

# Personal and Community Health

## Consumer Health and Resource Management

### Health Care

- 1 Identify and describe health careers [CH.PCH.12.01](#)
- 2 Interpret the symbols and information provided on labels for health care products and food products [CH.PCH.12.02](#)

---

### Resource Management Practices

- 3 Identify advertising techniques [CH.PCH.12.03](#)
- 4 Identify resources used by individuals to manage their daily lives (such as time and money) [CH.PCH.12.04](#)
- 5 Name and weigh criteria for selecting a consumer product and evaluate the product's safety and health aspects [CH.PCH.12.05](#)

---

### Health Care

- 6 Describe how allowing time for healthy activities (such as exercise, preparing nutritious meals, getting adequate sleep) can improve health [CH.PCH.12.06](#)
- 7 Evaluate both the physical effectiveness and cost effectiveness of health care products [CH.PCH.12.07](#)
- 8 Identify ways consumer decisions and actions can influence physical and mental health [CH.PCH.12.08](#)

---

### Resource Management Practices

- 9 Describe the decision-making process when planning a budget to save money for a special purpose [CH.PCH.12.09](#)
- 10 Identify ways that family and friends can positively or negatively influence consumer choices [CH.PCH.12.10](#)

---

### Health Care

- 11 Explain when and how to use self-care or professional health care services [CH.PCH.12.11](#)
- 12 Identify information needed to select and maintain relationships with health care providers to meet the needs of individuals and family members [CH.PCH.12.12](#)
- 13 Describe the various methods for gaining access to health care and health insurance [CH.PCH.12.13](#)

---

## Resource Management Practices

- 14 Apply planning and management skills to organize tasks and responsibilities [CH.PCH.12.14](#)
  - 15 Explain criteria for making consumer decisions about various kinds of products [CH.PCH.12.15](#)
  - 16 Review the positive and negative influences of the media that impact on health [CH.PCH.12.16](#)
  - 17 Describe the individual's responsibility to be a wise and informed consumer, including how to plan a budget that includes a spending and savings plan [CH.PCH.12.17](#)
  - 18 Analyze decisions about making specific purchases and maintaining those products or services [CH.PCH.12.18](#)
  - 19 Identify procedures for making consumer complaints, such as determining if/when a complaint is warranted, gathering relevant information, and identifying the appropriate agencies to contact [CH.PCH.12.19](#)
  - 20 Explain the contribution of business, industry, and technology to the improvement of consumer products and choices [CH.PCH.12.20](#)
- 

## Ecological Health

### Interdependence

- 1 Describe types of natural resources and their connection with health [CH.PCH.13.01](#)
- 

### Improvement

- 2 Describe how business, industry, and individuals can work cooperatively to solve ecological health problems, such as conserving natural resources and decreasing pollution [CH.PCH.13.02](#)
- 

### Interdependence

- 3 Describe methods and benchmarks for evaluating the state of the environment [CH.PCH.13.03](#)
- 

### Improvement

- 4 Identify individual and community responsibility in ecological health [CH.PCH.13.04](#)
  - 5 Evaluate solutions generated by science, technology/engineering, and individuals regarding ecological health problems (such as energy use, water use, waste disposal, and food shortage) [CH.PCH.13.05](#)
- 

## Community and Public Health

### School and Community Efforts

- 1 List the jobs carried out by people at school and in the community that support health and success in school [CH.PCH.14.01](#)

---

**Social Factors**

- 2 Identify ways the physical environment is related to individual and community health [CH.PCH.14.02](#)

---

**Public Health**

- 3 List practices and products that make living safer [CH.PCH.14.03](#)

---

**School and Community Efforts**

- 4 Identify how individuals can be knowledgeable and active in the school and community to promote health [CH.PCH.14.04](#)

---

**Social Factors**

- 5 Identify the origins and accuracy of facts in social messages that promote healthy and unhealthy behaviors [CH.PCH.14.05](#)

---

**Public Health**

- 6 Describe how local public health departments have developed and implemented policies to keep communities safe [CH.PCH.14.06](#)

---

**School and Community Efforts**

- 7 Analyze the effects of diseases on the community and society [CH.PCH.14.07](#)
- 8 Evaluate the availability and quality of services for community health [CH.PCH.14.08](#)
- 9 Explain how service in community health can improve the physical health of community members [CH.PCH.14.09](#)

---

**Social Factors**

- 10 Identify prevalent health concerns and health promotion initiatives in the United States and compare with other parts of the world [CH.PCH.14.10](#)