

## High School Colorado Academic Standards Comprehensive Health and Physical Education

*Healthy Hearts aligns with the Colorado Academic Standards for  
Comprehensive Health and Physical Education*

### **Comprehensive Health - Physical and Personal Wellness** **Standard 2**

#### **1. Synthesize the impact of healthy and unhealthy diets on daily living.**

*Prepared Graduates: Apply knowledge and skills to engage in lifelong healthy eating.*

##### ***Healthy Hearts presentation, booklet and screening addresses:***

- Saturated vs unsaturated fats and effect on body/cholesterol
- Salt/sugar in diet negatively affect blood pressure
- Strive for five servings of fruits and vegetables per day
- Reading and understanding food labels
  - Serving size/servings per container
  - Being aware of health impacting ingredients
- Sugar in popular drinks (coffee, energy drinks, soda, Gatorade)
- Using technology to analyze food/drink choices with the Fooducate app
- Healthy eating requires good nutrition information, then acting on that information

#### **2. Analyze how family, peers, media, culture and technology influence healthy eating choices**

*Prepared Graduates: Apply knowledge and skills to engage in lifelong healthy eating.*

##### ***Healthy Hearts presentation, booklet and screening addresses:***

- Discussing with family what food to purchase
- Positive peer pressure examples such as joining a sports team or other school activities, eating a healthy lunch, walking to school, etc.
- Culturally we overeat so we teach smaller portion sizes, reading labels

#### **3. Demonstrate ways to take responsibility for healthy eating.**

*Prepared Graduates: Apply knowledge and skills to engage in lifelong healthy eating.*

##### ***Healthy Hearts presentation, booklet and screening addresses:***

- Swap healthy fats for unhealthy fats
- Use Nutrition facts and labels to better understand the foods/drinks you're consuming
- Utilize technology such as apps, food trackers, etc. to help understand food better
- Utilize nutrition tips for every day healthy eating

- Eat less/save some for later
- Plan ahead, pack healthy snacks
- Cook food yourself
- Fuel your body with good food, balance intake with activity
- Care about healthy eating
  - Improves concentration and energy
  - Maintain healthy weight, blood pressure, and cholesterol
  - Improve mood and self-esteem
  - Establish healthy habits while young

**6. Develop and maintain the ongoing evaluation of factors that impact health, and modify lifestyle accordingly.**

*Prepared Graduates: Apply knowledge and skills related to health promotion, disease prevention, and health maintenance.*

**Healthy Hearts presentation, booklet and screening addresses:**

- High blood pressure caused by:
  - Smoking/nicotine
  - Salt/sugar in diet
  - Lack of exercise
  - Stressing out
  - Alcohol in excess
- Diet and exercise, getting 60 minutes every day
- Plaque build-up starts around two years old, making heart healthy choices now is important to future health

**Healthy Hearts booklet discusses all five risk factors:**

- Immediate consequences of unmanaged stress
- Stress on heart health
  - High cholesterol levels
  - Damages arteries
  - Increases blood pressure
- Why sleep and genetics matters
- Why healthy eating and exercise matter
- Benefits of exercise
- Learn about their genetics and how to combat them
- Tobacco/vaping and effects on heart and overall health

**Comprehensive Health - Social and Emotional Wellness**

**Standard 3**

**1. Analyze the interrelationship of physical, mental, emotional and social health.**

*Prepared Graduates: Utilize knowledge and skills to enhance mental, emotional, and social well-being.*

**Healthy Hearts presentation, booklet and screening addresses:**

- Identify influences on 3 parts of health – peers, family, school, community, online, social media, etc.
- Physical health:
  - Positive effects of stress management, exercise, and healthy eating on the heart and body
  - Negative health factors of not living a healthy lifestyle
- Mental health:
  - Stress and the physical effects on the heart, brain, and body

- Stress management strategies, identify what works for you
- Reaching out to trusted adult or crisis support when needed
- Emotional/Social health:
  - Communicating with friends and family
  - Having improved self-confidence through exercising and eating healthy

**2. Set goals, and monitor progress on attaining goals for future success.**

*Prepared Graduates: Utilize knowledge and skills to enhance mental, emotional, and social well-being.*

**Healthy Hearts presentation, booklet and screening addresses:**

- Goal setting activities for:
  - Smoking, tobacco and e-cigarettes
    - Is it worth it? activity
  - Stress management
    - Identify resources and strategies
  - Nutrition
    - Analyzing food label, meal components
  - Physical activity
    - How do you like to exercise?
  - Genetics
    - Free screening. Discuss genetic disease risks.

**Comprehensive Health - Prevention and Risk Management**

**Standard 4**

**1. Analyze the impact of individuals' use or non-use of marijuana, illegal drugs, prescription drugs, alcohol, and tobacco.**

**Healthy Hearts presentation, booklet and screening addresses:**

*Prepared Graduates: Apply knowledge and skills to make health-enhancing decisions regarding the use of marijuana, illegal drugs, prescription drugs, alcohol, and tobacco.*

- Negative health consequences
  - Physical, Mental, social, emotional, legal, school, etc.
- Cost calculator activity – Is it worth it?
- Addictive, especially to the developing brain
- Lessens decision making capabilities
- Peer influence – Surround yourself with people choosing to put health first

**4. Develop self-management skills to improving health by staying drug free (marijuana, illegal drugs, abuse of prescription drugs, alcohol and tobacco).**

*Prepared Graduates: Apply knowledge and skills to make health-enhancing decisions regarding the use of marijuana, illegal drugs, prescription drugs, alcohol, and tobacco.*

**Healthy Hearts presentation, booklet and screening addresses:**

- Negative effects of smoking, vaping and marijuana use on blood pressure and cholesterol
- Negative short term and long term effects of smoking tobacco, vaping and marijuana on the heart and lungs
- Cost of smoking /vaping
- Benefits of quitting
- Tobacco use increases the risk of a heart attack and stroke, and lowers HDL
- Dangers of e-cigarettes and marijuana use
  - Vaping – heavy metals, lung disease, flavors, etc.
- Saying no to tobacco, alcohol and other drugs is their choice

- Compare tar build-up from tobacco vs. marijuana
- Create smoke-free zones

## **Physical Education - Physical and Personal Wellness**

### **Standard 3**

#### **2. Examine resources to maintain lifelong health and wellness.**

*Prepared Graduates: Participate in and understand the benefits of regular physical activity.*

#### **Healthy Hearts presentation, booklet, and screening addresses:**

- Achieving 60 minutes a day – break it up or all at once
  - Find something you enjoy; not one size fits all
- Positive effects on blood pressure, stress, cholesterol levels, and self-confidence
  - Increases HDL (good cholesterol)
- Inactivity and a sedentary lifestyle lead to a negative outcome
- Perform exercises to compare resting and post exercise heart rates
- Handle and compare 5lbs of fat vs muscle
- Emphasizing importance of making healthy choices at a young age to promote a healthy lifestyle into adulthood
- Promoting a healthy lifestyle through education on:
  - Heart disease
  - Stroke
  - Hypertension
  - Atherosclerosis
  - High Cholesterol
- Encourage students to get their cholesterol checked at our free screening

## **Prepared Graduate Competencies in Science**

### **2. Standards in Life Science**

**Students know and understand the characteristics and structure of living things, the processes of life, and how living things interact with each other and their environment.**

#### **Healthy Hearts presentation, booklet and screening addresses:**

- Human body:
  - General heart anatomy, blood flow, cholesterol, plaque, heart disease, exercise, healthy eating, smoke/tobacco effects, blood pressure, stress and genetics
- Live a healthy lifestyle because plaque build-up can start very young - Atherosclerosis
- The body needs healthy food and exercise to stay focused and energized
- Genetics:
  - Learn about family health history
  - Obtain their own numbers to lower risk of heart disease