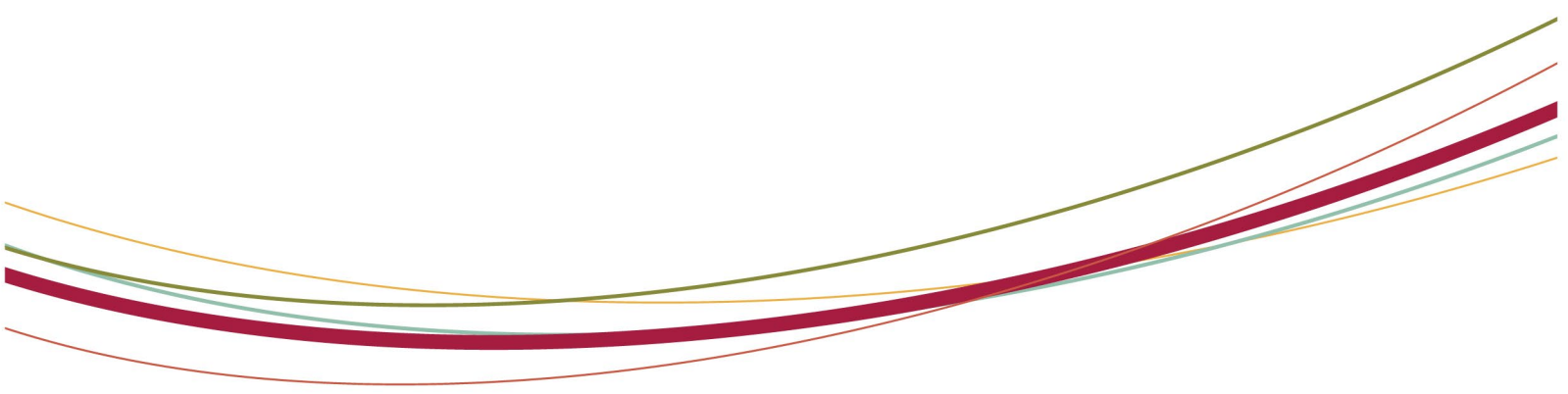


Healthy Hearts and Minds

High School Colorado Academic Standards

Comprehensive Health and Physical
Education



uchealth

Healthy Hearts and Minds 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 and Minds 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/added sugars
 - Being aware of health impacting ingredients
- Sugar in popular drinks (coffee, energy drinks, soda, Gatorade)
- Using technology to analyze food/drink choices with food labels
- Healthy eating requires good nutrition information, then acting on that information
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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 and Minds 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.
- Understanding portion sizes, reading labels, etc.
- Connect with how food impacts mood, overall wellness
- Discuss all food is available to us via lens of sometimes food and everyday foods

3. Demonstrate ways to take responsibility for healthy eating

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

Healthy Hearts and Minds 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 when possible
- 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 and Minds 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 and Minds 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 and Minds presentation, booklet and screening addresses:

- Identify influences on all 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 and Minds 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.

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 and Minds presentation, booklet and screening addresses:

- 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 and Minds 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/vaping 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 and Minds 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 (healthy cholesterol)
- Inactivity and a sedentary lifestyle can lead to a negative outcome
- Perform exercises to compare resting and post exercise heart rates
- 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 and Minds 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