

## **H-170.977 Comprehensive Health Education**

1. The AMA supports legislation such as S 2191 to further the local implementation of the CDC recommendations on comprehensive health education programs. Educational testing to confirm understanding of health education information should be encouraged.
2. The AMA accepts the CDC guidelines on comprehensive health education. The CDC defines its concept of comprehensive school health education as follows:
  - a. a documented, planned, and sequential program of health education for students in grades kindergarten through 12;
  - b. a curriculum that addresses and integrates education about a range of categorical health problems and issues (e.g., human immunodeficiency virus (HIV) infection, drug abuse, drinking and driving, emotional health, environmental pollution) at developmentally appropriate ages;
  - c. activities to help young people develop the skills they will need to avoid:
    - i. behaviors that result in unintentional and intentional injuries;
    - ii. drug and alcohol abuse;
    - iii. tobacco use;
    - iv. sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies;
    - v. imprudent dietary patterns; and
    - vi. inadequate physical activity;
  - d. instruction provided for a prescribed amount of time at each grade level;
  - e. management and coordination in each school by an education professional trained to implement the program;
  - f. instruction from teachers who have been trained to teach the subject;
  - g. involvement of parents, health professionals, and other concerned community members; and
  - h. periodic evaluations, updating, and improvement.  
(BOT Rep. X, A-92)

## **H-170.986 Health Information and Education**

1. Individuals should seek out and act upon information that promotes appropriate use of the health care system and that promotes a healthy lifestyle for themselves, their families and others for whom they are responsible. Individuals should seek informed opinions from health care professionals regarding health information delivered by the mass media self-help and mutual aid groups are important components of health promotion/disease and injury prevention, and their development and maintenance should be promoted.
2. Employers should provide and employees should participate in programs on health awareness, safety and the use of health care benefit packages.
3. Employers should provide a safe workplace and should contribute to a safe community environment. Further, they should promptly inform employees and the community when they know that hazardous substances are being used or produced at the worksite.
4. Government, business and industry should cooperatively develop effective worksite programs for health promotion and disease and injury prevention, with special emphasis on substance abuse.
5. Federal and state governments should provide funds and allocate resources for health promotion and disease and injury prevention activities.
6. Public and private agencies should increase their efforts to identify and curtail false and misleading information on health and health care.

7. Health care professionals and providers should provide information on disease processes, healthy lifestyles and the use of the health care delivery system to their patients and to the local community.
8. Information on health and health care should be presented in an accurate and objective manner.
9. Educational programs for health professionals at all levels should incorporate an appropriate emphasis on health promotion/disease and injury prevention and patient education in their curricula.
10. Third party payors should provide options in benefit plans that enable employers and individuals to select plans that encourage healthy lifestyles and are most appropriate for their particular needs. They should also continue to develop and disseminate information on the appropriate utilization of health care services for the plans they market.
11. State and local educational agencies should incorporate comprehensive health education programs into their curricula, with minimum standards for sex education, sexual responsibility, and substance abuse education. Teachers should be qualified and competent to instruct in health education programs.
12. Private organizations should continue to support health promotion/disease and injury prevention activities by coordinating these activities, adequately funding them, and increasing public awareness of such services.
13. Basic information is needed about those channels of communication used by the public to gather health information. Studies should be conducted on how well research news is disseminated by the media to the public. Evaluation should be undertaken to determine the effectiveness of health information and education efforts. When available, the results of evaluation studies should guide the selection of health education programs. (BOT Rep. NN, A-87)