

## Health Standards Articulated by Grade Level

### GLOSSARY

The purpose of this glossary is to help the user better understand and implement the Health Education Standards. It is not intended to be a list of all Health Education terms.

The definitions in the glossary are general in nature. For specific information about grade level expectations, consult the examples column in the grade span documents.

<b>Assessment</b>	The process of gathering, describing, or quantifying information about performance
<b>Peer and Societal Norms</b>	Rules that a group uses for appropriate and inappropriate values, beliefs, attitudes and behaviors.
<b>Culture</b>	Attitudes and behaviors, which are characteristic of a particular social group or organization.
<b>Health Advocacy</b>	The process by which the actions of individuals or groups attempt to bring about social and organizational change on behalf of a particular health goal, program, interest, or population.
<b>Health Information</b>	The content of communications derived from credible sources related to individual, group, and community health issues and concerns.
<b>Health Outcomes</b>	Measurable change in or reinforcement factors related to health status or quality of life attributable to a series of events, whether planned or unplanned.

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<b>Health Promotion</b>	Any planned combination of educational, political, environmental, regulatory, or organizational mechanisms that support actions and conditions of living conducive to the health of individuals, groups, and communities.
<b>Healthy Behaviors</b>	Exercising or showing good judgment, related to one's actions, in the promotion of good health.
<b>Healthy Lifestyle</b>	Patterns of behavior that maximize one's quality of life and decrease one's susceptibility to negative health outcomes.
<b>Multiple Dimensions of Health</b>	A concept of health related to the emotional, social, intellectual, and spiritual make up.
<b>Communicable Disease</b>	An infectious disease communicable by contact with one who has it, with a bodily discharge of such a patient, or with an object touched by such a patient or by bodily discharges.
<b>Public Health Policies</b>	A formal statement or procedure often enacted through legislation or other forms of rule making for the science and art of promoting health, preventing disease, and prolonging life.
<b>Wellness</b>	An approach to health that focuses on balancing the many aspects or dimensions of a person's life through increasing the adoption of health-enhancing conditions and behaviors, rather than attempting to minimize conditions of illness.