# Overarching Competency 4
# Principles of Health and Wellness

*Note: hyperlinks are also available on the resources page at the end of this document.*

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**Chapter Progress**

- Not Started
- In Progress
- Completed

## What Is This Competency?

**Competency 4:** Understand the general principles of health and wellness, including promotion, prevention, early identification, and intervention.

*Select each number.*

1. Competency 4 focuses on health and safety, including the presence of mental, physical, family, and social wellness. Health is not simply the absence of disease or injury.
2. Promotion helps people take charge of and improve their own health.
3. Prevention reduces the likelihood of getting sick or injured.
4. Early identification detects conditions that may negatively affect healthy development.
5. Intervention is the delivery of services to treat health conditions.

## Why is this competency important?

Select each button.

- Health promotion empowers people to choose healthy behaviors.
- Preventing illness means people get sick less often.
- Healthy children have a better chance of becoming healthy adults.
- Early identification and treatment of health conditions can improve the quality of life for children and adults.

# Principles of Health and Wellness

*Select each button for examples.*

**Health Promotion**

- [Choose My Plate](#)
- [It's Only Natural Breastfeeding Campaign](#)
- [The Great American Smokeout®](#)

**Prevention**

- Immunizations
- Toothbrushing
- Car Seats

**Early Identification**

- Screenings
- [Child Find](#)
- Daily Health Check

**Interventions**

- Asthma Inhalers
- Hearing Aids
- Eyeglasses

# Try Your Hand

**Health Promotion**

- *Select the correct bucket for* **Lactation Rooms.** (Private areas where mothers can breastfeed or use a breast pump support and encourage breastfeeding.)
- *Select the correct bucket for* "**No Smoking" Signs.** (Signs that prohibit smoking promote healthy behaviors and a healthy environment.)
- *Select the correct bucket for* [I am Moving, I am Learning (IMIL).](#) (IMIL promotes the integration of movement, nutrition, and healthy habits into everyday life.)

**Prevention**

- *Select the correct bucket for* **Hand Washing.** (Hand washing is the single most effective way to prevent the spread of infections.)
- *Select the correct bucket for* **Sunscreen.** (Sunscreen helps prevent sunburn and reduces the risk of skin cancer.)

- *Select the correct bucket for* **Electrical Outlet Covers. (**Outlet covers that close automatically or that children cannot remove reduce the risk of injury.)

**Early Identification**

- *Select the correct bucket for* **Hearing Screening.** (Hearing screening can identify children who might have hearing loss.)

- *Select the correct bucket for* **Developmental Screenings.** (Developmental screenings can identify problems or delays during early childhood.)

- *Select the correct bucket for* **Vision Screening.** (Vision screening can identify children who might have vision problems.)

**Interventions**

- *Select the correct bucket for* **Medication Administration.** (Medications are administered to treat health conditions.)

- *Select the correct bucket for* **Cardiopulmonary Resuscitation (CPR).** (CPR is an emergency intervention when someone's breathing or heartbeat has stopped.)

- *Select the correct bucket for* **Individual Healthcare Plans.** (An Individual Healthcare Plan provides staff with information about how to meet child-specific healthcare needs.)

## Summary

*Select the buttons to review the main concepts covered in this course.*

- **Promotion:** Helps people take charge of and improve their own health
- **Prevention:** Reduces the likelihood of getting sick or injured
- **Early identification:** Detects conditions that may negatively affect healthy development
- **Intervention:** Is the delivery of services to treat health conditions

**If you have 15 minutes, review:** Healthy Children e-magazine

**If you have 30 minutes, review:** Bright Futures Guidelines and Pocket Guide

**If you have 1 hour, review:** CDC's Division of Nutrition, Physical Activity, and Obesity

## Additional Resources

- Maternal & Child Health Topics
- MCH Knowledge Base
- Maternal, Infant, and Child Health
- The Public Health System & the 10 Essential Public Health Services
- What is Public Health?

## Connecting with Others

- If you have more questions, contact NCECHW at health@ecetta.info or (toll-free) 1-888-227-5125.
- Join MyPeers: a collaborative platform for the early care and education community
- Subscribe to the American Academy of Pediatrics Early Childhood listserv

**Congratulations! You have reached the end of this module.**

## Module Resources

The list below contains the resources used to develop this module and can be used to continue learning.

- Bright Futures Guidelines and Pocket Guide
- CDC's Division of Nutrition, Physical Activity, and Obesity
- Child Find
- Choose MyPlate
- Healthy Children e-magazine
- I Am Moving, I Am Learning
- It's Only Natural Breastfeeding Campaign
- Maternal & Child Health Topics
- Maternal, Infant, and Child Health
- MCH Knowledge Base
- The Great American Smokeout®
- The Public Health System & the 10 Essential Public Health Services
- What is Public Health?