This Presentation Will Cover:

- Overview of Utah’s ALC Collaboration
- Group Successes of building support among teachers & other stakeholders
- Challenges for incorporating preconception health guidelines into health education for youth
# Utah ALC Team Members

<table>
<thead>
<tr>
<th>Name</th>
<th>Organization</th>
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<tbody>
<tr>
<td>Lois Bloebaum</td>
<td>Utah Department of Health</td>
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<tr>
<td>Jenny Mayfield</td>
<td>Utah Department of Health</td>
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<tr>
<td>Frank Wojtech</td>
<td>Utah State Office of Education</td>
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<tr>
<td>Cecie Scharman</td>
<td>Salt Lake City School District</td>
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<tr>
<td>Annabel Sheinberg</td>
<td>Planned Parenthood Association of Utah</td>
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UDOH & USOE Collaboration

- Support and past relationship
- Roles of each agency
- Values from having representatives from both agencies
2 Main Goals of ALC Project

- Integrate preconception health concepts into the Utah State Office of Education Secondary health core curriculum.

- Distribute Teen Life Plan to teens and parents in identified community settings.
Reaching Goal 1

Raise Awareness and “Buy-in” from teachers
Partnering with Teachers

- Planned and Convened Meetings
- Provided Information
- Formed Teacher Workgroup
- Obtained input for Essential Questions
Essential Questions: Health Education Core Standards

- Mental and Emotional Health
- Nutrition and Fitness
- Drug Use, Misuse, Abuse
- Safety
- Health Promotion & Disease Prevention
- Human Development
## Essential Questions for Personal Health and Wellbeing

### Negative Consequences

<table>
<thead>
<tr>
<th>Choice</th>
<th>Personal Health</th>
<th>Lifestyle</th>
<th>Relationships</th>
<th>Future Children</th>
<th>Finances</th>
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<tbody>
<tr>
<td>1. Not taking care of my emotional and mental health</td>
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<td>2. Develop poor nutritional habits and lack sufficient exercise</td>
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<td>3. Engage in premarital sexual activity</td>
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<td>4. Misuse/abuse alcohol, tobacco and other drugs</td>
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<td>5. Engage in violent and abusive behavior against myself or others</td>
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<td>6. Demonstrate carelessness in regard to disease prevention</td>
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## Essential Questions for Personal Health and Wellbeing

### Positive Consequences

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<tbody>
<tr>
<td>1. Take care of my emotional and mental health</td>
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<td>2. Develop good nutritional habits and get sufficient exercise</td>
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<td>3. Abstain from premarital sexual activity</td>
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<tr>
<td>4. Abstain from alcohol, tobacco and other drugs</td>
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<td>5. Nurture healthy relationships with myself and others</td>
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<td>6. Take action to prevent disease</td>
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Resources for Teachers

- Content Expert Input

- Utah State Office of Education, Health Education Electronic Toolbox for Teachers:

Prevention Strategies for Health Educators
Mid-Year Health Education Conference
St. George, UT

March 1-2, 2010

Presented by: The Utah State Office of Education, Prevention Dimensions, and The Utah Department of Health
Adolescent Reproductive Life Plan
Successes & Challenges

**Successes**

- Timing with the revisions of the State Health Core Curriculum
- Building Relationships & Partnerships
- Support from Teachers

**Challenges**

- Life Plan Development
- State Curriculum Board Buy-In
- Teacher Work Load
Next Steps

- Distribution of Teen Life Plans
- Develop Teacher Companion Tools
- Exhibit at State Health Conferences
  - Utah Education Association
  - Utah Association of Health, Physical Education, Recreation and Dance
Lessons Learned

- Have patience
- Be aware of teacher workload
- Have many common goals
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THANK YOU!!