

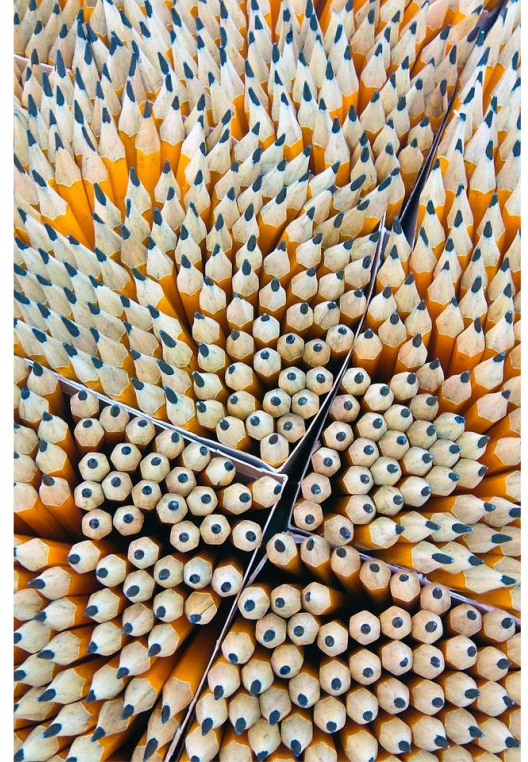
# Health Education and Promotion

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# Learning Outcomes

After today's presentation you will be able to:

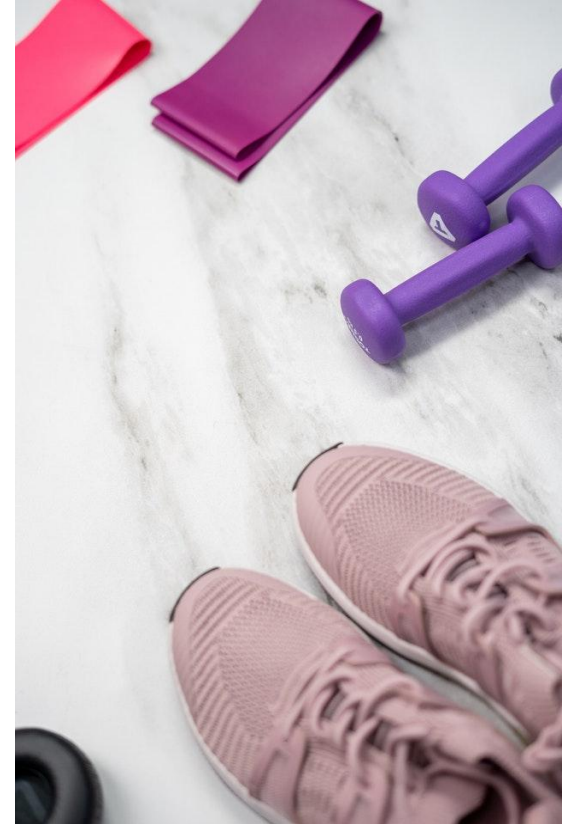
- Define Health Education and Promotion
- Understand the basics of Alzheimer's and Dementia
- Define health and understand how you can make healthy choices
- Define prevention
- Understand a few areas of prevention
- Define physical and health literacy
- Create your own health goals



# Health Education & Promotion

- Increase protective factors, decrease risk factors
  - Modifiable risk factors
  - Evidence-based interventions
- Increasing knowledge about health
  - Educating communities and communities on the importance of exercise, nutrition, etc.
- Improving attitudes towards healthy behaviors
  - Decreasing barriers that would cause someone to make unhealthy choices
  - Use Behavior Change Models/Theories
  - Help people make and reach their goals

Can you think of ways you can promote health?



# Health Program Planning

- Planning
  - Planning Models
  - Assess needs
  - Mission, goals, objectives
  - Behavior change theories and models
  - Choosing an intervention
  - Community building
- Implementation
  - Identify and distribute resources
  - Marketing the program
  - Implement
- Evaluation
  - Types of evaluation: Formative and Summative
  - Evaluation design
  - Gathering and analyzing data



# What is a Health Educator/Certified Health Education Specialist?

- Health Educator or Health Education Specialist
  - provide and manage health education programs that help individuals, families, and their communities maintain healthy lifestyles.
  - Collect and analyze data to identify community needs prior to planning, implementing, monitoring, and evaluating programs designed to encourage healthy lifestyles, policies, and environments.
  - They may serve as resource to assist individuals, other health professionals, or the community, and may administer fiscal resources for health education programs.
  - A Certified Health Education Specialist (CHES) has met specific requirements regarding seven areas of responsibility by the passing of an exam. They must renew this credential through continuing education.



# How I Practice Health Education/Promotion

alzheimer's  association®

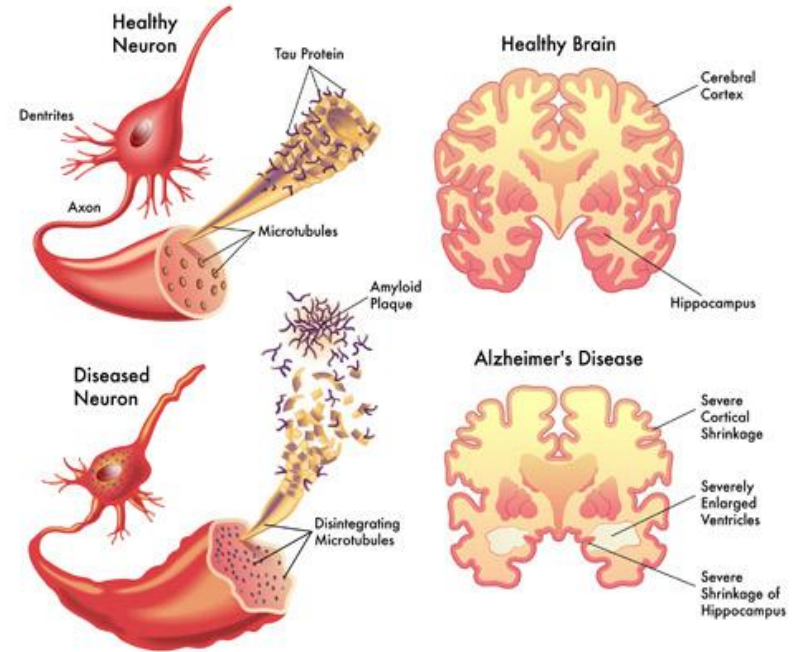
- Alzheimer's Association
  - Volunteer Community Educator
  - Healthy Living for the Brain and Body, 10 Warning Signs of Alzheimer's and Dementia, Understanding Alzheimer's and Dementia, and Effective Communication Strategies (for caregivers of those living with Alzheimer's or dementia)
- Zumba
  - I am Zumba certified, which allows me to promote others to stay healthy through movement
- University of St. Augustine for Health Sciences
  - Clinical Education Program Assistant
- Continuing Education to maintain my CHES credential





# What is Alzheimer's and Dementia?

- Alzheimer's vs. Dementia
- Dementia is a broad term that describes a group of symptoms
- Alzheimer's is the most common cause of dementia
  - It is a disease that affects the brain and how it functions
  - Plaques
  - Tangles
- It causes memory loss, affects how the brain works, and how a person thinks and behaves.
- It is not a normal part of aging
- Over time, it also changes the way a person's body functions.



# What is Health?

- Health has a many definitions as it can mean different things to different people.
- Health can be described as “a dynamic state or condition that is multidimensional, a resource for living, and results from a person's interactions with and adaptation to the environment.”
- Health is the “condition of being sound in body, mind, and spirit.”

**What does health mean to you?**





# What do Humans Need to Stay Healthy?



# What is Prevention?

- Prevention is “the act of preventing or hindering”. Preventing means “to keep from happening or existing.”
  - As it relates to health, prevention means taking actions to stop negative health outcomes before they happen
- What are we trying to prevent?
  - Chronic disease
  - Other negative health outcomes
- Levels of Prevention
  - Primary
  - Secondary
  - Tertiary
- How do we prevent?
  - Evidence-based practices
    - Health Coaching
  - Health Education and Promotion Programs



# Physical Activity/Exercise

- Exercise, Physical Activity, Movement
  - Bodily exertion for the sake of developing and maintaining physical fitness
  - Moving your body is a way that builds muscle or gets your heart rate up
- It is recommended that kids get 60 minutes of exercise a day
- Benefits of exercise
  - Improved focus
  - Strong body
  - Sleep better
  - Reduces risk of disease
  - And more!
- What is your favorite type of exercise?
- An active body is a healthy body!

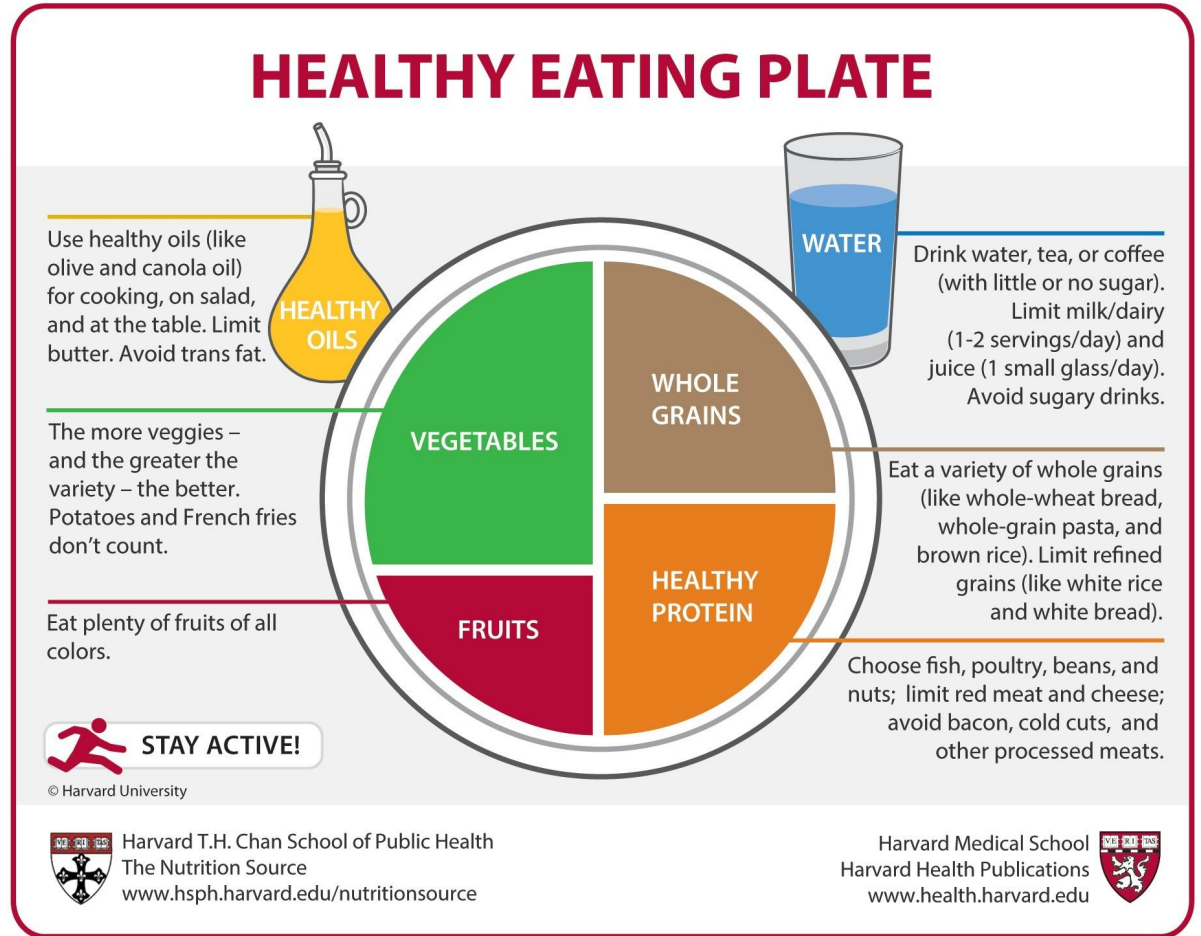


# Nutrition

- What is nutrition?
  - Nutrition is the process in which we take in and use food substances
- Nourishing and fueling your body
  - Nourishing can mean to promote growth, to sustain, to nurture
  - We want to nurture our bodies by how we move it and what we put in it
- Tools to make healthy choices
  - The Healthy Eating Plate is a good tool to use as a guide to create healthy balanced meals.



- Fruits and vegetables take up 1/2 of your plate
  - Go for a variety of colors
  - What are your favorite fruits and vegetables?
- Protein takes up 1/4 of your plate
  - Protein builds and maintains tissue in your body
  - What are your favorite protein sources?
- Whole grains take up 1/4 of your plate
  - Whole grains have more fiber and help you feel full.
  - What are your favorite whole grains?
- Healthy oils
- Drink water





# Hygiene and Sleep

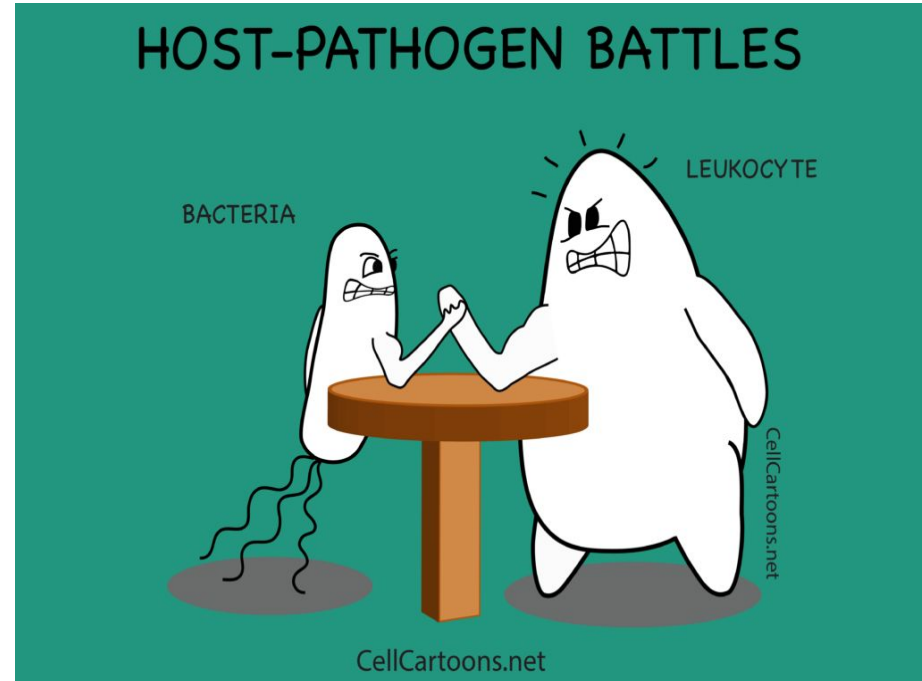
- Hygiene
  - Conditions or practices conducive to health
  - Handwashing
  - Regular Bathing
  - Brushing your teeth
  - Others
- Sleep
  - Sleep gives your body a break and allows you to 'recharge'
  - Kids ages 5-12 need between 10-11 hours of sleep each day
  - Can affect your growth



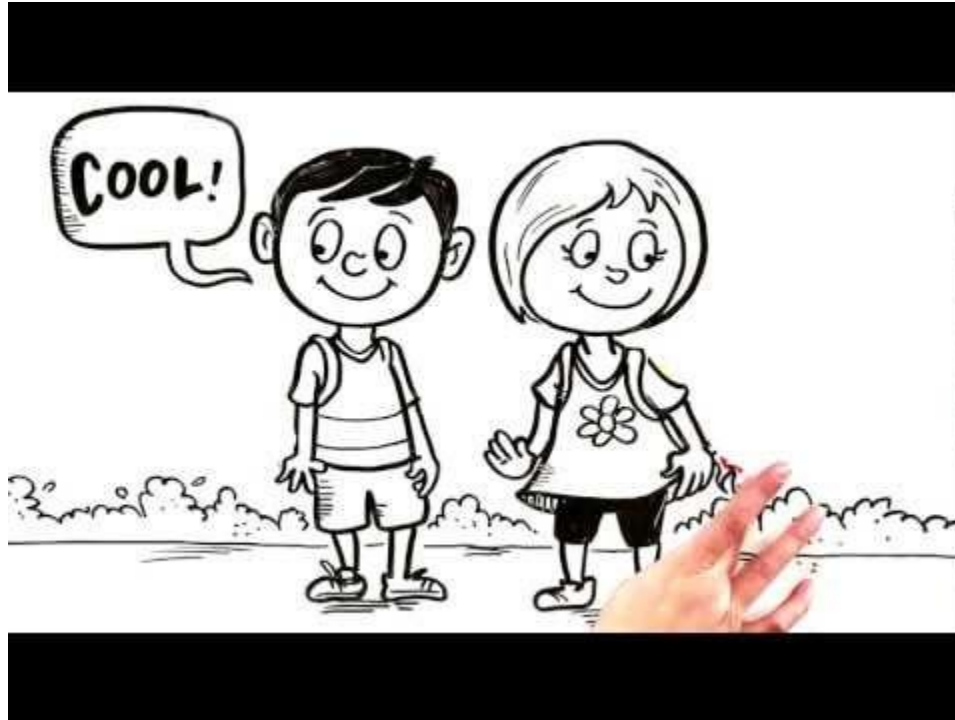


# How the Immune System Works

- Immune System
  - The system in your body that fights off sickness
  - A network of cells, tissue, and organs that work together to protect your body
  - Your skin is the body's first defense
- The cells involved
  - White Blood Cells: leukocytes (say: LOO-kuh-sytes), are part of this defense system. There are two basic types of these germ-fighting cells:
    - phagocytes (say: FAH-guh-sytes), which chew up invading germs
    - lymphocytes (say: LIM-fuh-sytes), which allow the body to remember and recognize previous invaders
- Healthy behaviors keep your immune system strong!



# Physical and Health Literacy



# Goals and Objectives

- Goals
  - Broad statements that describe expected outcomes
- Objectives
  - Specific steps taken to reach the goal
- Obstacles/barriers
  - Things that make it more difficult for an individual to achieve a goal
- SMART Goals
  - Specific, Measurable, Attainable, Relevant, Time-Bound

How can you create goals?



# Goal Creation Activity

My Goal:

Jog 3  
miles in  
35  
minutes

I will complete my  
goal by:

June 1st

Why I want to  
achieve this goal:

- Physical and mental health
- Build endurance

Steps to achieve  
my goal:

- Start by jogging 2 miles 3x/wk for 3 weeks
- Start jogging 3 miles 3x/wk gradually getting faster times until June 1st

My obstacles:

- Time
- Tired
- Forgetting

Actions to overcome  
obstacles:

- Get up thirty minute earlier
- Go to bed earlier
- Set reminders





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