

Health Terms and Law and Policy for Health Education:

Abstinence: Avoidance of harmful behaviors including the illegal use of drugs and alcohol, tobacco use, and sexual activity. (also see “sexual abstinence”)

Abuse: Instruction in Health Education includes various forms of abuse including physical, mental/emotional, social, verbal, sexual, and neglect. As defined in Utah Code 78A-6-105, “abuse” includes but is not limited to child endangerment, Domestic Violence Related Child Abuse, emotional abuse, fetal exposure to alcohol or other harmful substance, dealing in material harmful to a child, Pediatric Condition Falsification or medical child abuse (formerly Munchhausen Syndrome by Proxy), physical abuse, sexual abuse, and sexual exploitation.

Acute: A disease that comes on rapidly with distinct symptoms and has a short duration.

Addiction: The compulsive activity or use of a substance despite any cost to health, family, or social standing. Addiction is a medical condition and requires medical treatment.

Adolescent development: The transition period between childhood and adulthood. Children in this stage are going through physical, intellectual, personality, and social development. Adolescence begins at puberty.

Advocate: Person who pleads or speaks on another person’s behalf. Includes supporting, helping, seeking help, and standing up for self and others.

Affirmative Consent: Consent that is voluntary, affirmative, conscious, agreement to engage in an activity, that it can be revoked at any time, that a previous relationship does not constitute consent, and that coercion or threat of force can also not be used to establish consent. This may or not be sexual in nature, affirmative consent can be for all any social interactions.

Appetite: A desire for food or drink, sometimes a specific food or drink; can be physical or psychological.

Automated External Defibrillator (AED): A lightweight, portable device that delivers an electric shock through the chest to the heart. The shock can potentially stop an irregular heartbeat (arrhythmia) and allow a normal rhythm to resume following sudden cardiac arrest.

Basic Nutrients: Carbohydrates, proteins, fats, vitamins, minerals and water.

Body Image: An individual’s perception of their physical self.

Bullying: To seek harm, intimidate, or coerce another individual. As defined in Utah Code 53G-9-601, “means a school employee or student intentionally committing a written, verbal, or physical act against a school employee or student that a reasonable person under the circumstances should know or reasonably foresee will have the effect of:

- a. Causing physical or emotional harm to the school employee or student;
- b. Causing damage to the school employee’s or student’s property
- c. Placing the school employee or student in reasonable fear of:
 - i. Harm to the school employee’s or student’s physical or emotional well-being; or
 - ii. Damage to the school employee’s or student’s property;
- d. Creating a hostile, threatening, humiliating, or abusive educational environment due to:
 - i. The pervasiveness, persistence, or severity of the actions; or
 - ii. A power differential between the bully and the target; or

- e. Substantially interfering with a student having a safe school environment that is necessary to facilitate educational performance, opportunities, or benefits.”

Caloric Expenditure: The amount of energy a person needs to carry out a physical function.

Caloric Intake: The amount of energy a person consumes.

Calorie: A unit of heat energy. Used to measure the energy content of food and activity.

Cardiopulmonary Resuscitation (CPR): An emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can double or triple chances of survival after cardiac arrest.

Chronic Disease: A long-term disease that is not passed from person to person, generally cannot be prevented by vaccines or cured by medication. Treatment and life-style changes can reduce symptoms and people can live and manage symptoms over a long period of time. Common examples include: diabetes, cancer, asthma, epilepsy, hypertension, arthritis, heart disease.

Conception: The process of becoming pregnant involving fertilization or implantation or both.

Condoms: A thin sheath worn on a man's penis or inserted into a woman's vagina prior to sexual intercourse as a contraceptive or as protection against infection.

Contraception: Methods to prevent pregnancy.

Coping Skills: Methods used to deal with stressful situations. These learned skills may help a person face a situation, take action, and be flexible and persistent in solving problems.

Culture: Social behavior, attitudes, customs, beliefs, and norms found in human societies.

Cyberbullying: The use of electronic communications to bully a person by sending or posting mean, harassing, hurtful, threatening, or intimidating messages. This is an intentional act carried out by an individual or a group of people. As defined in Utah Code 53G-9-601, “cyber-bullying” means using the Internet, a cell phone, or another device to send or post text, video, or an image with the intent or knowledge, or with reckless disregard, that the text, video, or image will hurt, embarrass, or threaten an individual, regardless of whether the individual directed, consented to, or acquiesced in the conduct, or voluntarily accessed the electronic communication.

Diet: The kinds of foods a person or community habitually eats.

Dietary Guidelines: Source for nutritional advice, written by USDA and HHS every five years. Similar guidelines are written by the American Heart Association, American Diabetes Association and National Cancer Institute. All are considered evidence-based documents.

Dietary Supplements: A manufactured product taken orally that contains one or more ingredients, such as vitamins, minerals, herbs or amino acids, that are intended to supplement one's diet that are not considered food.

Dieting: A special course of food intake in which a person restricts oneself in order to lose weight or for medical reasons.

Disordered Eating: A wide-range of abnormal eating behaviors. This is a descriptive term and not a diagnosis. Examples are: chronic yo-yo dieting, feeling of guilt and shame when unable to maintain food and exercise habits, preoccupation with food, body and exercise that causes distress and has a negative impact on quality of life; compulsive or emotionally driven eating.

Distress: Negative stress that can interfere with mental/emotional, physical, and social health.

Drug Interactions: When substances interact with one another causing either a cancellation or amplification of each other.

Drug: A chemical substance that is used to cause changes in the body or behavior.

Eating Disorder: A psychological disorder defined by abnormal eating habits that negatively affect a person's physical and/or mental health. Eating disorders include binge eating disorder, bulimia nervosa, and anorexia nervosa and have specific diagnostic criteria.

Eating Habits: Why and how people eat, which foods they eat, and with whom they eat, as well as the ways people obtain, store, use, and discard food. Individual, social, cultural, religious, economic, environmental, and political factors all influence people's eating habits.

Eustress: Positive stress that can motivate or improve performance leading to success.

Fad Diet: A diet that promises quick weight loss or enhanced physical wellness through what is usually an unhealthy and unbalanced diet.

Fidelity: Faithfulness to a person, cause, or belief, demonstrated by continuing loyalty and support; sexual faithfulness to a spouse or partner.

Food Behavior: How people choose, consume, sell, and buy food. People's actions toward food.

Food Culture: Practices, attitudes, and beliefs surrounding the consumption of food.

Food Environment: The physical, social, economic, cultural, and political factors that impact the food within a community or region.

Food Groups: Foods that share similar nutritional properties such as fruits, vegetables, grains, proteins, and dairy.

Frontal Lobe: The front portion of the brain concerned with behavior, learning, personality, decision making, and voluntary movement. This portion of the brain is not fully developed until early adulthood. Use of substances can impact the growth and development of the frontal lobe.

Hands-Only Cardiopulmonary Resuscitation (CPR): CPR that does not require mouth-to-mouth breaths.

Harassment: As defined in Utah Code 76-5-106, intent to frighten or harass another, communicates a written or recorded threat to commit any violent felony.

Harmful Effects of Pornography: Required as part of Health Education by Utah State Code 53G-10-402. This is a safety topic meant to address items, including but not limited to; addiction, legal implications, and human trafficking.

Herbal Supplements: Herbal substances use plant or plant extracts, which can be eaten or applied to the skin, and may be used to treat illnesses or assist bodily functions. They are non-pharmaceuticals/non-medical substances. The lack of evidence, regulation, and quality control make it difficult to assess their effectiveness.

HIV/AIDS: Acquired Immunodeficiency Syndrome (AIDS) is a chronic, potentially life-threatening condition caused by the human immunodeficiency virus (HIV). By damaging the immune system, HIV interferes with the body's ability to fight the organisms that cause disease. HIV/AIDS can be transmitted by the sharing of blood, semen, vaginal secretions, and breast milk.

Human Trafficking: The recruitment, transportation, transfer, harboring, or receipt of persons by means of threat, the use of force, other forms of coercion, of abduction, of fraud, of deception, of the abuse of power or of a position of vulnerability or of the giving or receiving of payments or benefits to achieve the consent of a person having control over another person, for the purpose of exploitation. Exploitation shall include, at a minimum, the exploitation or prostitution of persons, other forms of sexual exploitation, forced labor or services, slavery or practices similar to slavery, servitude, or the removal of organs. See Utah State Code 76-5-308.

Hunger: A feeling of discomfort or weakness caused by a lack of food, coupled with the physical need to eat.

Indiscriminate: Behavior done without careful judgement, thought, or planning which can result in harm.

Infectious Disease: A disorder caused by an organism such as bacteria, viruses, fungi, or parasite. Can be transmitted through various ways. Common examples include: common cold, influenza, streptococcus, mononucleosis, athlete's foot, meningitis, STD/STIs.

Interpersonal Skills: Skills used to communicate, work effectively, and interact with others appropriately.

Intimacy: The state of having a close personal or romantic relationship with someone.

Locus of Control: How strongly people believe they have control over the situations and experiences that affect their lives.

Media: Includes all print, online, social, radio and television media sources.

Metabolism: A combination of processes that your body uses to convert food into energy. Metabolic rate is the rate in which your body converts food into energy. There are many different factors that affect metabolism: age, gender, body size, body temperature, hormones, pregnancy, food intake, body composition and activity level.

Modes of Transmission: The way a pathogen gets from one object or animal to another; includes direct contact, indirect contact, and airborne transmission.

Newborn Safe Haven Law: Utah code 62A-4a-802: A parent or a parent's designee may safely relinquish a newborn child at a hospital in accordance with the provisions of this part and retain complete anonymity, so long as the child has not been subject to abuse or neglect. Safe relinquishment of a newborn child who has not otherwise been subject to abuse or neglect shall not, in and of itself, constitute neglect as defined in Section 78A-6-105, and the child shall not be considered a neglected child, as defined in Section 78A-6-105, so long as the relinquishment is carried out in substantial compliance with the provisions of this part.

Nutrient Density: The proportion of nutrients in foods. Foods high in nutrients but relatively low in calories.

Nutrient: A substance that provides nourishment essential for growth and the maintenance for life.

Nutrition Facts Label: A label required on packaged food which may include: percent daily value, calories, serving size, nutrient information and added sugar.

Over-The-Counter (OTC): Medicines sold without the need of a healthcare provider's prescription.

Peer Pressure: The feeling of being pushed towards a certain choice by people of similar age and social group in order to be liked or respected. Peer pressure can be positive or negative.

Pornography: Printed or visual material containing the explicit description or display of sexual organs or activity, intended to stimulate erotic rather than aesthetic or emotional feelings. As defined in Utah Code 76-5b-103, "child pornography" is any visual depiction, including any live performance, photography, film, video, picture or

computer-generated image or picture, whether made or produced by electronic, mechanical, or other means, of sexually explicit conduct

- a. the production of the visual depiction involves the use of a minor engaging in sexually explicit conduct;
- b. the visual depiction is of a minor engaging in sexually explicit conduct; or
- c. the visual depiction has been created, adapted, or modified to appear that an identifiable minor is engaging in sexually explicit conduct.

Protective Factors: Any action or condition that reduces the likelihood of injury, disease, or other outcome.

Rape: As defined in Utah code 76-5-402, a person commits rape when the actor has sexual intercourse with another person without the victim's consent. This section applies whether or not the actor is married to the victim.

Relationship Violence: Includes physical, emotional, verbal and sexual violence in acquaintance, dating, family, or spouse.

Refusal Skills: Utah code 53G-10-402 states: Refusal skills means instruction:

- i. In a student's ability to clearly and expressly refuse sexual advances by a minor or adult;
- ii. In a student's obligation to stop the student's sexual advances if refused by another individual;
- iii. Informing a student of the student's right to report and seek counseling for unwanted sexual advances;
- iv. In sexual harassment
- v. Informing a student that a student may not consent to criminally prohibited activities or activities for which the student is legally prohibited from giving consent, including the electronic transmission of sexually explicit images by an individual of the individual or another.

Risk Factors: Any action or condition that increase the likelihood of injury, disease, or other outcome.

Self-Injury: Refers to a variety of behaviors in which an individual intentionally inflicts harm to his or her body for purposes not socially recognized or sanctioned and without suicidal intent. Self-injury can include: cutting, carving puncturing of the skin, scratching, burning, ripping or pulling skin or hair, and self-bruising.

Sexting: The sending, receiving or forwarding of sexually explicit images, videos, or messages via electronic device. See also Utah State Code 76-5b-203, Distribution of an intimate image – penalty.

Sexual Abstinence: No sexual contact (e.g., oral, anal, or vaginal sex, intimate genital contact, and sexual touching).

Sexual Harassment: Harassment in a workplace, or other professional or social situation, involving the making of unwanted sexual advances or obscene remarks.

Sexual Violence: A sexual act committed against someone without that person's freely given consent.

Signs and Symptoms: A sign is something that can be detected by someone other than the individual affected by the disease and symptom is described and experienced by the individual affected by the disease.

SMART Goal: A strategy for setting achievable goals. SMART stands for: specific, measurable, achievable/attainable, relevant/realistic/reasonable, time.

STD/STI: Sexually transmitted diseases or sexually transmitted infections are infectious diseases that spread from person to person during sexual contact. Examples include: chlamydia, gonorrhea, syphilis, human papillomavirus (HPV), and HIV infection.

Stigma: Negative attitudes and beliefs towards people. Stigmas can lead to discrimination, bullying, or not seeking help for health needs.

Stressor: Anything that triggers the stress response.

Trusted Adult: An adult, or adults, chosen by the student, that makes the student feel safe, secure, and comfortable. Examples include, but are not limited to parent, guardian, relative, teacher, counselor, and clergy.

Universal Precautions: Approach to infectious control to treat all human blood and certain body fluids as if they were known to be infectious for pathogens.

Vaping: Inhaling and exhaling the vapor produced an electronic cigarette or similar device. See also Utah Code 59-14-802, definition of “electronic cigarette” as an electronic device used to deliver or capable of delivering vapor containing nicotine to an individual’s respiratory system.