

What is health education?

- “Health education is any combination of learning experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes” (World Health Organization).

Why is early health education important?

- It teaches children at a young age how to handle life stressors, why certain healthy habits are vital, and how to make health-conscious decisions.
- Early health education can teach children at a young age how to care for their bodies and can help motivate them to maintain their health in the future.
- Having a healthy lifestyle does more than just prevent potential diseases. It can help children feel good about themselves, which in turn can increase their self-esteem, interpersonal relationships, and even academic performance.
- Health education at a young age gives children the knowledge, skills, and attitudes needed to move toward an overall future healthier state of life.

Strategies to embrace health and health education:

- Talk openly about the benefits of health and be supportive when it comes to possible struggles.
- Understand that health is a journey and may look different to everyone!
- Express health choices with a positive attitude and enthusiasm.
- Lead by example. Be a good role model for your kids and welcome healthy choices with open arms.
- Celebrate the little things. As you and your family achieve your goals, don't forget to celebrate those moments.
- Give yourself a break. Understand that there may be struggles along the way, but to look at each struggle as a means of encouragement that will help you and your family fulfill a healthier lifestyle.



Assess - Evaluate current eating habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to healthy eating a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.