

Arizona State Health Standards

AZ Health Strands and Concepts

*Concepts for each strand in grey

Strand 1 - Health Promotion & Prevention

Health Promotions & Disease Prevention

- 1. Understand relationship between health behaviors and health
- 2. Understand multiple dimensions of health
- 3. Understand Personal Health
- 4. Understanding prevention of injuries & health problems
- 5. Understanding use of Health Care
- 6. Understanding healthy vs unhealthy behaviors

Strand 2 - Analyzing Influences

Family, friends, technology, media and other factor on health behaviors

- 1. External influences on Personal Health
- 2. Internal influences on Personal Health
- 3. Influences of Public Policy on Health

Strand 3 - Access to Information

Information, products and services to enhance health

- 1. Knowledge of sources of help
- 2. Accessing help

Strand 4 - Interpersonal Communication

Communication to enhance health

- 1. Communication to advance health
- 2. Self-protection and dealing with conflict
- 3. Asking for help

Strand 5 - Decision Making

Decision making skills to enhance health

- 1. Influences on health decision making
- 2. Application of decision making

Strand 6 - Goal Setting

Goal setting to enhance health

- 1. Assessment of health
- 2. Health-related goal setting

Strand 7 - Self Management

Ability to practice health enhancing behaviors

- 1. Personal responsibility for health
- 2. Healthy practices and behaviors

Strand 8 - Advocacy

Ability to advocate for health

- 1. Personal Advocacy
- 2. Collective Advocacy
- 3. Tailoring Advocacy message to audience