

# HEALTH IS MEANINGFUL LIVING

NUTRITION AND DISEASE PREVENTION

Webinar 1 of 3



AMERICAN  
PRINTING  
HOUSE





# Erika Fundelius

PhD Candidate

M.A. TVI / COMS

Florida State University

# Rev. Manda Nordes

M.A. TVI  
Coach, Minister

Central Valley, California



# Objectives

- Examine the health standards relevant to their locale
- Discover activities to use for direct instruction or accommodation for the instruction in the area of diseases
- Correlate the importance of everyday activities between diet and nutrition and disease prevention

# Agenda

- Health Standards
- Disease(s)
- Diet and Nutrition
- ECC

# Why Education Matters

<https://youtu.be/V3rsdBBFAN8>



# HEALTH STANDARDS

Where and How



# National Health Education Standards

- 'NHES'
- 8 main standards
- PK-12 age and developmentally appropriate
- SHAPE



# NHES- Standard 1

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 1.2.1. PK-2
- 1.5.1 Gr 3-5
- 1.8.1 Gr 6-8
- 1.12.1 Gr 9-12

[CDC Standard 1](#)

# State References- SHAPE America

- Interactive map and table view
- Health & Advocacy Toolkits
  - Contacts
  - Fact Sheets
  - Health & P.E. Standards
  - Every Student Succeeds Act

# CDC School Profiles

- Sexual health education & services,
- Safe and supportive school environments,
- Health services for students with chronic conditions,
- Supportive school nutrition environments, and
- Comprehensive school physical activity programs.



# **DISEASES**

Tools to use



# 2005, TED: Bill Gates

“We can’t predict when, but given the continual emergence of new pathogens, the increasing risk of a bioterror attack, and the ever-increasing connectedness of our world, there is a significant probability that a large and lethal modern-day pandemic will occur in our lifetime”



AMERICAN  
PRINTING  
HOUSE



# Communicable Diseases



- General hygiene
- Handwashing
- Awareness

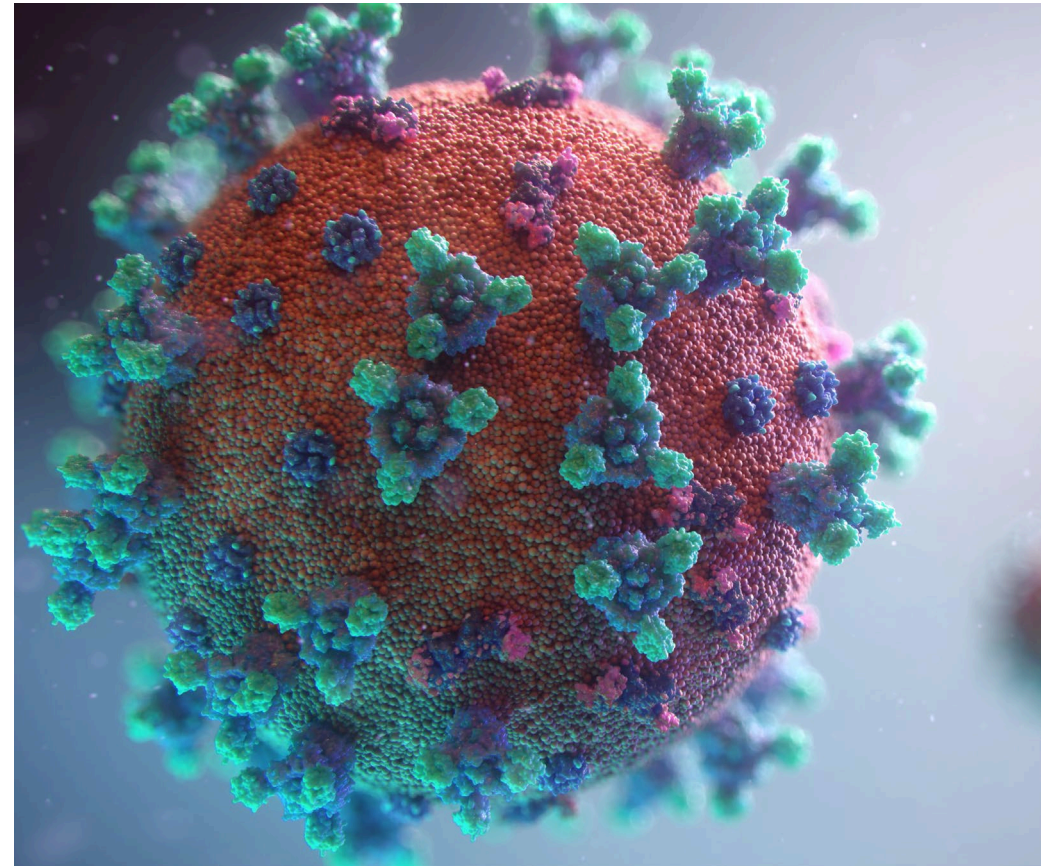
# Respiratory

SARS-COVID19

Common Cold

Influenza aka Flu

Measles



# Contact



Rubeola

Hepatitis A

Human Papillomavirus (HPV)

Human Immunodeficiency

Virus (HIV)



# Bodily fluids

Tuberculosis (TB)

Mumps

Hepatitis B

Hepatitis C



# Non-Communicable Diseases

Genetical predisposition

Behavioral factors



This Photo by Unknown Author is licensed under [CC BY-ND](#)



This Photo by Unknown Author is licensed under [CC BY-SA](#)

# Cardiovascular Disease

- CVD
- Heart and blood vessel problems
- 610,000/yr
- Genetic predisposition
  - High blood pressure
- Poor diet, smoking, alcohol use, diabetes, inactivity



This Photo by Unknown Author is licensed under [CC BY-SA](#)

## CVD and the Eyes

- Transient vision loss
- Stroke (TBI)
- Retinal artery occlusion
- Retinopathy
- Age-related macular degeneration (AMD)
- Cataracts



# Cancer

- Abnormal growth of cells
- Defective DNA + environmental exposures or genetics
- 100 types
- Early detection
- Treatment options



# Cancer and the Eyes

- Ocular cancers
  - Retinoblastoma
- Brain tumors > < VI
- Bilateral macular tumors
- Ocular Melanoma
- Metastatic cancers
- Benign cancers
- Cataracts
- Chronic dry eye



# Diabetes



- Long-term condition
- Type 1 & 2
- Enough insulin vs. Insensitive to insulin
- Children vs. Adults
- Risk factor



# Diabetes and the Eyes



- Blurry vision
- Cataracts
- Glaucoma
- Diabetic Retinopathy



# Vaccinations

- Vaccination Schedules
- Career > Required
- Tetanus
- Recreation and Leisure





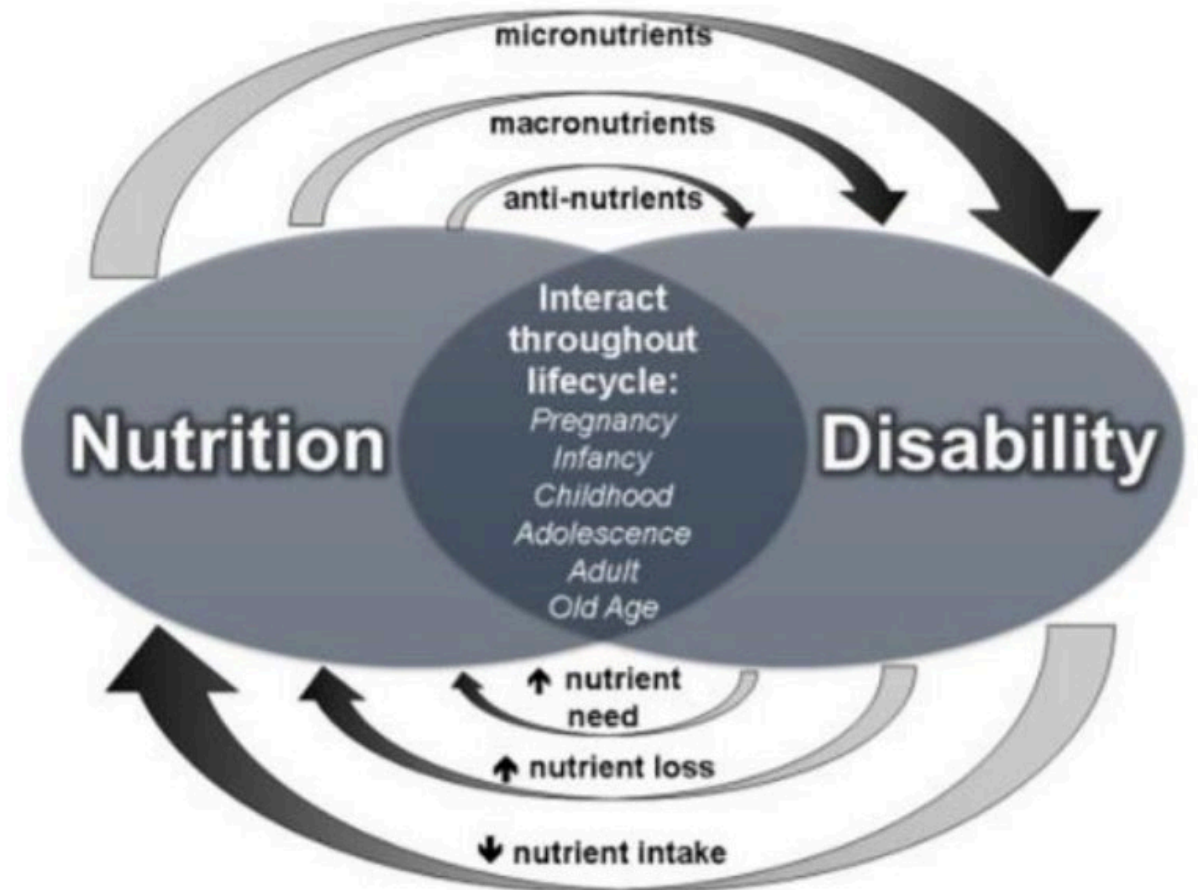
# DIET & NUTRITION



# Undernutrition & Disability

Poorer overall nutritional status

Higher rates of disabilities and developmental delays



# Review

- Nutrients
- MyPlate
  - [ChooseMyPlate.gov](https://www.choosemyplate.gov)



# Food Labels

## Food Label Scavenger Hunt

- Serving sizes
- Calorie content
- Food allergies & intolerances







# Connections: Food + Nutrition = Health

- BMI
- High Blood Pressure
- Diabetes
- Eating disorders
- Support
- Mental health and physical health



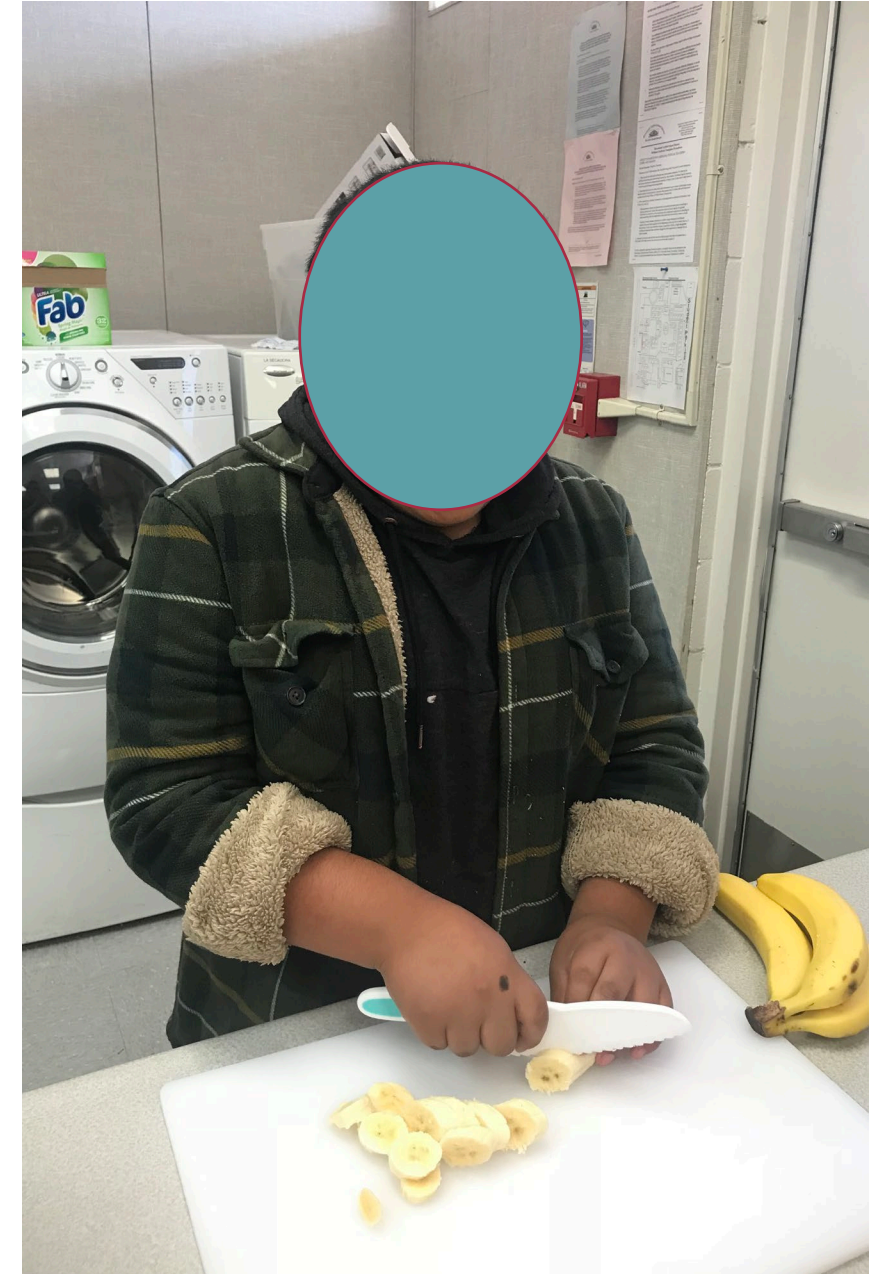
# Food Safety- ILS

- Foodborne Illness
- Clean & Organized Space
- Safe Food Handling



# Food Safety- ILS

- Washing hands
- Food Safety
- Food Preparation Techniques
- Safe Food Handling





# **EXPANDED CORE CURRICULUM**

Areas for instruction



# ECC

- Hatlen (1996)
- Sapp & Hatlen (2010)
- Allman & Lewis (2014)

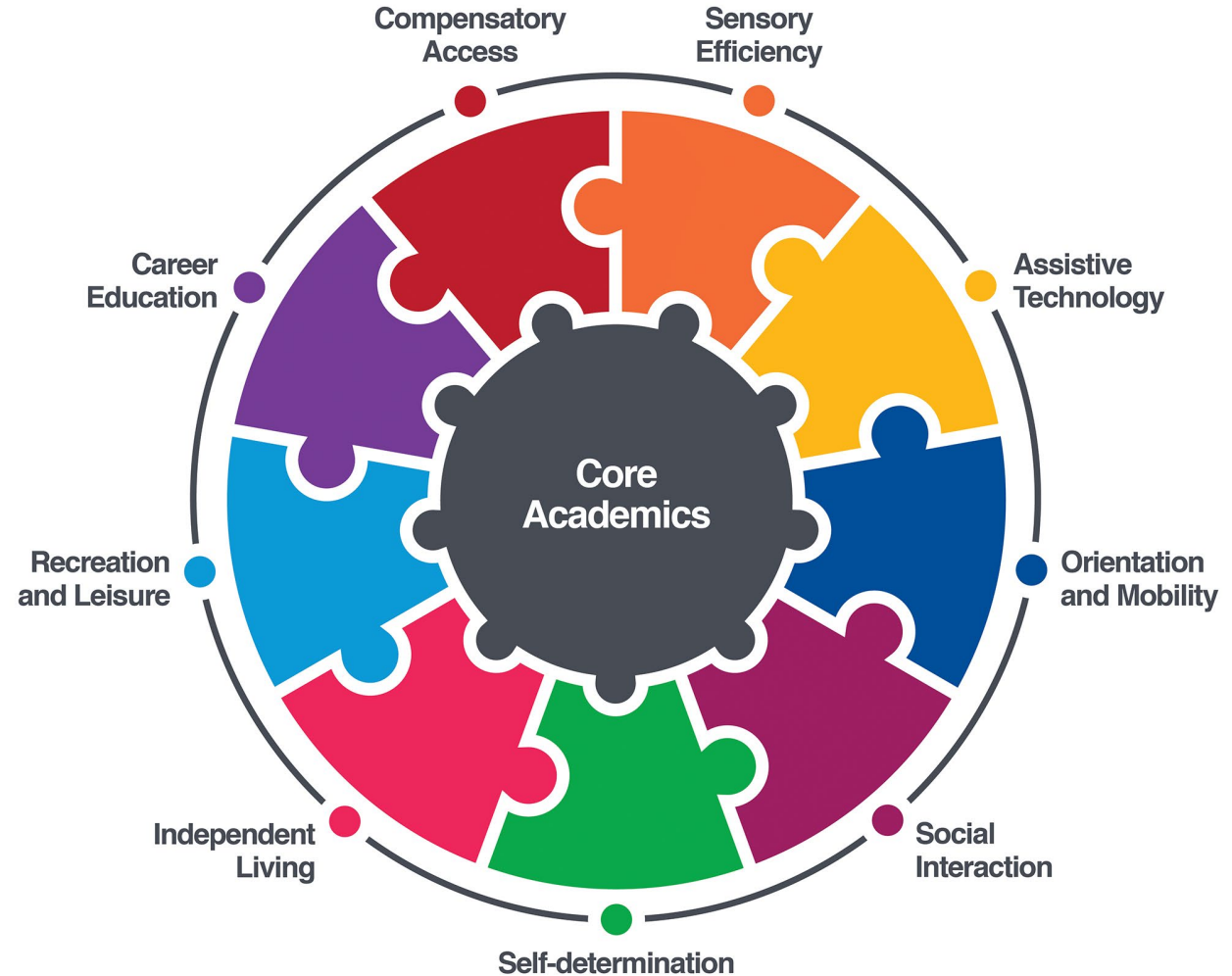


Image Source: <https://www.perkins.org/school/ecc>



# **BRAINSTORM**

Sharing the Group Brilliance





# **CLOSING**

Recap



# In conclusion

"Visually impaired students may have even higher rates of obesity compared to other disabilities because of a lack of physical activity, poor food choices, and dietary habits"

Wild et al. (2019)



AMERICAN  
PRINTING  
HOUSE





# REFERENCES



# Articles, Books, Websites

CDC. (2019). *National health education standards - NHES*. U.S. Department of Health & Human Services.

<https://www.cdc.gov/healthyschools/sher/standards/index.htm>

Pullis, A. (2021, January 11). *Teaching students with visual impairments about COVID-19 disease*. American Printing House.

<https://www.aph.org/teaching-students-with-visual-impairments-about-covid-19-disease/>

Wild, T., Kelly, S. M., Kapperman, G., Ilic, S., & Brewer, A. (2019). *Health education for students with visual impairments*. American Printing House for the Blind.



# Q & A

Thank you!

We hope to see you in November for Webinar 2

Erika Fundelius

[efundelius@fsu.edu](mailto:efundelius@fsu.edu)

Rev. Manda Nordes

[rev.m.nordes@gmail.com](mailto:rev.m.nordes@gmail.com)



AMERICAN  
PRINTING  
HOUSE FOR  
THE BLIND

