Building Blocks of the HECAT: The National Health Education Standards

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Module 3 in the HECAT Series

The HECAT building blocks

Characteristics of effective curricula

National Health Education Standards

Comprehend concepts
Analyze influences
Access information, products and services
Interpersonal communication skills

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National Health Education Standards

- Decision-making skills
- Goal-setting skills
- Practice health-enhancing behaviors
- Advocate for health

HECAT use of standards

Knowledge and skill expectations

National Health Education Standards

State/district use of standards

Scope and sequence

National Health Education Standards

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Coming next:
A walk through the HECAT

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