

GLOSSARY

- * Certified Health Education Specialist (CHES) -** A Certified Health Education Specialist (CHES) is an individual who is credentialed as a result of demonstrating competency based on criteria established by the National Commission for Health Education Credentialing (NCHEC).
- Community health education –** Community health education is the application of a variety of methods that result in the education and mobilization of community members in actions for resolving health issues and problems which affect the community. These methods include, but are not limited to, group process, mass media, communication, community organization, organization development, strategic planning, skills training, legislation, policy making, and advocacy.
- Comprehensive school health education -** Comprehensive school health education refers to the development, delivery, and evaluation of curricula for students and adults in the school setting that enhance health knowledge, attitudes, and skills.
- ** Coordinated school health program –** A coordinated school health program is an organized set of policies, procedures, and activities designed to protect and promote the health and well-being of students and staff which has traditionally included, health services, healthful school environment, and health education. It should also include, but not be limited to guidance and counseling, physical education, food service, social work, psychological services, and employee health.

Notes:

- * This is different than teacher certification for early childhood/elementary school classroom teachers or health education teachers at the middle or high school level.
- ** A Coordinated School Health Program was formerly referred to as a Comprehensive School Health Program.

Health –

There are many definitions for the word “health.” Two examples are provided:

“A state of complete physical, mental, and social well-being, and not just the absence of disease or infirmity.”

(World Health Organization, U.N.)

“A quality of life involving dynamic interaction and independence among one’s physical well-being, one’s mental and emotional reactions, and the social complex in which one exists.”

Health advising –

Health advising is a process of informing and assisting individuals or groups in making decisions or solving problems related to health.

Health education –

Health education is a multidisciplinary practice which is concerned with designing, implementing, and evaluating educational programs that enable individuals, families, groups, and communities to play active roles in achieving, protecting, and sustaining health.

*** Health Education Coordinator -**

A health education coordinator is a professional health educator who is responsible for the management and coordination of all health education policies, curriculum development activities, and resources within a particular setting or circumstance.

Health education process –

The health education process is a continuum of learning that enables people, as individuals and as members of a social structures, to voluntarily make decisions, modify behaviors, and change social conditions in ways which are health enhancing.

Health educator –

A health educator is a practitioner who is professionally prepared in the field of health education, who demonstrates competence in both theory and practice, and who accepts responsibility to advance the aims of the health education profession.

* Note: The DoDEA Health and Physical Education Instructional Systems Specialist

Health information -

Health information is the content of communications based on data derived from systematic and scientific methods as they relate to health issues, policies, programs, services, and other aspects of individual and public health, which can be used for informing various populations and in planning health education activities.

Healthful lifestyle –

A healthful lifestyle is a set of health enhancing behaviors, shaped by internally consistent values, attitudes, beliefs, and external and cultural forces.

Health literacy -

Health literacy is the capacity of the individual to obtain, interpret, and understand basic health information and services and the competence to use such information in ways which are health enhancing.

Health promotion and disease prevention –

“Health promotion and disease prevention” is the aggregate of all purposeful activities designed to improve personal and public health through a combination of strategies, including the competent implementation of behavioral change strategies, health education, health protection measures, risk factor detection, health enhancement, and health maintenance.

Official health agency –

An official health agency is a publicly supported governmental organization mandated by law and/or regulation for the protection and improvement of the health of the public; i.e., WHO, CDC, local health departments, etc.

Private health agency –

A private health agency is a profit or nonprofit organization devoted to providing primary, secondary, and/or tertiary health services which may include health education.

School health education –

School health education is one component of the coordinated school health program which includes the development, delivery, and evaluation of a planned instructional program and other activities for students prek through grade 12 and for parents and for school staff. It is designed to positively influence the health knowledge, attitudes, and skills of individuals.

School health services -

School health services within DoDEA are that part of the coordinated school health program generally provided by the school nurse(s) with support from military medical facility personnel, and others to appraise, protect, and promote the health of students and school personnel. These services are designed to insure access to and the appropriate use of primary health care services, prevent and control communicable disease, provide emergency care for injury or sudden illness, promote and provide for the optimum health of students and school personnel.

Voluntary health organization –

A voluntary health organization is a nonprofit association supported by contributions dedicated to conducting research and providing education and/or services related to particular health problems or concerns; i.e., American Red Cross, American Cancer Society, American Heart Association, American Lung Association, etc.

Wellness -

Because the true core of wellness is a process, not an outcome, difficulties are encountered in formulating an operational definition. Examples of historical significance are provided.

“Wellness is an integrated method of functioning which is oriented toward maximizing the potential of which each individual is capable; it requires that the individual maintain a continuum of balance and purposeful direction within the environment where he (she) is functioning.”

(Halpert Dunn, M.D.)

Wellness -
(continued)

“The lifestyle anyone can develop for achieving sustained total well being – physical health, emotional serenity, zest for living, and mental peace with clarity or purpose.”
(Halpert Dunn, M.D.)

“Wellness is striving not catching. It is the attendant insights needed to sustain joy, the discovery of new levels of interest in the same person, or work, hobby, program, and so on. If wellness were otherwise, we would have to deny the possibility of it to the terminally ill, who may experience the most profound and moving moments and relationships of their lives at a very “unwell” time, namely, their last days.”
(Donald Ardell)

“Wellness is not an end in itself, it is a quality through which goals and dreams may be achieved. The way to wellness is preceded by self-reflection, self-assessment, and a keen awareness of where we are and where we want to go.”
(Donald Ardell)

“Wellness is a dynamic state in which the individual cares for the physical, intellectual, emotional, spiritual, and social self.”
(John Travis, M.D.)

“Wellness is on a continuum, going up with self-discipline and going down with self-indulgence and lethargy.” (John Travis, M.D.)

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