



- *Growing Healthy allows students to develop and practice life skills such as goal setting, decision making, conflict resolution, and interpersonal communication.*
- *All the materials needed to teach Growing Healthy, including books, posters, models, and videos, are included.*

Results



- *Growing Healthy showed statistically significant effects on students' health knowledge, attitudes, and behavior.*
- *Almost three times as many students in a control group began smoking in the first half of seventh grade than did Growing Healthy students.*
- *Third and fourth grade students enrolled in Growing Healthy had significantly higher reading scores than a control group.*
- *A significant impact on third grade mathematics scores was also found.*

The Program

Growing Healthy® is a planned, sequential, comprehensive school health education curriculum. It is the result of over three decades of extensive testing, evaluations, revisions, and updates. Growing Healthy rests on the premise that if children understand how their bodies work and appreciate a range of factors—biological, social, and environmental—that affect their health, they will be more likely to establish good habits during this formative period. This comprehensive program focuses on increasing knowledge and developing skills related to personal health, mental/emotional health, nutrition, family life and health, substance use prevention, disease prevention, growth and development, safety and first aid, consumer health, and environmental and community health management.

The Growing Healthy program is comprised of three major components:

1. a grade-specific curriculum guide, containing all the lessons
2. student reproducibles in the form of blackline masters
3. peripheral materials, including videos, anatomical models, books, posters, games, etc.

Lessons employ a variety of instructional strategies including role play, cooperative learning groups, learning logs, and think-pair-share. The lessons and activities are also easily integrated into other subjects and have been aligned with national educational standards in a number of disciplines including health, science, language arts, and social studies. Growing Healthy has been implemented in over 15,000 schools in rural, urban, and suburban areas in the United States and Canada. It has reached over five million students since its inception.

Professional Development

The National Center for Health Education provides Growing Healthy training, which is required before implementation. All teachers who will be using the program are required to participate. School nurses, counselors, and administrators are encouraged to attend. Also provided is ongoing technical assistance to school districts, schools, and teachers.

Costs & Funding Options

Growing Healthy costs are based on the number of teachers implementing the program at each grade level. Curriculum guides, which include the blackline masters, are required per teacher (\$174.95 each); peripheral kits can be shared among grade-level teachers (from \$830 to \$2,340). An interactive online training is available providing teachers with the ability to complete the training anytime, anywhere. The cost is \$120 per participant.

Funding sources available include ESEA Titles I, II, IV, and IX. The Centers for Disease Control and Prevention maintains a database of funding for school health education at www.cdc.gov/nccdphp/dash/funding.htm.

Learning Standards

Health, Physical Education and Home Economics: 1) have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health; 2) acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Contact

Elaine M. Sheehan
Director of Education
National Center for
Health Education
375 Hudson Street
8th Floor
New York, NY 10014
212-463-4053
Fax: 212-463-4060
E-mail: elaine@nche.org
Website: www.nche.org