

Health Education Programming

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Car Seat and Distribution and Fitting Station

- **Car Seat Distribution Program-** Don't have a Car Seat but need one?
Parents and guardians of children that live in **Washington County** may be able to get a car seat, and a lesson putting the seat in right, no cost, if they do not have a car seat and get:
 - ★WIC
 - ★Medicaid
 - ★Public Assistance
 - ★Food Stamps
 - ★Head Start
 - ★Social Security
 - ★Community Maternity Services
- **Car Seat Fitting Station:** Have a car seat, but need help putting it in?
We have a certified car seat technician that can check the car seat you have, to see if it is safe to use and show you how to use it right. If a seat is not safe, a new seat may be given for a donation. This program is provided to any Washington County Resident, of any income level.
- Not a Washington County Resident? Search for a Car Seat Technician where you live...
https://ssl06.cyzap.net/dzapps/dbzap.bin/apps/assess/webmembers/tool?pToolCode=TAB9&pCategory1=TAB9_CERTSEARCH&Webid=SAFEKIDSCERTSQL



Bike Safety Programs

- **Helmet Distribution**
Parents and guardians of children that live in **Washington County** may be able to get a bike helmet, and a lesson on how to make it fit right, for low/no cost, if they get:
 - ★WIC
 - ★Medicaid
 - ★Public Assistance
 - ★Food Stamps
 - ★Head Start
 - ★Social Security
 - ★Community Maternity Services
- **Bike Rodeo-** Schools/Organizations may request a bike rodeo.
A Bicycle Safety Rodeo is a great way to educate children on bicycle safety. The objective of the “rodeo” is to increase children’s awareness of bicycle safety rules and provide them with a chance to practice and improve their bicycle driving skills.
- **“Road to Safety” Bike & Pedestrian Safety Presentation-** Students will learn about bike and pedestrian safety in a fun, interactive way. Topics discussed include, what to check on your bike before you ride, one seat-one rider, hand signals, safe places to cross, road sign recognition, being seen and more. Helmet safety is also discussed. Sometimes a demonstration using eggs to show kids the importance of using a helmet is also used.



CarFit

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them.

The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community.

Checks are done 1 on 1 in the office or as part of CarFit Check Events. Visit www.car-fit.org for more information on what CarFit is what checks consist of.



Worksite Wellness

Working with Employers in Washington County to establish Wellness programming for employees. Chronic diseases (such as heart disease, diabetes and osteoporosis), cause 70 percent of all deaths each year. These diseases are largely preventable through attention to healthy lifestyles and preventive services.

Research studies and corporate wellness initiatives have shown that worksite wellness programs can significantly reduce employer costs and improve employee health. Healthier employees are more likely to stay in their jobs, less likely to be absent and have lower health care costs.

We can work with your worksite to set up Health Challenges (see below) and other wellness activities.

Healthy Lifestyles

- Our Health Educator is a great resource for whatever healthy behavior you are trying to work on. They can give you ideas, find you brochures, and help you set up your wellness goals.
- **Wellness Coaching-** work one on one with a Health Educator to help you determine your wellness vision, set your goals and track your progress.

Presentations:

Community groups/organizations can request presentations on a variety of topics. Here are some samples of Presentations that our Health Educator has ready for your organization. If you need something not listed, contact us to see if we can come up with something that fits your needs.

- **Wellness Vision-** A Wellness Vision is a compelling statement of who you want to be and what health-promoting, life-giving behaviors you want to do regularly. To create your wellness vision, you must look at your values, motivators, best past experiences, strengths, challenges, supports, approaches and confidence.
- **Goal Setting-** We usually know more about "What" we want than about how we are going to get there. For effective behavior change, we need "Behavioral Goals" to help us change our behavior to reach our desired outcome, or vision. Using the "SMART" Goal process, you learn how to set goals that are Specific, Measurable, Attainable, Realistic and Timely.
- **Blood Pressure-** Learn about what it is, what the risks are and what you can do to lower your risk.
- **Behavior Change- Easier than you Think-** Stages of Change, formally known as the "transtheoretical model" of behavior change, gauges a person's readiness to act on a new healthier behavior, and provides strategies, or processes of change to guide the person through the stages of change. That sounds hard, but once someone knows where they are in the stages, they have a better idea of how to move through to action.
 - Precontemplation (Not Ready)-"People are not intending to take action in the foreseeable future, and can be unaware that their behavior is problematic"
 - Contemplation (Getting Ready)-"People are beginning to recognize that their behavior is problematic, and start to look at the pros and cons of their continued actions"
 - Preparation (Ready)-"People are intending to take action in the immediate future, and may begin taking small steps toward behavior change"
 - Action – "People have made specific overt modifications in modifying their problem behavior or in acquiring new healthy behaviors"
 - Maintenance – "People have been able to sustain action – for a while and are working to prevent relapse"

- **Mindless Eating/Portion Control:** Learn about how to combat mindless eating with tips based on the "Mindless Eating" principal by Brian Wansink, PhD, professor and director of Cornell Food and Brand Lab. Most of us don't overeat because we're hungry. We overeat because of family and friends, packages and plates, names and numbers, labels and lights, colors and candles, and other environmental factors.

While the brain that's between our ears doesn't seem to have a huge role on the food we put between our lips, that doesn't mean it's not having an impact on our waistlines.

- **Eat Smart, Live Strong-** This is a Four Session program from the USDA designed for able-bodied, independent, older adults that promotes specific eating and physical activity behaviors shown to improve health and well-being.

Four Sessions include:

- Reach Your Goals, Step By Step
- Challenges and Solutions
- Colorful and Classic Flavors
- Eat Smart, Spend Less

- **Eat Well. Move More. Feel Great.-** Created by the California Department of Health, this program focuses on 4 strategies

- Eating 3 meals a day at regular intervals
- Focus on balanced meals
- Limiting sweetened beverages
- Moving more

- **Eat Healthy. Be Active-** A program from the U.S. Department of Health and Human Services Office of Disease Prevention and Health Promotion. This program is a 6 Session program based on the Dietary Guidelines and the Physical Activity Guidelines for Americans. The 6 sessions include

- Enjoy Healthy Food that Tastes Great
- Quick Healthy Meals and Snacks
- Eating Healthy on a Budget
- Tips for Losing Weight and Keeping it off
- Making Healthy Eating Part of Your Total Lifestyle
- Physical Activity is Key to Living Well.

- **Make My Plate Your Plate-** Created by the California Department of Health, this program focuses on key message of the ChooseMyPlate program, identifying food from each food group, planning meals using MyPlate concepts and finding and utilizing the MyPlate website, tools and resources.

Other presentation topics include:

- Healthy Weight
- Losing Weight
- Exercise to lose and control weight
- Portion Control
- Eating Breakfast
- Cooking for Healthier weight
- Dining Out
- Sugar Beverages
- Eating Low Fat

Community Partnerships

We partner with communities to sit on boards, work on events, attend health fairs and more. We are also a great resource to put you in touch with other agencies that work with us. Let us know how we can help you in your community.

Preschool Programming:

Good Health Rules

Students will learn about washing, eating healthy, getting enough physical activity, covering their germs and going to bed when it's bed time through 5 different "unhealthy" creatures. (Dowdy Duck, Picky Puss, Musty Old Mole, Sneezzy Wheezy Weasel and Naughty Night Owl)

The creatures are introduced one by one and we talk about ways they could be healthy.

There is a 10 minute movie with the creatures. After the movie, we go over the creatures again and get ready to do a matching game.

The matching game: Children are called up one at a time and given a picture of something healthy. They match it to the creature that needs it. For example, a picture of someone taking a bath would match with Dowdy Duck.

Children are given a coloring book with the creatures discussed in the program.

Seat Belt Safety/Buckle Bear

Students will learn about the importance of buckling up when they are in a car, using a booster seat and riding in the back seat.

We start with the story of Buckle Bear. A family of rabbits wants to go to the puppet show, but doesn't have a ride, so Mrs. Bear and her little bear give them a ride. They must all buckle up before they go for a ride.

Next we talk about buckling up and we put a very large teddy bear named "Buckle Bear" into a booster seat that has a seat belt attached to it, to show how a seat belt should fit. We discuss sitting in the back seat, having the belts on our "strong bones" (shoulders and hips) and not unbuckling until the driver says it's ok.

We end with a movie titled "I'm Safe in the Car." Kip is a pup that thinks he's big enough to ride without his booster, so the mom pulls into a car seat check-up where Boost-a-Moose checks them out and gives them tips.

Children are given a coloring page and the car seat program flyer.

School Programs:

Hygiene

5th Grade- "Road to Good Health" game with 23 health and hygiene questions to discuss keeping healthy.

4th Grade: "Personal Health and Hygiene" video and discussion on the topics throughout the video, pausing after each segment to talk about different topics.

With each group, we use a plush item to show how germs can spread. If they have the plush item in their hands, they can talk. It is tossed to each person when it was their turn to talk or answer a question. Before the program, the plush item is placed in a bag with powder that glows under a black light. We tell the kids that there was powder spilled in the bag. The presenter touches his/her eyes, nose and around the mouth when talking about those areas being germ areas.

After we finish our discussion, we tell the students that the plush item wasn't just for talking, that the powder on it glows and we show them how it glows under a black light. We show them our hands and face and wherever else the powder went. Then we go around the room and check their hands to see if there is powder on them. We emphasized that the powder does not show germs, that it's just powder and this is just an example of how germs spread.

Alternative Program: Hand Washing. You can use the glow powder to show them the importance of washing hands by putting the powder on their hands, having them look at their hands under a black light and then washing their hands and re-checking to see how well they washed their hands.

Bike/Pedestrian Programs (See page 1)

Tai Chi for Arthritis

Tai Chi is an ancient Chinese practice of slow, continuous, whole body movements, strung together in a “form.” Like dance, the movements are learned and followed one after another, in a particular order.

Tai Chi for Arthritis is an evidenced based program that has been proven to help reduce the risk of falls by: · Movement control · Weight transference · Integration of mind and body.

Tai Chi has been shown to increase

- strength
- flexibility
- sense of wellbeing
- balance

Tai chi also shown to decrease

- pain in joints
- stress
- high blood pressure
- falls and fall risks

About Tai Chi for Arthritis Classes:

- Classes are taught by Certified Tai Chi Instructors.
- Classes are held 2 times a week, for 8 weeks.
- You will be given handouts to support what is covered in class, to help with your practice at home.
- Classes are tailored to your abilities, all ability levels are welcome!
- Need to have 20 participants to hold class, but can have no more than 30.

Health and Fitness Challenges

Work with a Health Educator to set up a Healthy Life Style Challenge. These are a fun way to help you with better health and fitness! We have a variety of programs that we can offer to groups or individuals.

Program length varies. (4, 6, or 8 weeks)

Some programs involve wearing a pedometer and tracking steps or minutes of exercise, while others have you checking off how many servings of fruits and vegetables are eaten or how much water you drink.

Fun titles include,

Fall into Fitness 

Stepping Stars! 

Hydrate 4 Health
Water is Best! 

Step by Step! 

Step into summer! 

Everybody, Everyday. 

Walktober 

Healthy Living 

Jumpstart Your Heart! 

Healthy Holiday Habits! 

Spring Challenge 

More Programs Available, just ask!

Washington County FREE HIV Testing Program

Target Audience: Anyone with the ability to consent to an HIV Advance Rapid ½ Antibody Test.

 HIV Test Counselors at Public Health offer Anonymous and Confidential HIV Advance Rapid ½ Antibody testing by appointment, Monday through Friday 9:00 am - 4:30 pm. Please call 518-746-2400 to make an appointment.

Don't know if you need to be testing for HIV, the virus that causes AIDS? Please call and ask or view New York State Department of Health's Say Yes to the HIV Test booklet at: <http://www.health.ny.gov/publications/9678.pdf>

Say **yes** to the HIV test.



Have a “hot topic” in mind but do not see it here?

Please contact us!

If we are unable to help, we will find someone who can.

Washington County Public Health takes pride in our ability to partner with others and will connect you with programming that will meet your needs.