

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, for low/no cost, if they 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?
Washington County Public Health has a 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, regardless of income.
- 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.
- **Bike Safety Presentation**
Students will learn about bike safety in a fun, interactive way. Topics discussed include, what to check on your bike before you ride, one seat-one rider, hand signals and more. Helmet safety is also discussed, along with a demonstration using eggs to show kids the importance of using a helmet.



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.

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:

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 captivating statement of who you want to be and what health-promoting, life-giving behaviors you want to do consistently. To create your wellness vision, you must look at your values, motivators, best past experiences, strengths, challenges, supports, strategies 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, assesses an individual's readiness to act on a new healthier behavior, and provides strategies, or processes of change to guide the individual 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:** 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.

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.

- **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

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.

Fun titles include,

 *Walktober* 

Fall into Fitness 



Step by Step!



 *Stepping Stars!*

Step into summer! 




More Programs Available, just ask about our other Titles. 

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, so call today!

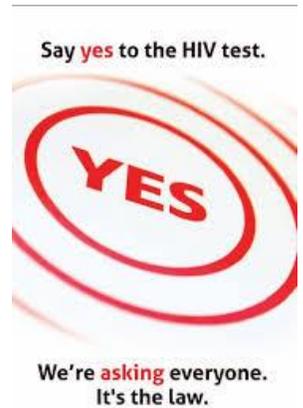
Washington County FREE HIV Counseling and Testing Program

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 counseling and 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 visit: <http://www.health.ny.gov/publications/9678.pdf>



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.