

DAY 4

Promoting Health and Wellness



BIG IDEA

Staying healthy takes knowledge, a plan, and practicing healthful behaviors.

Updated 3/25/2024

BIG IDEA

Staying healthy takes knowledge, a plan, and practicing healthful behaviors.

New Vocabulary

➤ **health education**

➤ **health disparities**

➤ **Healthy People 2030**

➤ **health literacy**

The Importance of Health Education

Main Idea

Individual, family, community, and national health require planning and responsible behavior on everyone's part.

Educating the public is the key to creating a healthier nation.

The Importance of Health Education

Health education can empower people to live healthfully and improve their quality of life.

New Vocabulary

health education

Includes providing accurate health information and teaching health skills to help people make healthy decisions.

The Nation's Health Goals

The Federal government has established national health goals and objectives through ***Healthy People 2030***.

New Vocabulary

Healthy People 2030

A nationwide health promotion and disease prevention plan designed to serve as a guide for improving the health of all people in the United States.

The Nation's Health Goals

One of the goals of Healthy People 2030 is to reduce the overweight and obesity rates in the United States.

Status: Little or no detectable change 

[Learn more about our data release schedule](#)



Most Recent Data:

19.7 percent (2017-20)



Target:

15.5 percent



Desired Direction:

Decrease desired



Baseline:

17.8 percent of children and adolescents aged 2 to 19 years had obesity in 2013-16

Many children and adolescents in the United States have obesity. Obesity is linked to a higher risk for diseases and conditions like high blood pressure, high cholesterol, diabetes, asthma, anxiety, and depression.

The Nation's Health Goals

One of the goals of Healthy People 2030 is to reduce the tobacco use in adolescents.

Status: Getting worse 

[Learn more about our data release schedule](#)



Most Recent Data:
23.0 percent (2019)



Target:
11.3 percent



Desired Direction:
Decrease desired



Baseline:
18.3 percent of students in grades 6 through 12 used cigarettes, e-cigarettes, cigars, smokeless tobacco, hookah, pipe tobacco, and/or bidis in the past 30 days in 2018

Tobacco use is the leading cause of preventable disease and death in the United States. Nearly all tobacco use begins in childhood and adolescence.

Goals of Healthy People

The goals of *Healthy People 2030* include:

- 1 **Attain healthy, thriving lives and well-being free of preventable disease, disability, injury, and premature death.**
- 2 **Eliminate health disparities, achieve health equity, and attain health literacy to improve the health and well-being of all.**
- 3 **Promote healthy development, healthy behaviors, and well-being across all life stages.**
- 4 **Create social, physical, and economic environments that promote attaining the full potential for health and well-being for all.**
- 5 **Engage leadership, key constituents, and the public across multiple sectors to take action and design policies that improve the health and well-being of all.**

Attaining Health Literacy

Main Idea

A health literate person knows how to find, understand, and use reliable health information.

Everyday people all around the world must make important decisions that affect their own health and the health of others.

Becoming Health Literate

To become an informed individual who can make sound health decisions, one must know how to:

make good decisions about your health

get the medical care you need including preventative care

take medications correctly

manage an illness or disease

lead a healthy lifestyle

What You Can Do

To improve your knowledge and take steps to improve your wellness, you need to develop **health literacy**.

New Vocabulary

health literacy

A person's capacity to learn about and understand basic health information and services, and to use these resources to promote one's health and wellness.

What You Can Do

Sample tasks and skills needed by a health literate individual.

Health-Related Goal	Sample Tasks and Skills Needed
Promote and protect health and prevent disease	<ul style="list-style-type: none">● read and follow guidelines for physical activity● read, comprehend, and make decisions based on food and product labels● find health information on the internet or in periodicals and books
Understand, interpret, and analyze health information	<ul style="list-style-type: none">● analyze risk factors in advertisements for prescription medicines● determine which health web sites contain accurate information and which do not● understand the implications of health-related initiatives in order to vote
Apply health information over a variety of life events and situations	<ul style="list-style-type: none">● read and apply health information regarding childcare or eldercare● read and interpret safety precautions at work; choose a health-care plan

What You Can Do

Sample tasks and skills needed by a health literate individual.

Health-Related Goal	Sample Tasks and Skills Needed
Navigate the health-care system	<ul style="list-style-type: none">● fill out health insurance enrollment or reimbursement forms● understand printed patient rights and responsibilities● find one's way in a complicated environment such as a busy hospital
Actively participate in encounters with healthcare professionals and workers	<ul style="list-style-type: none">● ask for clarification● ask questions● make appropriate decisions based on information received● work as a partner with care providers to discuss and develop an appropriate plan to manage an illness or disease
Understand and give consent	<ul style="list-style-type: none">● comprehend required informed consent documents before procedures
Understand and advocate for rights	<ul style="list-style-type: none">● request access to information based on patient rights documents● determine use of medical records based on the privacy act

After You Read

Reviewing Facts and Vocabulary

1. Why is health education important?

After You Read

Reviewing Facts and Vocabulary

- 2. Name a nation-wide health goal for adolescents.**

After You Read

Reviewing Facts and Vocabulary

- 3. List skills needed for an individual to be health literate.**

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END OF PRESENTATION



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Staying healthy takes knowledge, a plan, and practicing healthful behaviors.

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