

## **Testimony of June Farrell on Ohio House Bill 165 – Proponent**

ood evening Chairman Blessing, Vice Chair Jones, and Ranking Member Robertson and Committee Members. Thank-you for allowing me to speak on behalf of House Bill 165 for the writing and adoption of Health Education Standards for Ohio’s school children

My name is June Farrell. I am a retired health and physical education teacher who taught in a Central Ohio School District for 35 years. In the 1990’s, our district partnered with local government and community to promote Wellness and Life Long Learning. My colleagues and I were tasked with the job of writing new curriculum to promote this vision. We began our research by exploring our own state’s Health Education Standards. There were none. What we found were some suggestions and a few recommended resources. So, we had to look nationally. We discovered that every other state provided excellent Health Education Standards that included unifying ideas, content for grades K-12, expectations and assessments.

This is a copy of California’s “Health Framework” printed in 1994. It has 226 pages.

We also discovered that Health Education had undergone a great transformation. There are much more important things for our youth to know besides taking showers and brushing your teeth, how NOT to pop a pimple, and the correct way to trim your toenails. These are the memories I hold of my own high school health class.

As I thought about what I wanted to speak to today, I realized that many adults have not sat in a health education class for many years. Therefore, the best way for me to explain the importance health education standards is to take you through an actual health lesson.

## Finally, a class that is all about YOU.

### What is Health?

*How would you define or describe health?*



Here are a few definitions: *Underline or highlight the important words.*

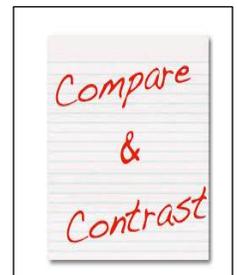
**Meriam-Webster Dictionary** defines health as “the condition of being of sound body, mind or spirit; the freedom from physical disease or pain; the general condition of the body; a condition in which someone or something is thriving or doing well.”

**The World Health Organization (WHO)** defined health in 1948 as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

**The BMJ** (British Medical Journal), **The Australian National University**, would add to the WHO definition: “health is the ability to adapt and self-manage in the face of social, physical, and emotional challenges”.

**The McKinley Health Center at the University of Illinois** defines health as: "A state of optimal well-being that is oriented toward maximizing an individual's potential. This is a life-long process of moving towards enhancing your total well-being.

*How do you think these definitions are the same?*



*How are they different?*

*How do these definitions compare to your definition?*

## The Health Triangle

Health is an abstract idea. You can't see it because It is a state of being. But if we could formulate a model of your health, it would look like this:



Most experts in the field of health believe there are at least three parts to everyone's health. You saw some of these areas in the definitions we covered. The three areas are:

**Physical Health:** Has to do with all aspects of your body: i.e. exercise, nutrition, diseases and disorders, relaxation, pain. ***Can you think of any other examples?***

**Social Health:** How you relate to other people: i.e., friendships, family, getting along with others, community, active listening, appropriate behavior. ***Others?***

**Mental Health/Emotional Health:** These two areas are often considered together, however there are some basic differences:

**Mental Health:** Your ability to process information: i.e. learning new things, thinking skills, decision making, being logical and reasonable. ***Others?***

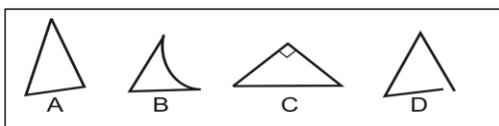
**Emotional Health:** Your Feelings: i.e. attitude, empathy, caring, sense of purpose, emoji's: ***Others?***

**The Health triangle is an equilateral triangle: all 3 sides are equal.**

What does that tell you about the importance of each part of your health? It means that all parts of your health are equally important to your overall wellbeing. For overall health, one should not take precedence over the others.

And, they are connected or interrelated. So, if you do something good for one area, the other areas are likely to be improved. But if you have a lapse in one the areas of health, the others are likely to diminish as well.

**Nope.....not health triangles**



**Nope...not connected and not equal**



## Some Examples of How the Health Triangle Works in Your Life:

Example #1: You didn't have time to eat breakfast.

Physically: have hunger pains and feel weak

Socially: Feel grumpy and may have a spat with your friend

Mentally/Emotionally: Not be able to focus on your work; you no longer care about

Example #2: You made time to study for that big test

Physically: your muscles are relaxed, breathing and heart rate normal, calm, no stress

Socially: you will be eager to socialize with friends

Mentally/ Emotionally: you know the material that will be on the test; you feel prepared and confident

Example #3: You saw a terrible accident on the way to school

Physically: your muscles feel tightened and stiff, stomach may hurt (fight or flight response)

Socially: you want to talk about what you saw with someone who you trust

Mentally/Emotionally: you are curious to find out more information; you feel worried and anxious

**Example #4: Provide your own example:**

**Physically:**

**Socially:**

**Mentally/Emotionally:**

**Review:** Your health has **3 parts**, are **all equally important** and **affect each other**.

You might think of your health this way:

**EVERYTHING YOUR DO AFFECTS YOUR HEALTH  
AND YOUR HEALTH AFFECTS EVERYTHING YOU DO!**



## What things affect YOUR Health?

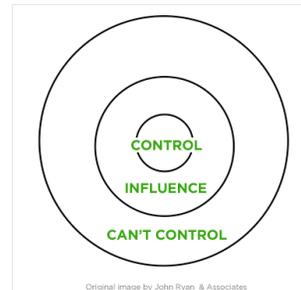
Going back to the definitions we saw the words “self-manage” and “adapt”. Are we always in control of our own health? Sometimes YES. Sometime NO. Whereas there are influences outside of our control that can determine our healthfulness, we also have the ability to control other aspects. Those include:

1. Genetics – what you have inherited from your family through your DNA
2. Environment – the surroundings or conditions in which you live
3. Relationships – the associations you have with other people
4. Individual choices, attitudes and behaviors – how you decide, your viewpoint and your actions
5. Managing stress – how you react to a challenge or demand
6. Maintain healthy habits – behaviors that benefit all areas of health
7. Health and Medical Screenings – finding and treating health problems before they become critical

***Circle the ones that you think are under your control.***

***Underline the one's you think are not under your control.***

***Put a check mark beside the one's that can be either way.***



## How Can This Class Help You to Be a Healthier You?

You will be learning some **KNOWLEDGE, SKILLS** and **ATTITUDES** to help you:

1. Understand and use health concepts that will help you promote your own health and prevent diseases and disorders.
2. Analyze influences in your life (other people, culture, media and technology).
3. Recognize valid and reliable information, products and services.
4. Utilize positive communication skills to enhance your health and reduce health risks.
5. Use decision making skills to improve your health.
6. Apply goal setting skills to strengthen your health.
7. Demonstrate self-management skills to avoid and reduce health risks.
8. Advocate for your own health, your family's health and community health.

**Basically, We Want You to Always Act in Your Own Best Interest Where Your Health Is Concerned..... Because:**

