

# HEALTH EDUCATION

Last Reviewed 3/03

<a href="#">Risk Behavior Links</a>	<a href="#">School Nurse Role</a>
<a href="#">In-Service Training</a>	<a href="#">Curriculum Development</a>
<a href="#">Statute (Title 20-A)</a>	<a href="#">Learning Results</a>
<a href="#">Resources</a>	

## HEALTH EDUCATION

Good health is important to everything we do -- within families, at school, and in our communities. At the core of good health are healthy habits or lifestyle behaviors. The services below are available to all school administrative units in Maine, in order to enhance health education.

### RISK BEHAVIORS AS IDENTIFIED BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION

Six types of behavior during adolescence cause the most serious problems that afflict the United States:

- [Alcohol & Other Drug Use](#)
- [Intentional and Unintentional Injuries](#)
- [Dietary patterns that contribute to disease](#)
- [Sedentary Life Style](#)
- [Sexual Behaviors that result in HIV infection/other STDs and unintended pregnancy](#)
- [Tobacco Use](#)

These behaviors usually are established during youth, persist into adulthood, are inter-related, and preventable. In addition to causing serious health problems, these behaviors contribute to many of the educational and social problems that confront the nation, including failure to complete high school, unemployment, and crime.

### HEALTH EDUCATION AND THE ROLE OF THE SCHOOL NURSE

School nurses and school health coordinators are encouraged to assist the Curriculum Director and the Health Education Committee in health education curriculum development. They may assist the health teacher in covering some aspects of the curriculum as a 'guest speaker'. School nurses, who teach health education classes, MUST be certified by the Department of Education as a health educator in grades 7-12 or as an elementary teacher in grades K-6.

## IN-SERVICE TRAINING

In-service training programs in health education are available to meet varied staff development needs in health education curriculum, instruction and assessment.

## CURRICULUM DEVELOPMENT

For school administrative units involved in curriculum development or, revision of an existing curriculum, MDOE can provide consulting services to link the curriculum to the Maine Learning Results. Technical assistance, along with access to already developed state and national curricula, can be provided.

## HEALTH EDUCATION: MRSA Title 20-A A, Excerpts

“§4711. Elementary Courses of Study The basic course of study for the elementary schools must provide for the instruction of all students in career preparation, English language arts, foreign languages, health and physical education, mathematics, science and technology, social studies and visual and performing arts, as described in the system of learning results subject to the schedule specified in section 6209. In furtherance of the content standards in section 6209, subsection 2, the course of study must also include physiology and hygiene, with special reference to the effects of substance abuse, including alcohol, tobacco and narcotics upon the human system.”

“§ 4721. General requirement A secondary school shall provide a course of study of at least 2 years in length, which must meet the requirements of this chapter and the system of learning results established in section 6209. The course of study must include instruction of all students in English language arts, mathematics, science and technology, social studies, health and physical education, career preparation, visual and performing arts and foreign languages.”

“§ Health and physical education The secondary course of study shall include instruction in health, safety and physical education, as prescribed by the commissioner, and physiology and hygiene, with special reference to the effects of alcoholic drinks, stimulants and narcotics upon the human system.”

## LEARNING RESULTS

Adapted from the State of Maine *Learning Results*: July 1997.

“The Learning Results are the knowledge and skills, which are essential for all Maine students so that they will be prepared for work, higher education and citizenship. These knowledge and skills build on the traditional basic skills, which everyone remembers from his or her own school days. Maine's Learning Results go beyond these basic skills and apply to all students, regardless of their future plans.”

“The Learning Results are essential for all Maine students because the demands of contemporary life and work require us to know and be able to do a great deal. These demands ask us to be: clear and effective communicators; self-directed and life-long learners; creative and practical problem solvers; responsible and involved citizens; collaborative and quality workers; and integrative and informed thinkers. These six areas of knowledge and skills are called the GUIDING PRINCIPLES.”

“Learning Results have also been developed in each of these subject areas: English Language Arts; Foreign Languages; Social Studies; Visual and Performing Arts; Science and Technology; Health and Physical Education; Mathematics; and Career Preparation. The knowledge and skills in each of these are lead directly to the achievement of the Guiding Principles. The results in each area are called CONTENT STANDARDS.”

**HEALTH EDUCATION STANDARDS FOR THE MAINE *LEARNING RESULTS*:**

- A. Health Concepts Students will understand health promotion and disease prevention concepts.
- B. Health Information, Services, and Products Students will know how to acquire valid information about health issues, services, and products.
- C. Health Promotion and Risk Reduction Students will understand how to reduce their health risks through the practice of healthy behaviors.
- D. Influences of Health Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health.
- E. Communication Skills Students will understand that skillful communication can contribute to better health for themselves, their families, and the community.

**Resources:**

Department of Education, Health Education Coordinator, Susan Berry, 6244-6696, [Susan.Berry@maine.gov](mailto:Susan.Berry@maine.gov), (covers entire state), or Consultants, Peter Spears, 624-6697,

[Peter.Spears@maine.gov](mailto:Peter.Spears@maine.gov), (Northern Region).

The “Maine Health Education Resource Collection,” containing over 200 videocassette films, books, computer programs and teaching kits, is available for free loan to teachers and school nurses. Health education print materials for both teachers and students are also available. The collection is housed at Fogler Library, University of Maine. Call 888-8481685.

Maine *Learning Results* -<http://www.state.me.us/education/lres/>

Health is Academic – <http://www2.edc.org/MakingHealthAcademic>

School Health Index-[www.cdc.gov/nccdphp/dash/SHI](http://www.cdc.gov/nccdphp/dash/SHI)

Healthy People/ME 2010 – [www.healthypeople.gov](http://www.healthypeople.gov)  
and [www.state.me.us/dhs/boh/files/hm2010/hm2010/ao7ch04.pdf](http://www.state.me.us/dhs/boh/files/hm2010/hm2010/ao7ch04.pdf)

CSHP Guidelines for Health Education – [www.maineeshp.com](http://www.maineeshp.com)

Nancy Dube School Nurse Consultant  
Department of Education  
624-6688, [Nancy.Dube@Maine.Gov](mailto:Nancy.Dube@Maine.Gov)