# **HECAT: Table of Contents**

Acknowledgements	iii
Overview of the Health Education Curriculum Analysis Tool (HECAT)	
Introduction	
Intended Users of the HECAT	
Organization of the HECAT	
Rationale for HECAT Development	
Information about Health Education Curricula	
Determining What is a Health Education Curriculum	
Setting Direction for Health Education: Health Education Standards and Frameworks	
Characteristics of Effective Health Education Curricula	
Community Review of Health Education Curricula	
References	
Chapter 1: General Instructions	
Before Starting Curriculum Analysis	
After Completing the Curriculum Analyses	1-7
Chapter 2: General Curriculum Information	2-1
Chapter 3: Overall Summary Forms	3-1
Chapter 4: Preliminary Curriculum Considerations	4-1
Accuracy Analysis	
Acceptability Analysis	4-5
Feasibility Analysis	4-9
Affordability Analysis	4-10
Chapter 5: Curriculum Fundamentals	5-1
Chapter 6: Curriculum Analysis Modules	6-1
Module AOD: Alcohol and Other Drugs	AOD-1
Module HE: Healthy Eating	HE-1
Module MEH: Mental and Emotional Health	
Module PA: Physical Activity	
Module S: Safety	
Module T: Tobacco	
Module V: Violence	V-1

## **HECAT: Table of Contents**

Appendices	
Appendix 1: HECAT Contributors	A1-1
Appendix 2: Federal Agencies' Lists of Programs Considered  Exemplary, Promising, or Effective	Δ2-1
Appendix 3: Using the HECAT for the Review of Health Education Resources	
Appendix 4: Using the HECAT to Develop a Scope-and-Sequence for Health Education	A4-1
Appendix 5: Using the HECAT to Analyze Curricula for Early Childhood Programs	A5-1
Appendix 6: Understanding Health Education Assessment	A6-1
Glossary	G-1

**Suggested citation:** Centers for Disease Control and Prevention. *Health Education Curriculum Analysis Tool.* Atlanta: CDC; 2007

#### To obtain copies:

- Download from CDC's website: <a href="http://www.cdc.gov/HealthyYouth">http://www.cdc.gov/HealthyYouth</a>
- Request by e-mail: cdcinfo@cdc.gov
- Call toll-free: 1-800-CDC-INFO or 888-232-6348

Use of trade names and commercial sources is for identification only and does not imply endorsement by the Public Health Service or the US Department of Health and Human Services.

### Acknowledgements

This document was prepared by the Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP), Division of Adolescent and School Health (DASH) with significant conceptual, technical, and editorial assistance from others across CDC and experts in field of school health education and health behavior.

#### **LEAD AUTHORS**

Pete Hunt, MPH, MEd CDC, NCCDPHP, DASH

Lisa Barrios, DrPH CDC, NCCDPHP, DASH

Susan Telljohann, HSD University of Toledo, OH

Howell Wechsler, EdD, MPH CDC, NCCDPHP, DASH

#### **AUTHORS**

Angeli Achrekar, MPH CDC, NCCDPHP, DASH

Linda Crossett, RDH CDC, NCCDPHP, DASH

Ginny Ehrlich, MPH, MS

Rocky Mountain Center for Health Promotion (RMC), Lakewood, CO

Joyce Fetro, PhD

Southern Illinois University

Carolyn Fisher, EdD CDC, NCCDPHP, DASH

Marci Hertz, MSEd CDC, NCCDPHP, DASH

Sarah M. Lee, PhD CDC, NCCDPHP, DASH

Mary McKenna, MS, RD CDC, NCCDPHP, DASH

Terry O'Toole, PhD CDC, NCCDPHP, DASH

Lisa Romero, DrPH CDC, NCCDPHP, DASH

Susan Giarratano Russell, EdD

Health Education & Evaluation Consultant

Valencia, CA

#### **CONTRIBUTORS**

Diane Allensworth, PhD CDC, NCCDPHP, DASH

Bob Brewer, MD, MSPH

CDC, NCCDPHP, Division of Adult and

Community Health (DACH)

Charlene Burgeson, MA

National Association for Sport and Physical

Education, Washington, DC

Debra Christopher, MS RMC, Lakewood, CO

Holly Conner, MA

CDC, NCCDPHP, DASH

Alex Crosby, MD

CDC, National Center for Injury Prevention and Control (NCIPC), Division of Violence Prevention (DVP)

Linda Dahlberg, PhD CDC, NCIPC, DVP

Jacqueline Epping, MEd

CDC, NCCDPHP, Division of Nutrition and

Physical Activity (DNPA)

Kathleen A Ethier, PhD

CDC, National Center for HIV, STD, and TB Prevention (NCHSTP), Division of STD

Prevention

Jennifer Galbraith, PhD

CDC, NCHSTP, Division of HIV/AIDS Prevention

(DHAP)

Bindi Gandhi, MA

CDC, NCCDPHP, DASH

Lorrie Gavin, PhD

CDC, NCCDPHP, Division of Reproductive

Health (DRH)

Kari Gloppen, MPH CDC, NCCDPHP, DASH Sally Goss, MS

CDC, NCCDPHP, DASH

Carol Hamilton, EdD CDC, NCCDPHP, DASH

Joan Hoffman, PhD CDC, NCIPC, DVP

Rick Hull, PhD CDC, NCCDPHP

Office of Communications

Laura Kann, PhD

CDC, NCCDPHP, DASH

Sarah Kuester, MS, RD CDC, NCCDPHP, DNPA

Eva Marx

**Education Development Center** 

Newton, MA

Stephanie Maya, MPH, MHA

CDC, NCCDPHP, Office on Smoking and

Health

Sarah Merkle, MPH CDC, NCCDPHP, DASH

Jacqueline Miller, MD CDC, NCCDPHP, DACH

Katherine Mollenkamp Northrop Grumman

Kim Nolte, MPH

CDC, NCCDPHP, DRH

Rita Noonan, PhD CDC, NCIPC, DVP

Erica Odom, MPH

CDC, NCCDPHP, DASH

Anu Pejavara, MPH

CDC, NCCDPHP, DASH

Michael A. Penrod, PhD CDC, NCCDPHP, DASH

Jane Pritzl, MA

CDC, NCCDPHP, DASH

LaShaun Polk, MPH CDC, NCHSTP, DHAP

Lisa Romero, MPH CDC, NCCDPHP, DASH Sue Shaw, MPH

CDC, NCCDPHP, DASH

Joyner Sims, PhD

CDC, NCCDPHP, DASH

Shannon Michael, MPH CDC, NCCDPHP, DASH

Mary Schauer, MSPH CDC, NCCDPHP, DRH

David Sleet, PhD, FAAHB

CDC, NCIPC, Division of Injury Prevention

Phyllis K Storch, MPH CDC, NCHSTP, DHAP

Mary Vernon-Smiley, MD CDC, NCCDPHP, DASH

Michael Waldmiller, MPH CDC, NCCDPHP, DASH

Lani Wheeler, MD

CDC, NCCDPHP, DASH

Doug White, MS

Wisconsin Department of Public Instruction

Madison, WI

Susan Wooley, PhD

American School Health Association

Kent, OH

#### **2001 HECAT ADVISORY COMMITTEE**

Jeanette Beltran

National Latina Health Network

Washington, DC

Tami Benham Deal, PED University of Wyoming

Nancy Emberley, MAT

Vermont Department of Education

Burlington, VT

Jayne Greenberg, EdD

Miami-Dade County Public Schools,

Miami, FL

Brenda Z. Greene, MFA

National School Boards Association

Washington, DC

Nancy Hudson, RN, MS

Council of Chief State School Officers

Washington, DC

Juliet Kandel Committee for Children Seattle, WA

Sherry Lehman, MEd, LPC North Carolina Department of Public Instruction Raleigh, NC

David Lohrmann, PhD Indiana University

Beth Pateman, HSD University of Hawaii at Manoa Sara Peterson, MA, RN lowa Department of Education Des Moines, IA

Becky J Smith, PhD American Association for Health Education Washington, DC

Julie Taylor ETR Associates, Scotts Valley, CA

Many other people reviewed and provided comment in the process of developing the HECAT. These individuals are listed in *Appendix 1*.