



Position Statement

Health and Wellness

PROCESS

To make certain that all Idaho students are provided the opportunity to meet the high expectations of Idaho's content standards, educators need access to instructional materials that are not only high quality but well aligned to Idaho content standards. For the 2017 review cycle, Idaho's Health and Wellness Curricular Review Committee evaluated submitted materials for content, organization, presentation and quality. The result of this process will provide districts with needed information on instructional materials in order to make informed adoption decisions. This process also allows for local control in regards to choice on instructional materials; districts may also choose to adopt curriculum that was/is not reviewed.

The Curricular Review process included an initial training of all evaluators, a remote review of assigned materials, and a consensus review where evaluators who were assigned the same materials partnered up for a final rating on each textbook based on the following ratings:

- **Comprehensive Program** - A program which consistently meets the focus, coherence, depth, and rigor of the Idaho Content Standards with minimal or no need for instructional adaptations and/or supplemental materials. A comprehensive program provides effective content progressions within and between grade levels.
- **Basic Program** - A program which meets the focus, coherence, depth, and rigor of the Idaho Content Standards at a substantial level with some need for supplemental material. A basic program provides content progressions within and between grade levels, though they may be uneven.
- **Component Program** - A program designed and intended to be used to supplement a comprehensive or basic program. A Component Program will support and/or enhance the focus, coherence, depth, and rigor of a comprehensive or basic program.
- **Intervention Program** - A program designed and intended to target and support students' specific needs.

HEALTH AND WELLNESS

The goal of health education is to provide students with the knowledge and skills needed to lead healthy lifestyles. A skills-based approach is a best practice for delivering high-quality health education.

Health literacy is an important measure of the effectiveness of health education and is critical to ensuring that students have the ability to be healthy throughout their lives. Health-literate people are able to address their own health needs along with the needs of others. They are able to obtain and apply knowledge and skills to enhance their own health and the health of others — both now and in the future as their needs change throughout their lives.

The Idaho Health Education Standards are divided by grade bands: K-2, 3-5, 6-8, and 9-12. Each grade band has the same eight standards: 1. Core Concepts, 2. Analyzing Influences, 3. Accessing Information, 4. Interpersonal Communication, 5. Decision Making, 6. Goal Setting, 7. Practicing Healthy Behavior and 8. Advocacy The Core Concepts (topical content to address) are defined for each grade level band. The topics addressed are Alcohol, Tobacco and Other Drugs, Nutrition and Physical Activity, Injury Prevention and Safety, Mental, Emotional and Social Health, Prevention and Control of Disease, Consumer and Community Health, Growth, Development and Family Life and Environmental Health. Health Education is required K-8 and one credit of Health Education is required in Idaho for graduation from high school. Instruction on hands only CPR was added to the high school standards to meet the requirements brought about by a rule change in 2014. School districts are encouraged to use the state and local data to address important local health related concerns. Based on this data, health instruction topics and skills taught will promote healthy behavior and help to minimize health risks for the students in their district.

REVIEW

For the 2017 review cycle, 12 educators and/or administrators across the State of Idaho reviewed 21 health and wellness textbooks. Contracts for these materials are effective September 1, 2017-December 31, 2022. For the final review results, please visit the [curricular materials webpage](#).

For Questions Contact

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