

HealthAcademy

Health eAcademy is a learning management system that can be customized to advance learning, technical abilities, health literacy, and chronic disease prevention and management using a three step approach — **Learn it! Live it! Share it!**® An optional fourth step, **Earn it!**, is available for rewards, badges and incentives.

Learn it! - Web-based, interactive lessons with audio and video provide critical health-related information that influences behavior changes while promoting health-related vocabulary development, life skills, reading/listening practice, and includes the use of technology such as the HealthForce app.

Live it! - Participants complete assessments, set goals, and track their progress. They utilize media such as posters with force fields.

Share it! - Participants use their knowledge and creativity to advocate for wellness through social media and special events.

Ultimately, participants become a force for health for themselves and others in their community.

Contact us to learn more about our custom programs such as **Be a Force for Health**, **MRSA** and **MyClimb** as well as our programs in Allentown, Chicago, Philadelphia, New Orleans and more.



Group of students taking a **Health eSelfie** as part of the social media campaign for the **Be a Force for Health** project in Allentown.

An existing resource includes the **Student Health Force®** K-12 enrichment curriculum to engage youth and help create a healthier generation.

- The **Student Health Force®** K-6 program contains 36 lesson plans, aligned with National Health Standards and HECAT, for each grade level (K-2, 3-4, and 5-6) in order to provide weekly health content.
- The **Student Health Force®** online curriculum is a series of middle and high school lessons aligned to National Health Standards appropriate for classroom and non-classroom settings.



CONTACT INFORMATION

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The Student Health Force® K-6 program is presented in four units:

- **Unit One:** *Friends, Family, Food and Fun* eases back into school, learning and practicing interpersonal skills while exploring basic nutrition and physical activity.
- **Unit Two:** *Being Healthy* relates to health promotion and disease prevention.
- **Unit Three:** *Building Wellness* has students building a portfolio, applying everything learned so far and taking it to a higher level.
- **Unit Four:** *Living Free* focuses on distraction-free summer plans including goal-setting for nutrition and physical activity.

The Student Health Force® includes the following courses; the lessons in each course are listed.

21st Century Skills

Introduction
Social Skills
Teamwork
Leadership
Oral Communications
Listening Skills
Negotiation Skills
Diversity
Self Awareness
Self-Management
Important Character Traits
Decision Making

Chain of Survival

Introduction
911
CPR
AED
Advanced Care
In Case of Emergency (ICE)

Fitness

Me/Anatomy
Fitness for Health
Fitness for Life and Sports
Muscles
Skeletal System
Nervous System
Pathophysiology

Nutrition

Introduction
Carbohydrates
Proteins
Fats
Vitamins
Minerals
Water
MyPlate
Digestive System
Nutrition Myths

Healthy Beginnings

Making the Most of a Prenatal Visit
Project Breathe – Pregnancy & Smoking
Pregnancy & Nutrition
First Trimester
Second Trimester
Third Trimester
Exercise for a Healthy Pregnancy
Postpartum Depression
Infant Safety
Newborn Nutrition
Overview of Birth
Labor – Comfort Tips
Warning Signs during Pregnancy
Comforting the Newborn
When to Call the Doctor
Newborn Appearance
Baby Spacing and Family Planning

Tobacco Use Prevention

Circulatory System
Respiratory System
Tobacco Facts
Tobacco Advertising
Tobacco and Personal Appearances
Quitting Tobacco
Refusal Skills
Social Marketing to Reduce Tobacco Use
Health Educator

Health Literacy

HIPAA
Making the Most of Your Doctor Visit
Medication
Personal Health Record

Features:

- Students can self-enroll for their teacher's session.
- Assessments as well as an online grade book are provided.

The Health eAcademy is a learning management system customizable for a specific application. For example, it is currently being used in Allentown to promote the Mediterranean diet.