

## HEALTH, MENTAL HEALTH, AND NUTRITION

*Developed by the Health, Mental Health, and Nutrition Committee, State Early Childhood Advisory Council (SECAC), July 2016*

### Definitions of Health, Mental Health, Nutrition, Physical Health, and Safety:

**Health** is the physical, mental, emotional, and social function well-being of children.

**Mental Health** involves the development of social-emotional and behavioral skills for children to ensure the future ability to foster the necessary relationships with peers and adults.

**Nutrition** involves the commitment to provide children with the nutrients their body needs to maintain an active, and healthy lifestyle.

**Physical Health** involves helping parents and caregivers to establish the habits needed to encourage children to engage in regular physical activity. Physical activity can help promote growth and development while helping children maintain a healthy weight.

**Safety** involves the maintaining of environments where children can be free from the exposure of physical, emotional, mental, and social harm or risk.