

WITNESS INFORMATION FORM

Please complete the Witness Information Form before testifying:

Date: June 18, 2019

Name: Pat McKnight, MS, RDN, LD

Are you representing: Yourself _____ Organization

Organization (If Applicable): Ohio Academy of Nutrition and Dietetics

Position/Title: State Policy Representatives

Address: 322 Naiche Ct.

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Do you wish to be added to the committee notice email distribution list? Yes No _____

Business before the committee

Legislation (Bill/Resolution Number): HB 165

Specific Issue: support for standards

Are you testifying as a: Proponent Opponent _____ Interested Party _____

Will you have a written statement, visual aids, or other material to distribute? Yes No _____

(If yes, please send an electronic version of the documents, if possible, to the Chair's office prior to committee. You may also submit hard copies to the Chair's staff prior to committee.)

How much time will your testimony require? 5-8 minutes

Please provide a brief statement on your position:

Support for need for Health Education Standards in Ohio schools

Please be advised that this form and any materials (written or otherwise) submitted or presented to this committee are records that may be requested by the public and may be published online.

June 18, 2019

TO: Primary and Secondary Education Committee

FROM: Pat McKnight, MS, RDN, LD.
State Policy Representative
Ohio Academy of Nutrition and Dietetics

RE: HB 165

Dietitians are concerned about decisions made in the selection of foods consumed each day. We are well aware of the impact these choices make on the development of chronic diseases we see so rampant in our population today. Current evidence indicates that more than 2/3 of adults and 1/3 of children are either overweight or obese. Overweight children become obese adults and this obesity leads to heart disease, diabetes, cancer and other life-threatening and expensive diseases. Food-related decisions are affected by the educational background and the availability of healthy foods.

It is important that our schools have health education standards and guidelines to help teachers incorporate these in the classroom. The National Health Education Standards provide this and should be adopted for use in Ohio. Below are the 8 standards all of which are important and reasonable for classroom instruction and application to daily life.

The NHES are written expectations for what students should know and be able to do by grades 2, 5, 8, and 12 to promote personal, family, and community health. I have attached an example of how Standard 5 could be implemented at grade levels.

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|--------------------------|--|
| <u>Standard 1</u> | Students will comprehend concepts related to health promotion and disease prevention to enhance health. |
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| <u>Standard 2</u> | Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. |
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| <u>Standard 3</u> | Students will demonstrate the ability to access valid information, products, and services to enhance health. |
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| <u>Standard 4</u> | Students will demonstrate the ability to use interpersonal |

communication skills to enhance health and avoid or reduce health r

Standard 5 Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6 Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8 Students will demonstrate the ability to advocate for personal, family, and community health.

The members of the Ohio Academy of Nutrition and Dietetics encourage you to support HB 165 – Health Education Standards. I am happy to answer any questions.



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People™

CDC Healthy Schools

Students will demonstrate the ability to use decision-making skills to enhance health.

Rationale: Decision-making skills are needed to identify, implement, and sustain health-enhancing behaviors. This standard includes the essential steps that are needed to make healthy decisions as prescribed in the performance indicators. When applied to health issues, the decision-making process enables individuals to collaborate with others to improve their quality of life.

Performance Indicators*

Pre-K-Grade 2

- 5.2.1 Identify situations when a health-related decision is needed.
- 5.2.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Grades 3-5

- 5.5.1 Identify health-related situations that might require a thoughtful decision.
- 5.5.2 Analyze when assistance is needed in making a health-related decision.
- 5.5.3 List healthy options to health-related issues or problems.
- 5.5.4 Predict the potential outcomes of each option when making a health-related decision.
- 5.5.5 Choose a healthy option when making a decision.
- 5.5.6 Describe the outcomes of a health-related decision.

Grades 6-8

- 5.8.1 Identify circumstances that can help or hinder healthy decision making.
- 5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process.
- 5.8.3 Distinguish when individual or collaborative decision making is appropriate.
- 5.8.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.
- 5.8.5 Predict the potential short-term impact of each alternative on self and others.
- 5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision.
- 5.8.7 Analyze the outcomes of a health-related decision.

Grades 9-12

- 5.12.1 Examine barriers that can hinder healthy decision making.
- 5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.
- 5.12.3 Justify when individual or collaborative decision making is appropriate.
- 5.12.4 Generate alternatives to health-related issues or problems.
- 5.12.5 Predict the potential short-term and long-term impact of each alternative on self and others.
- 5.12.6 Defend the healthy choice when making decisions.
- 5.12.7 Evaluate the effectiveness of health-related decisions.

* The performance indicators articulate specifically what students should *know or be able to do* in support of each standard by the conclusion of each of the following grade spans: Pre-K–Grade 2; Grade 3–Grade 5; Grade 6–Grade 8; and Grade 9–Grade 12. The performance indicators serve as a blueprint for organizing student assessment.

Page last reviewed: June 17, 2015