

Health: Making Life Choices © 2010

Content Strands	Chapter 1 Health Choices and Behavior
Personal Health	<ul style="list-style-type: none">• Role of lifestyle factors in overall health (1-1)• Influences on health (1-1)• Health as a combination of physical, mental/emotional, spiritual, and social well-being (1-2)• Accepting responsibility for your health (1-3)• Understanding the stages of behavior change (1-3)
Consumer and Community Health	<ul style="list-style-type: none">• Developing criteria for evaluating health information (1-2)• Analyzing health news (1-2)• Being health literate (1-2)
Injury Prevention and Safety	<ul style="list-style-type: none">• Taking preventive measures for personal safety (1-2)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none">• Avoiding the use of alcohol, tobacco, and illegal drugs (1-1, 2, 3)

Content Strands	Chapter 1 Health Choices and Behavior
Physical Activity and Nutrition	• Roles of proper nutrition and physical activity in wellness (1-2)
Environmental Health	• How the environment impacts health (1-1)
Family Living	• How heredity affects your health (1-1)
Individual Growth and Development	• Analyze choices to make health decisions (1-1) • Lifelong commitment to wellness (1-1) • Setting goals and overcoming obstacles (1-3)
Communicable and Chronic Disease	• Role of communicable disease in causes of death (1-1)

Content Strands	Chapter 2 Emotional Health
Personal Health	<ul style="list-style-type: none"> • Importance of recognizing, accepting, and expressing emotions (2-1) • Nonassertive vs. assertive communication styles (2-2) • Understanding the decision-making process (2-3) • How personal goals and values influence our place in society (2-4)
Consumer and Community Health	<ul style="list-style-type: none"> • Analyzing advertising and how it can influence self-worth (2-1) • Function of a support system (2-2) • Understanding how conflict evolves within larger community (2-2) • Teens and violence (2)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Use of conflict resolution skills to prevent violence (2-2)
Alcohol, Tobacco, and Other Drugs	

Content Strands	Chapter 2 Emotional Health
Physical Activity and Nutrition	
Environmental Health	
Family Living	<ul style="list-style-type: none"> • Family and friends as a support-group (2-2) • The role of family in decision making (2-3)
Individual Growth and Development	<ul style="list-style-type: none"> • Importance of knowing and accepting yourself and your values (2-1) • Analyzing strategies for resolving conflict (2-2) • How to communicate assertively and not aggressively (2-2) • Ways to reduce stress when meeting new people (2-2) • How your values impact your decisions (2-3) • How volunteer work can guide you to a fitting career (2-4)
Communicable and Chronic Disease	

Content Strands	Chapter 3 Your Changing Personality
Personal Health	<ul style="list-style-type: none">• Recognizing influences on personality (3-1)• Understanding Erik Erikson's personality theory (3-1)• Maslow's hierarchy of human needs (3-1)• Physical and mental change during puberty (3-2)• Role of peer groups in the teen years (3-4)
Consumer and Community Health	<ul style="list-style-type: none">• How community service can benefit teens (3-1)• Society's influence on gender identity (3-2)• How advertising contributes to body image (3-3)• Deviant peer groups and community (3-4)
Injury Prevention and Safety	<ul style="list-style-type: none">• Using refusal skills to make safe decisions (3-4)
Alcohol, Tobacco, and Other Drugs	

Content Strands	Chapter 3 Your Changing Personality
Physical Activity and Nutrition	<ul style="list-style-type: none"> • Role of physical activity in self-esteem (3-3)
Environmental Health	
Family Living	<ul style="list-style-type: none"> • How parents influence teens (3-4)
Individual Growth and Development	<ul style="list-style-type: none"> • Development of identity and reasoning skills in teens (3-1) • Role of gender in personality development (3-2) • Role of gender stereotypes in sexual harassment (3-2) • Improving self-esteem and practicing self-acceptance (3-3) • Strategies for making new friends (3-4)
Communicable and Chronic Disease	

Content Strands	Chapter 4 Stress and Stress Management
Personal Health	<ul style="list-style-type: none"> • How perception affects stress (4-1) • Identifying physical and psychological stressors (4-1, 2) • Stress response and the nervous and hormonal systems (4-2) • Understanding the stages of the body's stress response (4-3) • Stress management skills (4-4)
Consumer and Community Health	<ul style="list-style-type: none"> • Analyzing claims for "stress vitamins" (4-2) • Healing and the placebo effect (4)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Techniques for stress management (4-4)
Alcohol, Tobacco, and Other Drugs	

Content Strands	Chapter 4 Stress and Stress Management
Physical Activity and Nutrition	<ul style="list-style-type: none"> • How to prepare nutritionally for times of stress (4-2) • Role of physical activity in stress resistance (4-4)
Environmental Health	<ul style="list-style-type: none"> • How the body adapts to environmental change (4-2)
Family Living	<ul style="list-style-type: none"> • Stress and the home environment (4-3)
Individual Growth and Development	<ul style="list-style-type: none"> • Recognizing signs of stress (4-1) • Common psychological stressors for high school students (4-1) • How life changes affect high school students (4-1) • Positive and negative methods of handling stress (4-4) • Reducing stress by changing your perceptions (4-4)
Communicable and Chronic Disease	<ul style="list-style-type: none"> • Stress and the immune system (4-2) • The psychological stress and heart disease connection (4-4)

Content Strands	Chapter 5 Mental and Emotional Problems
Personal Health	<ul style="list-style-type: none"> • Recognizing the connection between physical and mental illness (5-2) • Identifying mental and emotional disorders (5-2) • Schizophrenia, eating disorders, anxiety disorders, and mood disorders (5-2) • Facts and myths about suicide (5-3) • Identifying reasons for seeking therapy (5-4)
Consumer and Community Health	<ul style="list-style-type: none"> • Seeking help and support (5-4) • Types of mental health professionals (5-4)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Recognizing warning signs of mental illness (5-2) • Recognizing and responding to suicidal risk factors (5-3) • Recognizing when professional help is necessary (5-4)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Understanding substance-related disorders and addiction (5-2)

Content Strands	Chapter 5 Mental and Emotional Problems
Physical Activity and Nutrition	• Physical activity as a means of reducing anxiety (5-1)
Environmental Health	• Environmental causes of mental illness (5-2)
Family Living	• Heredity as a factor in mental illness (5-2)
Individual Growth and Development	• Dealing with difficult emotions (5-1) • Identifying specific phobias (5-2) • Methods for overcoming shyness (5-2)
Communicable and Chronic Disease	• Physical illness as a cause for mental illness (5-2)

Content Strands	Chapter 6 The Human Body and Its Systems
Personal Health	<ul style="list-style-type: none"> • Understanding body systems (6-1) • How the body systems work together to maintain homeostasis (6-1) • Role of the skeletal system (6-2) • Role of the muscular system (6-3) • Role of the nervous system (6-4) • Role of the digestive system (6-5) • Role of the cardiovascular system (6-6) • Role of the urinary system (6-7) • Role of the respiratory system (6-8) • Role of the immune system (6-9) • Role of the hormonal system (6-10) • Role of the female reproductive system (6-11) • Role of the male reproductive system (6-12)
Consumer and Community Health	
Injury Prevention and Safety	<ul style="list-style-type: none"> • Importance of immediate treatment of urinary tract infections (6-7)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Mind altering drugs and the brain (6-4)

Content Strands	Chapter 6 The Human Body and Its Systems
Physical Activity and Nutrition	<ul style="list-style-type: none"> • Preventing osteoporosis with physical activity and a calcium-rich diet (6-2) • How poor nutrition affects the immune system (6-9) • Protein use and fat/carbohydrate storage (6-10)
Environmental Health	
Family Living	
Individual Growth and Development	<ul style="list-style-type: none"> • Identifying cells and their functions within the human body (6-1) • Voluntary versus involuntary muscles (6-3) • Identifying the different parts and functions of the brain (6-4) • Identifying the four blood types (6-6) • Role the urinary system in removing toxic wastes from the blood (6-7) • Function of the sinuses (6-8) • Role of the lymphatic system in fighting disease (6-9) • Understanding how hormones affect mood (6-10) • Understanding thyroid imbalances (6-10) • Understanding conception (6-11)
Communicable and Chronic Disease	<ul style="list-style-type: none"> • Signs of kidney failure (6-7) • Causes and symptoms of sinus blockage (6-8) • How AIDS and certain cancers affect the immune system (6-9) • Prostatitis and cancer of the prostate (6-12)

Content Strands	Chapter 7 Nutrition: The Nutrients
Personal Health	<ul style="list-style-type: none"> • Understanding the need for a balanced diet (7-1) • Identifying the six basic nutrients and five food groups (7-2) • Understanding how the body stores energy (7-3) • Carbohydrates as fuel food (7-4) • Role of fats and proteins in health (7-5, 6) • Major roles and sources of vitamins (7-7) • Role of electrolytes in health (7-8)
Consumer and Community Health	<ul style="list-style-type: none"> • Dietary Guidelines for Americans (7-1) • Function of the MyPyramid Plan (7-2) • Nutrition Labeling (7-5) • Evaluating supplement claims (7)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Role of fiber in digestive tract health (7-4) • Reducing fat intake to prevent certain chronic diseases (7-5)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Alcohol as a source of empty calories (7-3)

Content Strands	Chapter 7 Nutrition: The Nutrients
Physical Activity and Nutrition	<ul style="list-style-type: none"> • Importance of nutrient-rich diet (7-1) • Understanding serving sizes (7-2) • Role of carbohydrates, fats, and proteins in energy production (7-3) • Saturated versus unsaturated fat (7-5) • Complete versus incomplete proteins (7-6) • Fat-soluble and water-soluble vitamins (7-7) • Causes and effects of vitamin and mineral deficiencies (7-7, 8) • Role of water in body processes (7-8)
Environmental Health	
Family Living	
Individual Growth and Development	<ul style="list-style-type: none"> • Using the MyPyramid plan to meet your nutrient needs (7-2) • Using the five food groups as a guide to a proper nutrition (7-2) • Ways to reduce saturated fat in your diet (7-5) • How to read food labels (7-5) • Choosing your fluids wisely (7-8)
Communicable and Chronic Disease	<ul style="list-style-type: none"> • Proper nutrition and disease prevention (7-1) • Role of saturated fats in heart disease and other lifestyle diseases (7-5) • Food allergies and intolerances (7-5) • Role of antioxidants in cancer and heart disease prevention (7-7)

Content Strands	Chapter 8 Nutrition: Healthy Body Weight
Personal Health	<ul style="list-style-type: none"> • Body fat versus weight (8-2) • Understanding calories and the energy equation (8-3) • Understanding weight gain (8-4) • Evaluating fast food choices (8-5) • Key traits to successful weight management (8-5)
Consumer and Community Health	<ul style="list-style-type: none"> • Evaluating teen diets (8-3) • Recognizing fad diets and OTC diet pills (8-4) • Analyzing media influences on food choices (8-6)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Risky weight-loss strategies (8-4)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Negative effects of weight-loss pills (8-4)

Content Strands	Chapter 8 Nutrition: Healthy Body Weight
Physical Activity and Nutrition	<ul style="list-style-type: none"> • Calorie reduction and physical activity increase for weight loss (8-1) • Benefits of physical activity (8-4) • Understanding calories and nutrients (8-5) • Evaluating calorie-burning activities (8-5) • Physical activity and caloric increase for healthful weight gain (8-6)
Environmental Health	<ul style="list-style-type: none"> • Hereditary as a risk for type 2 diabetes, hypertension, and other diseases (8-1) • Recognizing environmental appetite triggers (8-5)
Family Living	<ul style="list-style-type: none"> • Excess body fat as a risk in pregnancy (8-1)
Individual Growth and Development	<ul style="list-style-type: none"> • Strategies for managing your weight (8-1) • Using BMI and other methods of measuring body fat (8-2) • Basal energy versus physical activities (8-3) • Calculating total energy expenditure (8-3) • Evaluating appetite triggers and influences (8-5)
Communicable and Chronic Disease	<ul style="list-style-type: none"> • Excess body fat as a risk for disease (8-1) • Understanding obesity as a disease (8-1)

Content Strands	Chapter 9 Fitness
Personal Health	<ul style="list-style-type: none"> • Physical and psychological benefits of physical activity (9-1) • Components of fitness (9-2) • Understanding the overload principle (9-2) • Benefits of cardiovascular fitness (9-3) • Aerobic activity versus anaerobic activity (9-3) • Range of motion and stretching techniques (9-4) • Identifying strength and endurance building activities (9-5) • Using preventive measures to avoid sports injuries (9-6)
Consumer and Community Health	<ul style="list-style-type: none"> • Analyzing nutritional and dietary supplement claims (9-5)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Using proper equipment and attire during physical activity (9-2) • Stretches and exercises to avoid (9-4) • Avoiding injury by weight training with a trainer (9-5) • Identifying common injuries and their prevention (9-6) • Ways to protect against heat stroke (9-6)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Dangers of steroid and growth hormone use (9-5)

Content Strands	Chapter 9 Fitness
Physical Activity and Nutrition	<ul style="list-style-type: none"> • How fitness benefits all aspects of health and wellness (9-1) • Role of conditioning in physical fitness (9-2) • Strategies and activities for achieving cardiovascular fitness (9-3)
Environmental Health	<ul style="list-style-type: none"> • Importance of dressing appropriately in extreme weather (9-6) • Understanding the dangers of dehydration (9-6) • Understanding the dangers of heat exhaustion and heat stroke (9-6)
Family Living	<ul style="list-style-type: none"> • Connections between physical activity and social relationships (9-1)
Individual Growth and Development	<ul style="list-style-type: none"> • Goal setting • Determining your resting pulse rate (9-3) • Calculating your target heart rate (9-3) • Tracking your fitness progress (9-3)
Communicable and Chronic Disease	<ul style="list-style-type: none"> • How physical activity reduces risk of certain diseases (9-1) • Steroids as a cause of cardiovascular disease and liver damage (9-5) • Connection between human growth hormone and acromegaly (9-5)

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Content Strands	Chapter 10 Your Body: An Owner's Manual
Personal Health	<ul style="list-style-type: none"> • Proper methods for brushing and flossing (10-1) • Understanding how cavities develop in teeth (10-1) • Skin, hair structures, and fingernail growth (10-2) • Importance of preventing and correcting eye problems (10-2) • Functions of the three main sections of the ear (10-2)
Consumer and Community Health	<ul style="list-style-type: none"> • Analyzing advertising techniques (10-2) • Body piercing and tattooing as fashion (10-2) • Identifying unnecessary feminine products on the market (10-2) • When to seek medical help (10-4)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Role of brushing and flossing in preventing tooth decay and gum disease (10-1) • Potential remedies for acne (10-2) • Importance of using clean needles in piercing and tattooing procedures (10-2) • Practicing ear care to prevent ear infections and hearing loss (10-2) • Importance of general checkups and routine cleansing to prevent infection (10-2) • Changing pads and tampons to prevent toxic shock syndrome (10-2) • Strategies to deal with premenstrual syndrome (10-2) • Differentiating between proper and improper posture for spine health (10-3) • Importance of maintaining immunizations for infectious disease prevention (10-4)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Side effects of oral medications for acne (10-2)

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Content Strands	Chapter 10 Your Body: An Owner's Manual
Physical Activity and Nutrition	<ul style="list-style-type: none">• Choosing foods for dental health (10-1)• How poor diet can lead to hair loss and changes in fingernails (10-2)• Role of physical activity in spinal health (10-3)
Environmental Health	<ul style="list-style-type: none">• Protecting eyes from the sun's rays (10-2)• Loud noise and hearing loss (10-2)
Family Living	<ul style="list-style-type: none">• Heredity as a factor in acne (10-2)
Individual Growth and Development	<ul style="list-style-type: none">• Improving physical, mental/emotional, and social health through self care (10-1)• Importance of routine cleansing and hair and nail grooming (10-2)• Recognizing symptoms that require medical help (10-4)
Communicable and Chronic Disease	<ul style="list-style-type: none">• Risks of hepatitis B and HIV from body piercing or tattooing (10-2)

Content Strands	Chapter 11 Drugs as Medicines
Personal Health	<ul style="list-style-type: none"> • Over-the-counter drugs (OTC) versus prescription drugs (11-3) • Categorizing caffeine (11)
Consumer and Community Health	<ul style="list-style-type: none"> • Benefits of medicines (11-1) • Role of the Food and Drug Administration (FDA) (11-2) • Identifying problems with overuse of antibiotics (11-2) • Brand name drugs versus generic drugs (11-3) • Importance of medicine labels (11-3) • Obtaining key information about your prescription (11-4)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Risks and side effects of commonly used drugs (11-1) • Taking medicines safely (11-3) • Importance of reading medicine labels (11-3)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Drugs used as medicines (11-1) • Development of drug tolerance (11-1) • Understanding drug synergy and antagonistic drugs (11-1) • Alcohol as an anesthetic (11-2) • Prescription drugs (11-4)

Content Strands	Chapter 11 Drugs as Medicines
Physical Activity and Nutrition	
Environmental Health	
Family Living	
Individual Growth and Development	<ul style="list-style-type: none"> • Factors that determine a drug's effects (11-1)
Communicable and Chronic Disease	<ul style="list-style-type: none"> • Using antibiotics as a cure for bacterial infections (11-2) • Over-the-counter drugs to treat chronic conditions (11-3)

Content Strands	Chapter 12 Drugs of Abuse
Personal Health	<ul style="list-style-type: none"> • Defining drug abuse (12-1) • Understanding physical versus psychological drug addiction (12-3) • Understanding the process of breaking an addiction (12-6) • Recognizing signs of drug abuse (12-7)
Consumer and Community Health	<ul style="list-style-type: none"> • Society and drug use (12-2) • Understanding risks of look-alike drugs (12-4) • Drug abuse and community (12-5) • Role of drug abuse agencies in treating addiction (12-6)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Drug education programs as a means of preventing drug abuse (12-2) • Understanding risks of driving under the influence of a drug (12-5) • Ways to refuse drugs (12)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Identifying factors that influence illegal drug use (12-1) • Understanding drug withdrawal (12-3) • Identifying commonly abused drugs (12-4) • Marijuana and its derivatives, sedatives and barbiturates, opiates, and inhalants (12-4) • Rohypnol, GHB, and ketamine as date-rape drugs (12-4) • Role of methadone in treatment of heroine addiction (12-6)

Content Strands	Chapter 12 Drugs of Abuse
Physical Activity and Nutrition	<ul style="list-style-type: none"> • How physical activity helps teens avoid drugs (12-2)
Environmental Health	
Family Living	<ul style="list-style-type: none"> • Role of the family in preventing drug abuse (12-2) • Drug use and birth defects (12-4) • Role of family and friends in breaking addiction (12-6) • Confronting a family member or friend about drug abuse (12-7)
Individual Growth and Development	<ul style="list-style-type: none"> • Resisting peer pressure to use drugs (12-1) • Understanding the spiral that leads to addiction (12-3) • Physical and psychological effects of marijuana, amphetamines, cocaine, hallucinogens and club drugs (12-4)
Communicable and Chronic Disease	<ul style="list-style-type: none"> • Intravenous drug use and the risk of disease (12-4)

Content Strands	Chapter 13 Alcohol: Use and Abuse
Personal Health	<ul style="list-style-type: none"> • Understanding why people drink (13-1) • Assessing drinking behaviors (13-1) • How alcohol use affects the body (13-2) • Avoiding alcohol to prevent violence (13-3) • Understanding the stages of recovery (13-4) • Refusing to use alcohol (13-5)
Consumer and Community Health	<ul style="list-style-type: none"> • Comparing alcohol content in different drinks (13-1) • Analyzing alcohol advertising (13-1) • "Zero-tolerance" limit (13-3) • Special interest groups MADD and SADD (13-3) • Costs of alcoholism to society (13-4) • Resources for alcohol-related problems (13-4)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Dangers of driving under the influence (13-3) • Alcohol and increased rates of abuse, rape, violence, injury, and death (13-3) • Using refusal skills to refuse drinks (13-5)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Moderate drinking versus problem drinking (13-1) • Dangers of binge drinking (13-1) • Understanding the immediate and long-term effects of alcohol (13-2) • Alcohol's effects on the liver and brain (13-2) • Recognizing the benefits of living alcohol-free (13-5)

Content Strands	Chapter 13 Alcohol: Use and Abuse
Physical Activity and Nutrition	<ul style="list-style-type: none"> • Alcohol and slowed reactions and impaired coordination (13-3)
Environmental Health	
Family Living	<ul style="list-style-type: none"> • Family and social problems associated with drinking (13-1) • Fetal alcohol syndrome (13-2) • Impact of alcoholism on families (13-4) • Cost of enabling and ways to stop enabling (13-4)
Individual Growth and Development	<ul style="list-style-type: none"> • Understanding alcohol's effects on the brain and body (13-2) • Alcohol and hangovers (13-2) • Understanding the stages of recovery (13-4) • How to host an alcohol-free party (13-5)
Communicable and Chronic Disease	<ul style="list-style-type: none"> • Effects of long-term alcohol use (13-2) • Effects of alcohol use on a fetus (13-2)

Content Strands	Chapter 14 Tobacco
Personal Health	<ul style="list-style-type: none"> • Understanding why people use tobacco (14-1) • Effects of tobacco use (14-1) • Understanding the functions of the lungs (14-2) • Methods and benefits of quitting smoking (14-5)
Consumer and Community Health	<ul style="list-style-type: none"> • Analyzing tobacco advertising (14-1) • Teens and tobacco (14-1) • Costs of tobacco (14-2) • Public smoking bans (14-3) • Community resources for quitters (14-5)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Cigarettes and the risk of fire (14-2) • Alternatives to smoking (14-4)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Understanding nicotine addiction and withdrawal (14-1) • Tobacco as a gateway drug (14-1) • Health effects and risks of smoking (14-2) • Recognizing effects of passive smoking (14-3) • Health risks of smokeless tobacco (14-4) • Breaking the nicotine habit (14-5)

Content Strands	Chapter 14 Tobacco
Physical Activity and Nutrition	<ul style="list-style-type: none"> • Decreased lung function as a result of smoking (14-2) • ETS and decreased lung function (14-3) • Ways to minimize weight gain when quitting smoking (14-5)
Environmental Health	<ul style="list-style-type: none"> • Environmental tobacco smoke (ETS) and its effects (14-3) • Comparing carbon monoxide sources (14-3)
Family Living	<ul style="list-style-type: none"> • Smoking and premature birth, miscarriage, birth defects, and impaired development (14-2) • Smoking and infertility in females (14-2) • Smoking and abnormal sperm production in males (14-2)
Individual Growth and Development	<ul style="list-style-type: none"> • Physical addiction vs. psychological addiction (14-1) • Normal lung versus lung with emphysema (14-2) • Recognizing smokeless tobacco as an addictive substance (14-4) • Peer pressure and smoking (14-5) • Ways to fight nicotine cravings (14-5)
Communicable and Chronic Disease	<ul style="list-style-type: none"> • Smoking related illnesses (14-1) • Smoking and chronic lung diseases, cancer, and heart disease (14-2) • How smoking interferes with the immune system (14-2) • Passive smoke and risks of heart and lung disease (14-3) • Smokeless tobacco and cancer (14-4)

Content Strands	Chapter 15 Infectious Diseases
Personal Health	<ul style="list-style-type: none"> • Identifying disease-causing microorganisms (15-1) • Identifying types of bacteria (15-1) • Viruses and illness (15-1) • Recognizing fungi, protozoa, and parasites as pathogens (15-1) • Antigens and antibodies (15-3) • Identifying the five phases of illness (15-3)
Consumer and Community Health	<ul style="list-style-type: none"> • Role of public sanitation efforts in disease control (15-2) • Role of public health programs in controlling spread of disease (15-2) • Role of U.S. Public Health Service in monitoring disease outbreaks (15-2)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Completing antibiotic therapy to prevent reinfection (15-1) • Importance of hand-washing to protect against viruses (15-1) • Using disinfectants to prevent spread of disease (15-2) • Vaccines for disease prevention (15-2) • How skin, body membranes, and the immune system prevent disease (15-3) • Food safety and prevention of food-borne illness (15-4)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Understanding how drug-resistant pathogens develop (15-1) • Using antibiotics to treat bacterial infections (15-3)

Content Strands	Chapter 15 Infectious Diseases
Physical Activity and Nutrition	<ul style="list-style-type: none"> • Role of diet and exercise in disease prevention (15-3)
Environmental Health	
Family Living	<ul style="list-style-type: none"> • Avoiding the spread of infectious diseases (15-4) • Practicing food safety to prevent infectious diseases (15-4)
Individual Growth and Development	<ul style="list-style-type: none"> • Understanding how bacteria multiplies (15-1) • Understanding how viruses cause disease (15-1) • Understanding how diseases are spread (15-2) • Illnesses that you cannot develop an immunity to (15-3) • Guidelines for treating a fever (15-3)
Communicable and Chronic Disease	<ul style="list-style-type: none"> • Drug-resistant diseases (15-1) • Examples of infectious diseases (15-2) • Emerging and re-emerging diseases (15-2) • The human body's defense system (15-3) • Role of the fever during illness (15-3) • Cold versus flu (15-4)

Content Strands	Chapter 16 Sexually Transmitted Diseases
Personal Health	<ul style="list-style-type: none"> • Identifying STDs that can cause pelvic inflammatory disease (16-1) • Recognizing common STD symptoms (16-1) • Infections of the genital and urinary organs that are not sexually transmitted (16-1) • Understanding how HIV destroys immunity (16-2)
Consumer and Community Health	<ul style="list-style-type: none"> • Teens and STDs (16-1) • Role of the media in the portrayal of sex (16-1) • Risk of STDs through body piercing and tattoos (16-1) • Anonymous STD testing (16-1) • Seeking help for treatment of an STD (16-1) • Teens and HIV/AIDS (16-2) • Cost of drugs used to treat HIV infection and AIDS (16-2) • Risks to health care professionals (16-2)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Importance of regular physical examinations and STD testing (16-1) • HPV and Hepatitis B vaccinations (16-1) • Protecting others by notifying sexual partners of an STD diagnosis (16-1) • Recognizing sexual intercourse as the main means of HIV transmission (16-2) • Recognizing risks of using unsterilized needles (16-2) • Precautions health care providers use to prevent the spread of disease (16-2) • Practicing abstinence or monogomy with an uninfected partner to eliminate risk of STDs (16-3) • Practicing preventive measures to reduce the risk of contracting or transmitting STDs (16-3)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Alcohol and drugs as contributing factors to spread of STDs (16-1) • Using antibiotics to treat bacterial STDs (16-1) • Intravenous drug use and risk of STDs (16-1) • Benefits and drawbacks of new drug treatments for AIDs patients (16-2)

Content Strands	Chapter 16 Sexually Transmitted Diseases
Physical Activity and Nutrition	<ul style="list-style-type: none"> • AIDS and loss of physical strength (16-2) • AIDS and diet (16-2)
Environmental Health	
Family Living	<ul style="list-style-type: none"> • PID as a cause of ectopic pregnancy, miscarriage, or sterility (16-1) • STD transmission and complications through pregnancy and birthing process (16-1) • Ways HIV can be transmitted from mother to infant (16-2)
Individual Growth and Development	<ul style="list-style-type: none"> • Recognizing myths about STD prevention (16-1) • Identifying causes and treatments of yeast infections, urinary tract infections, and tinea crurus or jock itch (16-1) • Living with AIDS (16-2)
Communicable and Chronic Disease	<ul style="list-style-type: none"> • Symptoms and treatment of common STDs—HIV/AIDS, chlamydia, genital herpes, gonorrhea, hepatitis B, human papillomavirus, pubic lice, syphilis, and trichomoniasis (16-1) • Identifying incurable STDs (16-1) • Understanding the differences between HIV and AIDS (16-2) • Diagnosing AIDS (16-2) • Ways HIV can and cannot be transmitted (16-2)

Content Strands	Chapter 17 Lifestyle Diseases
Personal Health	<ul style="list-style-type: none"> • Making healthy choices to prevent lifestyle diseases (17-1) • Differentiating between type 1 diabetes and type 2 diabetes (17-2) • Functions and structure of the cardiovascular system (17-3) • Causes and warning signs of heart attack and stroke (17-4) • Recognizing controllable risk factors (17-5) • Hypertension and high cholesterol as risk factors for CVD (17-5)
Consumer and Community Health	<ul style="list-style-type: none"> • Medical treatments available for heart disease (17-4) • Cholesterol values and recommended physical activity for teens (17-5) • Recognizing the risks of cancer from sunlamps and tanning beds (17-7) • Identifying cancers that most often cause death in those from 15–34 years old (17-8) • Public resources for dealing with cancer (17-8) • Common cancer treatments—surgery, radiation therapy, and chemotherapy (17-8)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Ways to lower your risk for heart disease (17-1) • Recognizing warning signs of diabetes (17-2) • Medication, diet, and physical activity to control diabetes (17-2) • Making healthy lifestyle choices to reduce CVD risks (17-5) • Using sun protection products to reduce skin cancer risks (17-7) • Performing a breast, testicular, and skin self-examination (17-8)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Smoking and alcohol as risk factors for lifestyle diseases (17-1) • Identifying the medication necessary to control the two types of diabetes (17-2) • Treating heart attack and heart disease with drugs (17-4) • Stopping a stroke with medications (17-4) • Smoking as a major risk factor for CVD (17-5) • Alcohol and oral contraceptives as risk factors for hypertension (17-5) • Using medication to lower blood pressure (17-5) • Understanding the link between smoking and cancer (17-6) • Understanding the link between alcohol and cancer (17-7) • Drugs used to cure cancer, inhibit tumor growth, and relieve cancer pain (17-8)

Content Strands	Chapter 17 Lifestyle Diseases
Physical Activity and Nutrition	<ul style="list-style-type: none"> • Sedentary lifestyle, poor diet, and obesity as risk factors for lifestyle diseases (17-1) • Weight as a factor in type 2 diabetes (17-2) • Benefits of all types of physical activity (17-3) • Role of diet, weight, and physical activity in cardiovascular health, hypertension, and blood cholesterol (17-4, 5) • How regular physical activity reduces the risk of heart disease (17-5) • How diet, obesity, and physical activity are connected to high cancer risks (17-7)
Environmental Health	<ul style="list-style-type: none"> • Sun exposure and cancer (17-7) • Facts about sun exposure (17-7) • X-ray radiation and cancer (17-7)
Family Living	<ul style="list-style-type: none"> • Heredity and ethnicity as factors in lifestyle diseases (17-1) • Role of family history in the immune system's reaction to diabetes (17-2) • Heredity as a risk factor in heart disease, hypertension, and cancer (17-5, 7) • How to respond to a friend who has cancer (17-8) • Genetic testing as a method of identifying individual cancer risks (17-8) • Role of family and friends in coping with cancer (17-8)
Individual Growth and Development	<ul style="list-style-type: none"> • Recognizing risk factors that cannot be controlled (17-1) • Recognizing the risks of low blood glucose levels (17-2) • Identifying the three ways atherosclerosis can cause artery blockage (17-3) • Potential effects of stroke (17-4) • How to interpret your blood pressure (17-5) • Importance of teen blood cholesterol monitoring (17-5) • Understanding the connection between emotions and heart disease (17-5) • Cancer initiators and promoters (17-7) • Recognizing possible warning signs of cancer (17-8) • Side effects of cancer treatment (17-8)
Communicable and Chronic Disease	<ul style="list-style-type: none"> • Identifying risk factors for lifestyle diseases (17-1) • Understanding the causes and dangers of diabetes (17-2) • Cardiovascular disease (CVD) and atherosclerosis (17-3) • Types of cancer and how the immune system reacts (17-6)

Content Strands	Chapter 18 Dating, Commitment, and Marriage
Personal Health	<ul style="list-style-type: none"> • Differentiating between love and infatuation (18-1) • Identifying the stages of a love relationship (18-2) • Benefits of dating (18-2) • Recognizing the benefits of abstinence (18-2) • Coping with a break-up (18-2) • Strategies to work through conflict (18-2)
Consumer and Community Health	<ul style="list-style-type: none"> • Teen pregnancy and the costs to society (18-2) • Analyzing how the media portrays sexual activity and love (18-2) • Date rape as a common form of sexual violence (18)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Double-dating to increase safety and decrease dating stress (18-2) • Practicing safe online friendships (18-2) • Practicing abstinence to avoid risks associated with sexual activity (18-2) • Methods to maintain sexual abstinence (18-2)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Connection between alcohol use and sexual violence (18)

Content Strands	Chapter 18 Dating, Commitment, and Marriage
Physical Activity and Nutrition	<ul style="list-style-type: none"> • Using physical activity to release sexual energy (18-2)
Environmental Health	
Family Living	<ul style="list-style-type: none"> • Role of positive self-image in healthy relationships (18-2) • How friends can ease the pain of a break-up (18-2) • Understanding marriage and commitment (18-2)
Individual Growth and Development	<ul style="list-style-type: none"> • Emotional intimacy versus physical intimacy (18-1) • How to develop a healthy relationship (18-2) • Identifying qualities to look for in a partner (18-2) • Recognizing internal and external sexual pressures (18-2) • Ways to develop a healthy, intimate relationship (18-2) • Importance of independence in a relationship (18-2)
Communicable and Chronic Disease	<ul style="list-style-type: none"> • Risks of sexually transmitted diseases (18-2)

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Content Strands	Chapter 19 Family Life
Personal Health	<ul style="list-style-type: none"> • Identifying different types of families (19-1) • Enhancing bonds by spending quality time together as a family (19-2) • Analyzing assertive versus nonassertive responses (19-2) • Identifying factors that often surround divorce (19-3) • Understanding the exaggerated roles of children in many dysfunctional families (19-3) • Understanding the cycle of abuse (19-3)
Consumer and Community Health	<ul style="list-style-type: none"> • Taking communication skills from home life into the larger world (19-2) • Analyzing how the idea of "the family" is used to sell products (19-2) • Identifying resources and support groups for families (19-3) • Dysfunctional families and a disregard for society's laws and values (19-3) • Working families and the demand for child and elder care (19-4)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Breaking the cycle of abuse (19-3)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Alcoholism and drug addiction as factors in abuse and dysfunctional families (19-3) • Understanding codependency (19-3)

Content Strands	Chapter 19 Family Life
Physical Activity and Nutrition	<ul style="list-style-type: none"> • Combining family time with physical activity (19-2)
Environmental Health	
Family Living	<ul style="list-style-type: none"> • Understanding the function, stages, and goals of a family (19-1) • Understanding how the family impacts personality (19-1) • Activities a family can enjoy together (19-2) • Understanding and coping with divorce (19-3) • Traits of functional versus dysfunctional families (19-3) • Recognizing the changing role of the family (19-4)
Individual Growth and Development	<ul style="list-style-type: none"> • Understanding how your family influences your future (19-1) • Importance of meeting family's needs without neglecting the individual's (19-1) • Tips for being honest and establishing trust and honesty (19-2) • Planning quality family time (19-2)
Communicable and Chronic Disease	

Content Strands	Chapter 20 From Conception Through Parenting
Personal Health	<ul style="list-style-type: none"> • Understanding the menstrual cycle and how conception occurs (20-3) • Identifying the three stages of gestation and fetal development (20-5) • Miscarriage and ectopic pregnancy (20-5) • Identifying physical and emotional changes that occur during pregnancy (20-5) • Identifying factors that affect pregnancy outcomes (20-5) • Stages of childbirth (20-7)
Consumer and Community Health	<ul style="list-style-type: none"> • Recognizing the challenges of teen pregnancy (20-1) • Types of pregnancy tests (20-4) • Birthing methods—vaginal delivery and cesarean delivery (20-7) • How self-esteem impacts contributions to larger society (20-8)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Preventing fallopian tube rupture in an ectopic pregnancy (20-5) • Importance of prenatal care for the health of mother and baby (20-5) • Preventing and reporting child abuse, including shaken baby syndrome (20-8)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Effects of smoking, drugs, and caffeine during pregnancy (20-4, 5,6) • Understanding fetal alcohol syndrome (20-6) • Smoking and an increased risk of SIDS (20-6) • Dangers of using drugs or alcohol while breastfeeding (20-8)

Content Strands	Chapter 20 From Conception Through Parenting
Physical Activity and Nutrition	
Environmental Health	<ul style="list-style-type: none"> • Understanding how environmental contaminants can harm a pregnancy (20-6) • Identifying types of environmental contaminants (20-6)
Family Living	<ul style="list-style-type: none"> • Pregnancy and parenting responsibilities (20-1) • Adoption and foster parenting (20-2) • Heredity as a cause for certain congenital abnormalities (20-6) • Parents' role in providing for their child's physical, emotional, and social needs (20-8)
Individual Growth and Development	<ul style="list-style-type: none"> • Using the fertility awareness method to conceive (20-3) • Role of the placenta, amniotic sac, and umbilical cord in pregnancy (20-5) • Increased risk of pregnancy complications for teens (20-5)
Communicable and Chronic Disease	<ul style="list-style-type: none"> • Increased illness in low-birth-weight infants (20-5) • Causes and symptoms of congenital abnormalities (20-6) • Colostrum and immunity factors that protect the infant from disease (20-8) • Danger of passing the HIV virus through breastmilk (20-8)

Content Strands	Chapter 21 Understanding Sexuality
Personal Health	<ul style="list-style-type: none"> • Sexuality versus the physical events of sexual intercourse (21-1) • Identifying the four stages of the sexual response (21-2) • Understanding sexual orientation—heterosexual, homosexual, or bisexual (21-4)
Consumer and Community Health	<ul style="list-style-type: none"> • Self-esteem and social skills as determinants of sexuality (21-3) • Conflicting views on homosexuality within society (21-4) • Evaluating messages about sex (21)
Injury Prevention and Safety	
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Drug and alcohol use as causes for reduced sexual response and function (21-3)

Content Strands	Chapter 21 Understanding Sexuality
Physical Activity and Nutrition	
Environmental Health	
Family Living	<ul style="list-style-type: none"> • Sexual intercourse as a means of human reproduction (21-1) • Understanding genetic inheritance (21-1)
Individual Growth and Development	<ul style="list-style-type: none"> • Sexuality as a part of a person's personality (21-1) • The development of sexual feelings (21-2) • Masturbation as a safe means of releasing sexual tension (21-2) • Recognizing sexual myths (21-3)
Communicable and Chronic Disease	<ul style="list-style-type: none"> • Cancer as a potential cause for reduced sexual response and function (21-3)

Content Strands	Chapter 22 Preventing Pregnancy and STDs
Personal Health	<ul style="list-style-type: none"> • Purpose of contraception (22-1) • Evaluating laboratory effectiveness versus user effectiveness (22-1) • Evaluating the effectiveness and side effects of various contraceptive methods (22-2) • Identifying unreliable contraceptive methods (22-3) • Evaluating sterilization as a contraceptive method (22-4) • Issues connected to contraceptive failure (22-5)
Consumer and Community Health	<ul style="list-style-type: none"> • Identifying the various contraceptive methods available (22-1) • Resources for information and advice on contraception (22-1) • Options for pregnancy testing (22-5) • Types of abortion procedures (22-5) • Adoption and services for unplanned pregnancies (22-5)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Discussing contraception with your partner prior to any sexual activity (22-1) • Considering effectiveness and safety when choosing a contraceptive (22-2)
Alcohol, Tobacco, and Other Drugs	

Content Strands	Chapter 22 Preventing Pregnancy and STDs
Physical Activity and Nutrition	
Environmental Health	
Family Living	<ul style="list-style-type: none"> • Odds of pregnancy amongst couples using no contraception (22-1)
Individual Growth and Development	<ul style="list-style-type: none"> • Recognizing abstinence as 100% effective in preventing pregnancy and STDs (22-2) • Evaluating hormonal contraception methods (22-2) • Evaluating barrier contraception methods (22-2) • Unintended pregnancy and decisions regarding parenting, abortion, and adoption (22-5)
Communicable and Chronic Disease	<ul style="list-style-type: none"> • Contraceptive use and increased risk of stroke (22-1) • Avoiding STDs through abstinence (22-2)

Content Strands	Chapter 23 Mature Life, Aging and Death
Personal Health	<ul style="list-style-type: none"> • Characteristics of people who age successfully (23-1) • Understanding the aging process (23-2) • Identifying preventable versus unavoidable changes with age (23-2) • Understanding the purpose of preparing for death (23-3)
Consumer and Community Health	<ul style="list-style-type: none"> • Role of medical advancements in prolonging life (23-2) • Evaluating anti-aging products and how they impact society's views of aging (23-2) • Planning for financial, social, and living changes following retirement (23-2) • Function of a hospice (23-3)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Preventing accidents as you age (23-2) • Preventing osteoporosis in later years (23-2)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Avoiding alcohol and tobacco to promote graceful aging (23-2) • Smoking and its connection to early menopause and osteoporosis (23-2) • Role of drugs, including prescription, in mental confusion (23-2)

Content Strands	Chapter 23 Mature Life, Aging and Death
Physical Activity and Nutrition	<ul style="list-style-type: none"> • Role of proper nutrition and exercise in aging gracefully (23-2) • Physical activity as a means of promoting mental alertness while aging (23-2) • Avoiding heart and lung disease through physical activity (23-2) • Malnutrition as a preventable cause of mental confusion in the aging process (23-2)
Environmental Health	<ul style="list-style-type: none"> • Using sun protection to promote graceful aging (23-2)
Family Living	<ul style="list-style-type: none"> • Role of family in successful aging (23-2)
Individual Growth and Development	<ul style="list-style-type: none"> • Life span vs. life expectancy (23-2) • Strategies for growing old gracefully (23-2) • Identifying preventable causes of mental confusion in the aging (23-2) • Ways to prepare for death - establishing a will, life insurance, and/or living will (23-3)
Communicable and Chronic Disease	<ul style="list-style-type: none"> • Causes of osteoporosis (23-2) • Arthritis symptoms and treatment (23-2) • Disease as a cause for confusion in the aging process (23-2) • Effects of Alzheimer's disease (23-2)

Content Strands	Chapter 24 Accident and Injury Prevention
Personal Health	<ul style="list-style-type: none"> • Skill, attitude, and strategies for safe driving (24-1) • Water safety strategies (24-2) • Ways to prevent fires and burns (24-3) • Identifying common causes of slips and falls (24-4) • Importance of preparing for disasters (24-5) • Determining if an area is safe for children (24-6)
Consumer and Community Health	<ul style="list-style-type: none"> • Motor vehicle crashes as leading cause of death for 15–20 age group (24-1)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Importance of driving defensively (24-1) • Seatbelts, head restraints, air bags as safety features in vehicles (24-1) • ATV and dirt bike safety (24-1) • Following water safety rules to prevent drowning (24-2) • Importance of using the proper safety gear and techniques (24-2) • Preventing fires and burns (24-3) • Taking steps to prevent careless accidents from tools and guns (24-4) • Safety rules to follow in the event of a disaster (24-5)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Risks involved in driving while under the influence of drugs or alcohol (24-1) • Risks of swimming and boating while intoxicated (24-2)

Content Strands	Chapter 24 Accident and Injury Prevention
Physical Activity and Nutrition	
Environmental Health	<ul style="list-style-type: none"> • Paying attention to surroundings and environment while driving (24-1) • Importance of being aware of your surroundings to prevent slips and falls (24-4) • Preparing for disasters that are likely to strike your geographic location (24-5) • Childproofing to protect children and infants from injury (24-6)
Family Living	<ul style="list-style-type: none"> • Proper child safety restraints for vehicular travel (24-1) • Preventing infant falls and drownings (24-4) • Preparing an emergency survival kit and plan for your family (24-5)
Individual Growth and Development	<ul style="list-style-type: none"> • Identifying the correct type of fire extinguisher to use on a fire (24-3) • Falls as the leading cause of accidental death and injury in older adults (24-4) • Using the abdominal thrust maneuver to dislodge an object in the throat (24-6) • Tips for babysitters (24-6)
Communicable and Chronic Disease	

Content Strands	Chapter 25 Emergency Measures
Personal Health	<ul style="list-style-type: none"> • Checking for life-threatening conditions, including shock (25-1) • Steps to restore breathing through CPR (25-2) • First aid for severe bleeding (25-3) • First aid for treating wounds, burns, poisonings, bites, stings, allergic reactions, and broken bones (25-4) • Heat exhaustion versus heat stroke (25-4)
Consumer and Community Health	<ul style="list-style-type: none"> • Looking into first-aid classes offered by the American Red Cross and other organizations (25-1) • Evaluating herbs and folk remedies (25)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Standard supplies for a first-aid kit (25-1) • Providing cardiopulmonary resuscitation (CPR) (25-2) • Identifying and treating wounds (25-4) • Understanding how burns are classified (25-4)
Alcohol, Tobacco, and Other Drugs	

Content Strands	Chapter 25 Emergency Measures
Physical Activity and Nutrition	
Environmental Health	<ul style="list-style-type: none"> • Treating burns caused by the sun (25-4) • Symptoms and treatment of hypothermia, frostbite, and hyperthermia (25-4)
Family Living	
Individual Growth and Development	<ul style="list-style-type: none"> • Learning CPR for adults, children, and infants (25-2) • Learning the abdominal thrust maneuver to help a choking adult, child, or infant (25-3)
Communicable and Chronic Disease	<ul style="list-style-type: none"> • Preventing the spread of disease when providing first aid (25-1) • Reducing disease risks when providing emergency assistance (25-1)

Content Strands	Chapter 26 The Environment and Your Health
Personal Health	<ul style="list-style-type: none">• Understanding how our actions impact the environment (26-1)• Understanding the food chain (26-3)• Identify the most energy-guzzling home appliances (26-4)• Recognizing poverty as a major cause of disease, starvation, and death (26-6)
Consumer and Community Health	
Injury Prevention and Safety	
Alcohol, Tobacco, and Other Drugs	

Content Strands	Chapter 26 The Environment and Your Health
Physical Activity and Nutrition	<ul style="list-style-type: none"> • Health benefits of a vegetable-based diet (26-3)
Environmental Health	<ul style="list-style-type: none"> • Understanding how the environment affects us (26-1) • Making environmentally-friendly choices (26-1) • Choosing sustainable ways of living (26-2) • How meat production impacts the environment (26-3) • Using solar power to reduce energy use and pollution (26-4) • Understanding how environmental deterioration contributes to the effect of poverty (26-6) • Three steps to environmental correction (26-6)
Family Living	
Individual Growth and Development	<ul style="list-style-type: none"> • Determining if a product is green or not (26-3) • Using energy-efficient cooking methods (26-4) • Using power tools and appliances efficiently (26-4)
Communicable and Chronic Disease	

Content Strands	Chapter 27 The Consumer and the Health Care System
Personal Health	<ul style="list-style-type: none"> • Approaches to health care (27-1) • Identifying the five types of personal health care insurance • Tips for emergency room visits (27-2) • Identifying kinds of doctors (27-3) • Integrative therapy terms and descriptions (27-3)
Consumer and Community Health	<ul style="list-style-type: none"> • Understanding the health care system and choices (27-1) • Evaluating health insurance choices, including Medicare and Medicaid (27-2) • Identifying community health agencies and their purpose (27-2) • Identifying problems and advantages within our health care system (27-2) • Choosing a valid health care provider (27-3) • Evaluating integrative therapies (27-3)
Injury Prevention and Safety	
Alcohol, Tobacco, and Other Drugs	

Content Strands	Chapter 27 The Consumer and the Health Care System
Physical Activity and Nutrition	
Environmental Health	
Family Living	
Individual Growth and Development	• Knowing what to expect from a health care provider (27-3)
Communicable and Chronic Disease	