HEALTH IS MEANINGFUL LIVING

NUTRITION AND DISEASE PREVENTION

Webinar 1 of 3
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Objectives

• Examine the health standards relevant to their locale
• Discover activities to use for direct instruction or accommodation for the instruction in the area of diseases
• Correlate the importance of everyday activities between diet and nutrition and disease prevention
Agenda

- Health Standards
- Disease(s)
- Diet and Nutrition
- ECC
Why Education Matters

https://youtu.be/V3rsdBBFAN8
HEALTH STANDARDS
Where and How
National Health Education Standards

• ‘NHES’
• 8 main standards
• PK-12 age and developmentally appropriate
• SHAPE
NHES- Standard 1

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

• 1.2.1. PK-2
• 1.5.1 Gr 3-5
• 1.8.1 Gr 6-8
• 1.12.1 Gr 9-12

CDC Standard 1
State References- SHAPE America

- Interactive map and table view
- Health & Advocacy Toolkits
  - Contacts
  - Fact Sheets
  - Health & P.E. Standards
  - Every Student Succeeds Act
CDC School Profiles

• Sexual health education & services,

• Safe and supportive school environments,

• Health services for students with chronic conditions,

• Supportive school nutrition environments, and

• Comprehensive school physical activity programs.
DISEASES
Tools to use
“We can’t predict when, but given the continual emergence of new pathogens, the increasing risk of a bioterror attack, and the ever-increasing connectedness of our world, there is a significant probability that a large and lethal modern-day pandemic will occur in our lifetime”
Communicable Diseases

- General hygiene
- Handwashing
- Awareness
Respiratory

SARS-COVID19
Common Cold
Influenza aka Flu
Measles
Contact

Rubeola
Hepatitis A
Human Papillomavirus (HPV)
Human Immunodeficiency Virus (HIV)
Bodily fluids

- Tuberculosis (TB)
- Mumps
- Hepatitis B
- Hepatitis C
Non-Communicable Diseases

Genetical predisposition

Behavioral factors
Cardiovascular Disease

• CVD

• Heart and blood vessel problems

• 610,000/yr

• Genetic predisposition
  o High blood pressure

• Poor diet, smoking, alcohol use, diabetes, inactivity
CVD and the Eyes

- Transient vision loss
- Stroke (TBI)
- Retinal artery occlusion
- Retinopathy
- Age-related macular degeneration (AMD)
- Cataracts
Cancer

• Abnormal growth of cells
• Defective DNA + environmental exposures or genetics
• 100 types
• Early detection
• Treatment options
Cancer and the Eyes

- Ocular cancers
  - Retinoblastoma
- Brain tumors > < VI
- Bilateral macular tumors
- Ocular Melanoma
- Metastatic cancers
- Benign cancers
- Cataracts
- Chronic dry eye
Diabetes

• Long-term condition
• Type 1 & 2
• Enough insulin vs. Insensitive to insulin
• Children vs. Adults
• Risk factor
Diabetes and the Eyes

- Blurry vision
- Cataracts
- Glaucoma
- Diabetic Retinopathy
Vaccinations

• Vaccination Schedules
• Career > Required
• Tetanus
• Recreation and Leisure

Wild et al (2019)
DIET & NUTRITION
Undernutrition & Disability

Poorer overall nutritional status
Higher rates of disabilities and developmental delays
Review

- Nutrients
- MyPlate
  - ChooseMyPlate.gov
Food Labels

Food Label Scavenger Hunt

- Serving sizes
- Calorie content
- Food allergies & intolerances
• Portion size
• Measuring by hand
Connections: Food + Nutrition = Health

- BMI
- High Blood Pressure
- Diabetes
- Eating disorders
- Support
- Mental health and physical health
Food Safety- ILS

- Foodborne Illness
- Clean & Organized Space
- Safe Food Handling

Wild et al (2019)
Food Safety- ILS

• Washing hands
• Food Safety
• Food Preparation Techniques
• Safe Food Handling
EXPANDED CORE CURRICULUM
Areas for instruction
ECC

- Hatlen (1996)
- Sapp & Hatlen (2010)
- Allman & Lewis (2014)
BRAINSTORM
Sharing the Group Brilliance
CLOSING
Recap
In conclusion

"Visually impaired students may have even higher rates of obesity compared to other disabilities because of a lack of physical activity, poor food choices, and dietary habits"

Wild et al. (2019)
REFERENCES
Articles, Books, Websites

https://www.cdc.gov/healthyschools/sher/standards/index.htm


Thank you!
We hope to see you in November for Webinar 2

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