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

Comprehensive Health - Physical and Personal Wellness
Standard 2

1. Demonstrate the ability to set a goal to enhance personal nutrition status.
   Prepared Graduates: Apply knowledge and skills to engage in lifelong healthy eating.

   **Healthy Hearts presentation, booklet and screening addresses:**
   - Healthy food choices they are already making
   - Goal setting
     - Students set personal health goals
   - MyPlate
     - Building healthy meals, portion sizes, moderation
     - Compare their meals, discuss why certain foods are not included (dessert, candy, soda, etc.)
   - Reading food labels activity to better inform your food choices and plan meals/snacks
   - Natural vs. added sugars
   - Saturated vs unsaturated fats – Increase HDL or LDL depending on choice
     - Emphasize lifelong healthy eating
     - Plaque can start to form at age two - Atherosclerosis

2. Describe the connection between food intake and physical health.
   Prepared Graduates: Apply knowledge and skills to engage in lifelong healthy eating.

   **Healthy Hearts presentation, booklet and screening addresses:**
   - Using MyPlate to guide healthy eating to maintain overall health
   - Protein, grains, dairy, fruits and vegetables and their specific importance
   - Benefits of eating breakfast, physical and mental
   - HDL (good) cholesterol being increased by eating unsaturated fats
   - Saturated fats increase LDL (bad)
   - Discuss food intake cues, healthy snacking and meals
   - Food is fuel – helps you do life better (school, home, sports, friendships)
3. Explain how the dimensions of wellness are interrelated and impact personal health

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

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

- Eating too much sugar/salt, not exercising, not managing stress, and tobacco/vaping/alcohol will increase blood pressure and heart disease risk
- Four modifiable risk factors
  - Eating habits, exercise, stress management, and vaping/tobacco use
- Exercise improves brain function, memory, and mood
  - Keeps the body strong, helps blood flow, and helps maintain healthy blood pressure, body weight and cholesterol levels
  - Strengthens heart muscle
  - Raises HDL (good) cholesterol
  - It's fun!
- Eating healthier foods (five servings fruits/vegetables, unsaturated fats) makes you feel better and have more energy to do activities you enjoy
- Exercising and eating healthy keeps the brain sharp, muscles growing, and reduces stress
- Discuss overall wellness and how our choices impact it
- Helps prevent heart disease and other factors of living an unhealthy lifestyle:
  - Heart attack, stroke, hypertension and atherosclerosis
- 60 minutes of physical activity every day
  - Doesn’t have to be all at once, can be broken up 10 minutes at a time throughout the day.

**Comprehensive Health - Social and Emotional Wellness**

**Standard 3**

2. Comprehend concepts related to stress and stress management.

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

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

- Not all stress is bad – can help motivate
- The effects of high stress on the body
  - High blood pressure
  - Heart disease
- Provide examples of healthy ways to manage stress
  - Draw how they like to deal with stress
- Everyone has stress in their life but it is important we learn how to manage it in healthy ways vs. unhealthy ways
- Identify how stress makes you feel – physically/mentally
- Identify a trusted adult, resources for when you need more help
- A healthy lifestyle helps our mental health
  - Feel better, more energy, more focused, and improved self-confidence

**Comprehensive Health - Prevention and Risk Management**

**Standard 4**

2. Demonstrate the ability to use interpersonal communication skills to refuse or avoid using drugs (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 presentation, booklet and screening addresses:**
- Second-hand smoke and how to avoid it
- How to say no to smoking/tobacco/e-cigarettes
  - Class recites a pledge to never use tobacco products
  - Respectful ways to ask family or friends to not smoke near them
- How do social media, ads, tv, print, peers, family influence choice
- How to create a smoke-free zone
- Smoking is a choice that is hard to stop once addicted
- Smoking damages the lungs and ages the body
  - Video of healthy vs damaged pig lungs
- Smoking clogs arteries
  - LDL sticks easier, lowers HDL and increases blood pressure
- Cost of smoking
  - Activity for what they want to spend that money on instead
- Benefits of quitting, it's never too late to quit for a loved one
- E-cigarettes negative effects on the body
  - Increases blood pressure, contains heavy metals, addictive

**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
- 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