



Health Education Lists

Examples of age-appropriate and research-based materials and resources.

- Not intended to represent an exhaustive list
- Resources should not be considered recommendations

Health Education Resources

Centers for Disease Control and Prevention (CDC)

<https://www.cdc.gov/healthyouth/parents/index.htm>

- Resources to engage and share with parents on a variety of health and human growth and development topics.

Iowa Department of Public Health

<https://idph.iowa.gov>

- Resources for Child and Adolescent Health
 - <https://idph.iowa.gov/family-health/child-health>
- Resources for Sexual Violence Prevention
 - https://idph.iowa.gov/disability-injury-violence-prevention/sv_prevention

Iowa Internet Crimes Against Children Task Force

<https://www.iaicac.org/Pages/resources.aspx>

- Resources for Internet exploitation prevention

Health Education Research

Iowa's Recommended Health Education Standards

<https://educateiowa.gov/pk-12/instruction/health-education>

- Iowa's Recommended Health Education Standards are the National Health Education Standards (NHES)

Centers for Disease Control and Prevention (CDC)

<https://www.cdc.gov/healthyouth/health-education/index.htm>

- Health Education in Schools research, resources, and trainings including the Health Education Curriculum Analysis Tool (HECAT)

Society of Health and Physical Educators (SHAPE) America

<https://www.shapeamerica.org/>

- National professional organization provides research, resources, and trainings