

# What is Health Education?



## Health education is educating others about health.

Health educators work to encourage healthy lifestyles and wellness through educating individuals and communities on healthy behaviors. Health educators attempt to prevent illnesses by informing and educating individuals and communities about health-related topics, such as proper nutrition, the importance of exercise, how to avoid sexually transmitted diseases, and the habits and behaviors necessary to avoid illness. They begin by assessing the needs of their audience, which includes determining which topics to cover and how to best present the information. For example, health educators may teach classes on the effects of prescription drug or substance abuse to middle school students, or teen pregnancy prevention classes in middle and high schools.

Health education can be taught by a variety of people including; local county health educators, nurses, classroom teachers, or physical education teachers.

## Is your school on the right track?

### Healthy Environment Scavenger Hunt

**Find 5 teachers drinking water**

- Divide your body weight by 2 and that is how many ounces of water you should drink each day.
- Water is important because it cleanses your body of toxins

**Find the AED in your school**

- AED stands for Automated External Defibrillator. They are used to restore regular heart rate during cardiac arrest

**Find someone who is CPR certified**

- It is important to be CPR certified because it could save someone's life in the event they may stop breathing

**Go to the counselor's office and ask him/her 3 things they can help with, list them.**

- Counselors can help students dealing with stress, problems at home or just needing someone to talk to

**Find and take a picture of the nutritional facts on a food label**

- Food labels are important so consumers can see the nutrients they are putting in their bodies.

**Find a no smoking sign at your school**

- Smoking is dangerous because it causes illnesses such as lung cancer

**Find an anti-bullying sign**

- Bullying effects students every day, it affects their school, home and personal lives.

## Look for lesson 2 on January 29



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