

What is Health Literacy?

According to the **2019 California Health Education Framework**, health literate students can understand basic health information, directions, and services needed to make informed personal health decisions which may also contribute to healthier communities. **Health-literate** and **health-informed students** are:

- ▷ **Critical thinkers** and **problem solvers** when confronting health issues
- ▷ **Self-directed** learners who have the competence and skills to use basic health information and services in health-enhancing ways
- ▷ **Effective communicators** who organize and convey beliefs, ideas, and information about health issues, **translating their knowledge to applied practices**
- ▷ **Responsible and productive** citizens who help ensure that their community is kept healthy, safe, and secure

The **California Health Education Framework** guides teachers to develop students' competency in the 8 Overarching Health Education Content Standards in **6 content areas**:

Nutrition &
Physical
Activity

Growth,
Development &
Sexual Health

Injury
Prevention &
Safety

Alcohol,
Tobacco &
Other Drugs

Mental,
Emotional &
Social Health

Personal &
Community
Health

The **California Health Education Content Standards** outline the skills and knowledge students must learn to be health literate. This model communicates how health literacy **advances** through the 8 Overarching Health Education Content Standards:

- Standard 1:** Essential Concepts
- Standard 2:** Analyzing Health Influences
- Standard 3:** Accessing Valid Health Information
- Standard 4:** Interpersonal Communication
- Standard 5:** Decision Making
- Standard 6:** Goal Setting
- Standard 7:** Practicing Health-Enhancing Behaviors
- Standard 8:** Health Promotion

California Health Education Standards



Essential concepts (health facts) alone do not teach students how to use facts to make informed health decisions or how to determine whether the information is valid and reliable. A student also needs to analyze influences, communicate effectively (refusal skills & conflict resolution), make decisions, set goals, practice healthy behaviors and promote health to others. This is the shift in health education that increases health literacy and builds a lifelong health literate individual who positively affects their community.