



Grade 9 Sample Lesson Plan: Health Continuum

SOLs

- Describe the importance of health habits that promote personal wellness.
- Identify behaviors that result in intentional and unintentional injury.

Objectives/Goals

- Students will identify their healthy and safe behaviors that contribute to wellness and their unhealthy and unsafe behaviors and how these behaviors relate to our overall health

Materials

- [Health Continuum template](#) with rubric

Procedure

Step 1	<ul style="list-style-type: none"> • Students will make a copy of the Health Continuum template
Step 2	<ul style="list-style-type: none"> • Have the students copy the template slide and make it their own by placing their name as the title. (They can use their favorite font and colors) • Insert their favorite picture of themselves. • Have students discuss risk factors with their parents (particularly hereditary risk factors). <p>Possible guiding questions; What are your hobbies? What sports do you play? What types of music do you listen to? What movies do you like? Which TV shows do you love to watch? What excites you?</p>

References

- Melanie Lynch, M.Ed. North Allegheny School District

A. **Types of disease**

- a. **Communicable disease-** a disease that is spread from one living thing to another or through the environment.
- b. **Chronic disease-** A disease which has one or more of the following characteristics: (1) is permanent, leaves residual disability; (2) is caused by nonreversible pathological alteration; (3) requires special training of the patient for rehabilitation, or may be expected to require a long period of supervision, observation, or care.

B. **Six CDC priority areas of prevention**

a. **Tobacco use**

- Nearly all first use of tobacco occurs before high school graduation. If you can keep them from using tobacco when they are adolescents, most people will never start using tobacco.
- Cigarette smoking causes significant health problems among children and adolescents including coughing, shortness of breath, production of phlegm, more respiratory illnesses, reduced physical fitness, an increased risk for heart disease, decreased lung growth and function, and overall poorer health.
- The younger you begin to smoke, the more likely you are to be an adult smoker. Young people who start smoking at an earlier age are more likely to develop long-term nicotine addiction than people who start later.
- Most adolescent smokers report that they would like to quit smoking and have made many, usually unsuccessful attempts to quit. Those who try to quit smoking report withdrawal symptoms similar to those reported by adults.
- Adolescent tobacco users are more likely to use alcohol and illegal drugs than are nonusers. Cigarette smokers are also more likely to get into fights, carry weapons, attempt suicide, and engage in high-risk sexual behaviors.
- Young people are the chief source of new consumers for the tobacco industry, which each year, must replace the many consumers who quit smoking and those who die from smoking-related diseases.

b. **AOD**

- Teenagers may be involved with alcohol and legal or illegal drugs in various ways. Experimentation with alcohol and drugs during adolescence is common. Unfortunately, teenagers often don't see the link between their actions today and the consequences tomorrow. They also have a tendency to feel indestructible and immune to the problems that others experience. Using alcohol and tobacco at a young age increases the risk of using other drugs later. Some teens will experiment and stop, or continue to use occasionally, without significant problems. Others will develop a dependency, moving on to more dangerous drugs and causing

- significant harm to themselves and possibly others.
- Adolescence is a time for trying new things. Teens use alcohol and other drugs for many reasons, including curiosity, because it feels good, to reduce stress, to feel grown up or to fit in. It is difficult to know which teens will experiment and stop and which will develop serious problems. Teenagers at risk for developing serious alcohol and drug problems include those:
 1. with a family history of substance abuse
 2. who are depressed
 3. who have low self-esteem, and
 4. who feel like they don't fit in or are out of the mainstream
 - Teenagers abuse a variety of drugs, both legal and illegal. Legally available drugs include alcohol, prescribed medications, inhalants (fumes from glues, aerosols, and solvents) and over-the-counter cough, cold, sleep, and diet medications. The most commonly used illegal drugs are marijuana (pot), stimulants (cocaine, crack, and speed), LSD, PCP, opiates, heroin, and designer or club drugs (Ecstasy). The use of illegal drugs is increasing, especially among young teens. First marijuana use occurs in middle school, and alcohol use can start before age 12. The use of marijuana and alcohol in high school has become common.
 - Drug and alcohol use is associated with a variety of negative consequences, including increased risk of serious drug use later in life, school failure, and poor judgment puts teens at risk for accidents, violence, unplanned and unsafe sex, and suicide.

c. **Sexual behaviors**

Parents' Influence

- Teens who are close to their parents are 2.7 times LESS likely to engage in sex than teens who are not close to parents.
- 71% of teens who don't feel close to a mom or dad have sex by ages 17 to 19 compared to the 58% of teens who feel close to mom or dad.
- Among seventh grade African American and Latino males, good grades and living with both parents are associated with delaying sex.

Sports' Influence

- 54% of women athletes in grades nine through 12 reported never having had sex compared to 41% of non-athletes.

Religion's Influence

- Sexually active college students with high levels of religious identification were LESS LIKELY to use a condom than those with less religious involvement.

Alcohol and Drugs' Influence

- 17% of teens ages 13 to 18 who have had sex say they have done something while under the influence of drugs or alcohol that they might not have done while sober.
- Among seventh grade African American and Latino males, good grades and living with both parents are associated with delaying sex.
- Smoking was the best predictor of sixth graders' engaging in sexual intercourse.

Impact of Sexual Abuse

- 30% of high school females and 9% of males reported a history of sexual abuse.
- Abused males were 4 to 5 times as likely as non-abused males to report multiple partners, substance use at last sex, and involvement in a pregnancy.
- Abused females were twice as likely as non-abused females to report early coitus, multiple partners, and a past pregnancy.

d. Unhealthy dietary behaviors

- Most teens are overfed, but undernourished. Teens grow a lot, so they need to eat a lot, yet not only do they need more food, they need the right kinds of food.
- Teens eat more of their meals away from home, so that mother nutritionist is not always around to supervise their eating.
- Teens frequent fast-food outlets, where high-fat (and high in the most unhealthy fats, hydrogenated fats and oils) and nutrient-depleted food is the norm.
- The adolescent boy is into bulk, erroneously believing that more food builds more muscle. The adolescent girl is into being thin, believing that eating less equates with being slim.
- Menstruation increases a girl's monthly iron loss, and it is often not replenished by an iron- rich diet.
- Tastes change at puberty. Teens, in general, increase their preference for fat. Boys also increase their cravings for protein-rich foods (the triple hamburger crowd), perhaps believing that meat builds muscle. Girls, most likely because of rising estrogen levels, crave sweets.
- Finally, as part of their declaration of independence, teens are resistant to any outside pressure telling them to do anything, especially what and how to eat.

e. Physical Inactivity

Obesity Epidemic

- Poor diet and sedentary lifestyles kill 400,000 Americans a year and may soon overtake tobacco (435,000) as the leading cause of preventable death (CDC, March 2004)

- U.S. deaths from poor diet and physical inactivity account for 17% of total deaths in the U.S.
- Almost 2/3 (64%) of American adults are overweight or obese (123 million people).
- 15% of American youth are overweight.
- Minority youth (African American, Hispanic, Native American): 20% overweight.
- Children ages 2 to 5: 10%
- 25% of U.S. children spend 4 or more hours a week watching television

Health Consequences of Poor Diet and Physical Inactivity

- Lead to chronic disease and health conditions
- Heart disease
- High blood pressure
- Type 2 diabetes
- Some cancers, including colon cancer
- Stroke
- Chronic pulmonary disease (bronchitis, emphysema, asthma)
- Anxiety and depression
- Economic costs: 75% (estimated) of the \$1.4 trillion U.S. healthcare budget is directly linked to treating chronic diseases, many related to physical inactivity and poor nutrition.
- Annual cost of obesity: \$117 billion
- Annual cost of type 2 diabetes: \$132 billion.

f. Behaviors that relate to unintentional injuries or violence

- Almost 16 million teens have witnessed some form of violent assault.
- About one in eight people murdered in the United States each year are younger than 18 years of age.
- Research shows a link between violent television programs and aggressive behavior in teens who watch those programs.
- Most injuries and violent deaths occur between people who know each other.
- If there is violence in your family, it increases the risk of your teen becoming involved in future violence.
- A gun in the home is more likely to be used to kill a family member or friend than to kill an intruder.

Disease name	
Symptoms	
Treatment	
Approximate cost of treatment	
Resources available	
Prevalence of the disease	

The following links are potential resources for completing the assignment.
www.mayoclinic.com www.health.gov www.familydoctor.org