



# The Equation for Healthy Results

## Knowledge



**AOD**  
Alcohol  
and  
Other Drugs



**INJ**  
Injury  
Prevention



**NUT**  
Nutrition



**PA**  
Physical  
Activity



**FLS**  
Family Life  
and  
Sexuality



**TOB**  
Tobacco



**MH**  
Mental  
Health



**PCH**  
Personal  
and  
Consumer  
Health



**CEH**  
Community  
and  
Environmental  
Health

## + Skills



**CC**  
Core  
Concept



**AI**  
Accessing  
Information



**SM**  
Self  
Management



**INF**  
Analyzing  
Influences



**IC**  
Interpersonal  
Communication



**DM**  
Decision  
Making



**GS**  
Goal  
Setting



**AV**  
Advocacy

# = Healthy Actions for Life.