#27), 202 (Real World Health), 282 (Hands-On Activity)
8.12.2	Demonstrate how to influence and support others to make positive health choices.	78 (#3), 102 (Hands-On Activity), 265
8.12.3	Work cooperatively as an advocate for improving personal, family, and community health.	62 (#32), 99 (Real World Health), 252 (#35)
8.12.4	Adapt health messages and communication techniques to a specific target audience.	62 (Hands-On Activity), 154 (#27), 194 (#34)