A walk through the HECAT

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Module 4 in the HECAT Series

Overview

• Describes the intended users
• Explains why it was developed
• Lists characteristics of effective health education
• Lists the National Health Education Standards

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Chapter 3-
Overall Summary
Forms

Chapter 4-
Accuracy, Acceptability,
Feasibility and
Affordability

Chapter 4 - Examples
Accuracy
- Medically accurate
- Current

Acceptability
- Culturally appropriate
- Consistent with policy
Chapter 4 - Examples

- Feasibility
  - Time
  - Guidance
- Affordability
  - Cost of materials
  - Ongoing costs

Chapter 5

- Healthy norms
- User-friendly
- Objectives
- Curriculum
- Student Assessment
- Guidance
- Interactive

Chapter 6 and topic-based modules

- AOD (Alcohol and other drugs)
- HE (Healthy Eating)
- MEH (Mental and Emotional Health)
- PA (Physical Activity)
- T (Tobacco)
- S (Safety)
- SH (Sexual Health)
- PHW (Personal Health and Wellness)
- V (Violence Prevention)
- CHE (Comprehensive Health Education)
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