

## Iowa Core – Health Literacy Grades 9-12 Gap Analysis

Iowa Core Essential Concepts and Skills	Where taught in specific classes?	Is it taught to students of all ability levels?		How do you measure proficiency?
		Course	All	
<b><i>Demonstrate functional health literacy skills to obtain, interpret, understand and use basic health concepts to enhance personal, family, and community health.</i></b>				
Use concepts related to health promotion and disease prevention.				
<ul style="list-style-type: none"> <li>Predict influence of risk and protective factors.</li> </ul>				
<ul style="list-style-type: none"> <li>Describe the interrelationships of the wellness dimensions: physical, emotional, intellectual, environmental, social, and spiritual.</li> </ul>				
<ul style="list-style-type: none"> <li>Use knowledge of impact of genetics/family history to make informed decisions.</li> </ul>				
<ul style="list-style-type: none"> <li>Contribute to personal/family quality of life through proper prevention/management of health crises, i.e., injury, depression, chronic illness</li> </ul>				
<ul style="list-style-type: none"> <li>Evaluate the impact of health care access (cost, knowledge, insurance, transportation) on health status.</li> </ul>				
<ul style="list-style-type: none"> <li>Describe how the prevention and control of health problems are influenced by research and medical advances.</li> </ul>				
<ul style="list-style-type: none"> <li>Describe the historical impact of disease and other health problems</li> </ul>				

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on contemporary health practices.				
<ul style="list-style-type: none"> <li>Explain the impact of personal health behaviors on the functioning of body systems.</li> </ul>				
<ul style="list-style-type: none"> <li>Explain how personal choices impact health maintenance and disease prevention.</li> </ul>				
<ul style="list-style-type: none"> <li>Understand preventive physical and mental health measures, including proper diet, nutrition, exercise, risk avoidance and stress reduction.</li> </ul>				
Analyze influencing factors on health enhancing behaviors.				
<ul style="list-style-type: none"> <li>Explain how family, peers, cultural practices and attitudes influence health.</li> </ul>				
<ul style="list-style-type: none"> <li>Evaluate the impact of media, technology, research and medical advances on health.</li> </ul>				
<ul style="list-style-type: none"> <li>Understand impact of national and international public health and safety issues on personal and family health status.</li> </ul>				
<b><i>Synthesize interactive literacy and social skills to establish and monitor personal, family and community goals related to all aspects of health.</i></b>				
Demonstrate communication skills to enhance health and increase safety.				
<ul style="list-style-type: none"> <li>Communicate effectively to enhance health of self and others.</li> </ul>				
<ul style="list-style-type: none"> <li>Employ effective conflict management</li> </ul>				

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strategies. Utilize methods of obtaining help for self and offer assistance to others.				
<ul style="list-style-type: none"> <li>Demonstrate ways to communicate care, consideration, empathy, and respect for self and others.</li> </ul>				
<b>Advocate for personal, family and community health.</b>				
<ul style="list-style-type: none"> <li>Promote health messages to meet health needs of a target audience.</li> </ul>				
<ul style="list-style-type: none"> <li>Influence and support others to make positive health choices.</li> </ul>				
<ul style="list-style-type: none"> <li>Collaborate with others to improve family and community health.</li> </ul>				
<ul style="list-style-type: none"> <li>Employ the effective communication methods to accurately express health information and ideas.</li> </ul>				
<ul style="list-style-type: none"> <li>Engage in media and legislative advocacy efforts to promote positive health for self and others.</li> </ul>				
<ul style="list-style-type: none"> <li>Advocate for healthy, violence-free behaviors by using knowledge of the dynamics of power and position.</li> </ul>				
<b><i>Apply critical literacy/thinking skills related to personal, family and community wellness.</i></b>				
<b>Demonstrate decision-making skills.</b>				
<ul style="list-style-type: none"> <li>Evaluate healthy and unhealthy alternatives in decision-making.</li> </ul>				
<ul style="list-style-type: none"> <li>Evaluate effectiveness of health-related decisions.</li> </ul>				

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<ul style="list-style-type: none"> <li>Employ ethical practices when making health-related decisions.</li> </ul>				
<ul style="list-style-type: none"> <li>Use knowledge of relevant terminology, (i.e., deductible, co-pay, catastrophic, coverage) to ask questions and make decisions about health benefits.</li> </ul>				
<ul style="list-style-type: none"> <li>Seek multiple perspectives when asking for assistance to make health-related decisions.</li> </ul>				
<ul style="list-style-type: none"> <li>Consider immediate and long-term impact on individual, family, community and environment when making health-related decisions.</li> </ul>				
<b>Demonstrate goal-setting skills.</b>				
<ul style="list-style-type: none"> <li>Evaluate health status and develop goals to enhance health.</li> </ul>				
<ul style="list-style-type: none"> <li>Engage in an ongoing cycle of goal-setting, implementation, evaluation and readjustment to enhance health status.</li> </ul>				
<b><i>Use media literacy skills to analyze media and other influences to effectively manage health risk situations and advocate for self and others.</i></b>				
Analyze the influence of family, peers, health professionals, culture, media, technology, and other health factors.				
<ul style="list-style-type: none"> <li>Employ appropriate responses to negative and positive health</li> </ul>				

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influences.				
<ul style="list-style-type: none"> <li>Analyze the role of public health policies in prevention and maintenance of school and community health.</li> </ul>				
<ul style="list-style-type: none"> <li>Analyze how cultural diversity enriches and challenges health behaviors.</li> </ul>				
<ul style="list-style-type: none"> <li>Analyze how information from the community, family and peers influences health.</li> </ul>				
<ul style="list-style-type: none"> <li>Determine reliability, accuracy, dependability of health information sources.</li> </ul>				
<ul style="list-style-type: none"> <li>Recognize and reject messages that could lead to bullying or violence.</li> </ul>				
Access valid information, products and services.				
<ul style="list-style-type: none"> <li>Evaluate factors that influence selection of health products and services.</li> </ul>				
<ul style="list-style-type: none"> <li>Consider preferred provider status as well as other relevant insurance provisions and/or restrictions when accessing and choosing professional health services.</li> </ul>				

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<b><i>Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.</i></b>				
Achieve and maintain health-enhancing level of physical activity.				
<ul style="list-style-type: none"> <li>Assess and monitor current physical health to meet fitness goals.</li> </ul>				
<ul style="list-style-type: none"> <li>Engage in activities to maintain appropriate levels of cardiovascular endurance, muscular, strength/flexibility and body composition.</li> </ul>				
Practice preventive health behaviors.				
<ul style="list-style-type: none"> <li>Engage in appropriate stress-management strategies that enhance health.</li> </ul>				
<ul style="list-style-type: none"> <li>Engage in behaviors that promote risk avoidance.</li> </ul>				
<ul style="list-style-type: none"> <li>Identify factors that influence healthy eating.</li> </ul>				
<ul style="list-style-type: none"> <li>Establish healthy eating behaviors</li> </ul>				
<ul style="list-style-type: none"> <li>Engage in behaviors that promote positive mental and emotional health for the individual, family and community.</li> </ul>				