

2 REASONS FOR HEALTH EDUCATION

TWO of the Many Reasons Why Health Education Should Be Required for Graduation in a Texas High School

- 1) Many important health concepts are not taught in any other academic area:
 - ▶ health promotion and disease prevention
 - ▶ the relationship between nutrition and physical activity
 - ▶ the importance of understanding the relationship between unsafe behaviors and personal health
 - ▶ how to develop strategies to promote resiliency throughout the life span
 - ▶ the analysis of the effect of relationships and the influence of family and friends on health behavior.
- 2) Healthier students perform better academically. Research continues to support the importance of sleep, a healthy diet, exercise, establishing good relationships with family and friends – all concepts addressed in the Texas high school health TEKS.

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TWO of the Many Reasons Why Health Education Should Be Required for Graduation in a Texas High School

- 1) If health concepts are not taught in school, children will learn them from:
 - ▶ Television and media advertising
 - ▶ Internet, Facebook, Twitter
 - ▶ Their friends – information not always based on fact!

Many of us hope that parents will be very involved in their children's lives and teach them about making the right choices. But how many of our parents have the resources and knowledge to cover the many aspects of health and how many will actually do it?

- 2) If important concepts such as alcohol awareness, parenting and paternity awareness (p.a.p.a.) and CPR are taught in middle school, it leaves our students with no support during their 4 years in high school when these issues are most relevant.

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TWO of the Many Reasons Why Health Education Should Be Required for Graduation in a Texas High School

- 1) Health care costs will rise
 - ▶ Since the number of obesity-related illnesses is increasing in Texas school children and at a much earlier age than before (10 year olds have been diagnosed with heart disease and diabetes), the medical and insurance systems will not be able to adequately serve our citizens. The cost of servicing preventable health related illnesses in the next 20-30 years will quadruple.
 - ▶ Quality health education for high school students is essential to change behaviors that lead to obesity related illnesses.
- 2) A standards-based high school health class helps prepare Texas students for a productive life.
 - ▶ One of the key elements in high school health education is instruction on how to determine whether a source is accurate in terms of health information.
 - ▶ A standards-based high school health class provides students with instruction on not only what healthy decisions and choices are but just as important, the tools to help them make them.

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