

# Come and Get It!

## Great Health Topics for Classes and Groups of All Ages

### Lexington-Fayette County Health Department

The Lexington-Fayette County Health Department has a variety of presentations on different health topics. Presentations can be made to classes in primary or secondary schools, to parent groups, to church groups, and others interested in learning more about healthy lifestyles.

The following is a sampling of the many presentations we have available. We may also be able to give information on other health topics upon request. Contact information for each presentation is included in the description.

#### General Information

- All classes are available to groups of ten or more. If you would like us to speak to your community group (i.e. PTA, other parent group, classroom students, teacher group, etc) we ask that you identify at least ten people who are interested in a certain topic. After planning the date and time of the class, we may ask that you confirm with interested persons in your group to preregister for the class to ensure adequate participation.
- All classes are free of charge, although you may be asked to pay for supplies needed for cooking/snack demonstrations.
- If our staff is unavailable, but you have a qualified speaker in your organization to teach the class (i.e. employee health nurse or school nurse), we have lesson plans, outlines, props and handouts needed for some presentations available for check-out.
- The following topics are popular presentations that our staff is able to offer your organization or school. If you have a topic in mind that is not on the list, just give us a call; we would be happy to work with you to develop something specifically for your target audience.

#### Community Nutrition and Health Education

For more information or to set up a class, contact:

Nancy Hiner, RD, LD, CDE  
288-2344 [NancyG.Hiner@ky.gov](mailto:NancyG.Hiner@ky.gov)

Karen Jones, MS, RD, LD  
288-2473 [KarenT.Jones@ky.gov](mailto:KarenT.Jones@ky.gov)

#### Healthy Weight

This one-hour class will review how to lose weight in a safe, healthy way. Topics covered include: MyPyramid, portion control, food labels and physical activity guidelines.

Target audience: Adults who want to lose weight.



#### Healthy Heart

This one-hour class will explain how to decrease your cholesterol and blood pressure and improve the health of your heart, reducing your risk of having a heart attack or stroke.

Target audience: Adults with high cholesterol or high blood pressure.

#### Healthy Fast Food Choices

This presentation can be ½ to one hour in length, depending on your needs. We use our fast food display to show high fat choices as compared to the lower fat alternatives at fast food restaurants. If time allows, menus are passed out and participants are asked to plan a healthy meal at a restaurant. Healthy kids-meal choices can also be reviewed, as needed.

Target audience: Adults or school-age children.

### **Healthy Snacks for Kids**

This presentation can be ½ to one hour in length, depending on your needs. The “ingredients” to a healthy snack are described and participants are given a list of snack ideas. Snack demonstrations are often done with this presentation.

Target audience: Parents/caregivers or school-age children.



### **MyPyramid**

Explore the new MyPyramid and discover what changes were made from the old Food Guide Pyramid and this new version. Learn to navigate the MyPyramid.gov website and how to use it to create your daily eating plan. A classroom with an Internet connection is preferred.

Target audience: School-age children or adults.

### **Dietary Guidelines**

This ½ hour presentation reviews tips and recommended servings for adults from each of the food groups. Ways to get moving are also discussed.

Target audience: School-age children or adults.

### **Fruits & Veggies More Matters**

Research has shown “the more, the better” when it comes to fruits and veggies. The “5-A-Day” campaign is revamping into the new “Fruits & Veggies More Matters” campaign, which is rolling out in January 2009. This presentation gives ideas on how to bring more fruits and vegetables into your everyday meals.

Target audience: School-age children or adults.

### **Choose 1% or Less**

This presentation describes the benefits of eating low-fat dairy products and why higher-fat dairy products are not a healthy option. A milk taste-test is an optional component of this class.

Target audience: School-age children or adults.

### **The Dangers of Sugar-Sweetened Beverages**

This ½ hour class uses our soft drink display to educate on the amount of sugar in sweetened beverages and the health risks associated with drinking these. Healthier options are reviewed. An interactive component to this lesson includes measuring the number of teaspoons of sugar in your favorite beverage.

Target audience: Children in 3<sup>rd</sup> grade and up or adults.

### **Cooking & Snack Demonstrations**

These demonstrations are tailored to the needs of your target audience. Popular demos include: fruit & yogurt parfaits, smoothies, or healthy snacks. An explanation of the nutrient content of the snack and its health benefits is given during the demo.

Target audience: Adults or school-age children.

### **Secrets of Good Health**

This beautiful hatbox is chock full of props that demonstrate different health messages. Using interactive audience participation, the “Secrets of Good Health” is a dramatic and memorable way to reinforce health messages. For example, a rubber band symbolizes the importance of developing flexibility and the class is invited to do some stretching. The kit includes a “tried and true” script that has pertinent facts, as well as practical ideas for incorporating healthy behaviors into our lives.

Target audience: School-age children or adults.

### **We Can!**

Ways to Enhance Children’s Activity and Nutrition is a National Institutes of Health curriculum that promotes screentime reduction, reduced sweetened beverage consumption, healthier meal choices and increased activity in “tween” kids ages 8-13. It is designed as a four-week series, with “homework” goals given each week to parents.

Target audience: Parents or caregivers of “twens”.

### **April Age Progression Software**

This unique age progression software program creates a stream of images of a person’s face as it changes with age. April Age will age a person using a number of parameters to show the effect on your health including: exposure to sun, smoker vs. non-smoker and obesity. In a group setting, one participant is used as the “model” and each risk factor is explained.

Target audience: Children 4<sup>th</sup> grade and up and adults.

### **Tyrone Tooth**

Tyrone is a tooth-shaped pillow that teaches children about which foods “stick” to the teeth and which “slide off”. A script is available, along with props such as a jumping rope that is used to “floss” the children.

Target audience: Children 3rd grade & under.

### **Diabetes Prevention and Control**

For more information or to set up a class, contact:

Amy Campbell, RD, LD, CDE  
(859) 288-2347 [AmyL.Campbell@ky.gov](mailto:AmyL.Campbell@ky.gov)

Janey Wendschlag, RN, BSN  
(859) 288-2310 [Janey.Wendschlag@ky.gov](mailto:Janey.Wendschlag@ky.gov)

### **Pre-Diabetes**

Pre-diabetes is where your blood sugar is higher than normal but not yet high enough to have diabetes. It used to be referred to as "borderline" diabetes. This class discusses making healthy lifestyle changes in order to prevent or delay diabetes.

Target audience: Adults and youth at risk for developing diabetes.

### **Living Well with Diabetes**

Diabetes can be overwhelming. This 4-part series covers a variety of topics to help you stay healthy if you or a family member has diabetes.

Target audience: Adults with diabetes.

### **Taking Steps to Prevent Type 2 Diabetes**

Type 2 Diabetes is serious, common, costly and controllable. But we know from research that it can be delayed or prevented. This workshop is designed to teach you how to prevent or reduce your risks of developing type 2 diabetes.

Target audience: Adults at risk for developing diabetes.

### **Tobacco Use and Cessation**

For more information or to set up a class, contact:

Angela Brumley-Shelton, M.A.  
(859) 288-2457  
[Angela.Brumley-Shelton@ky.gov](mailto:Angela.Brumley-Shelton@ky.gov)

Andrew Beckett, M.P.H.  
(859) 288-2327 [AndrewB.Beckett@ky.gov](mailto:AndrewB.Beckett@ky.gov)

### **Don't Give Up Giving Up**

This talk outlines reasons to quit smoking, ways to get ready to quit and how to stay smoke-free.

Target audience: All ages.

### **Cooper Clayton Method to Stop Smoking**

This free 12-week program combines nicotine gum, patches, or lozenges with support and skills training in a supportive group setting for any adult who wants to quit smoking. Currently, classes meet at the Health Department Annex at 805 Newtown Circle.

Target audience: Adults

### **A Closer Look at Tobacco**

Identifying "starter" products as well as smoke and smokeless tobacco products and their paraphernalia, this presentation exposes common progressions of tobacco addiction. The realistic models are enclosed behind Plexiglas.

Target audience: All ages.

### **Effects and Hazards of Smokeless Tobacco**

This presentation uses props “Giant Mr. Gross Mouth” and “Harry’s Scary Tongue” to show the effects of smokeless tobacco, gingivitis, carcinomas, and tooth decay on oral health.

Target audience: All ages.



### **Effects & Hazards of Secondhand Smoke**

Many people don't realize that the smoke produced by a burning cigarette can be just as deadly as that which the smoker inhales. This presentation covers the risks for developing a number of serious conditions and diseases, especially among children as well as developing babies during pregnancy.

Target audience: Adults and youth.

### **Lung Lou-Wheeze**

Lou-Wheeze has two flexible latex lung models: one represents a healthy lung, and the other depicts the damage done by emphysema and cancer.

Target audience: All ages

## Sexuality/Abstinence

For more information or to set up a class, contact:

Elayne Hollinger, BA, CD/FR  
AASECT Certified Sexuality Educator  
(859) 288-2426 [Elayne.Hollinger@ky.gov](mailto:Elayne.Hollinger@ky.gov)

### Managing Pressures Before Marriage (formerly Postponing Sexual Involvement)

This abstinence education series teaches participants to effectively say no to sexual pressures. The 5-week series is taught by trained high school peer leaders, accompanied by the adult health educator.

Target audience: Elementary and middle school age children.

### Reducing the Risks (RTR)

This flexible comprehensive sexuality curriculum offers the following topics:

- Abstinence Education
- Parent Education/ Trainings: How to talk to your kids about sex and other important issues
- Self-esteem
- Internal Pressures
- Peer Pressure
- Media Pressures
- Social Pressures
- Healthy Relationships
- Types of Relationships
- Family Values
- Effective Communication
- Hygiene
- Family Life Skills
- Growth and Development
- Sexuality Education
- Date Rape Drugs
- Sexually Transmitted Infections/HIV & AIDS
- Birth Control
- Stereotypes

Target audience: High school and college-age students, adults and parents.

## Breastfeeding and Infant Nutrition

For more information or to set up a class, contact:

Doraine Bailey, MA, IBCLC, RLC  
Breastfeeding Support Services  
(859) 288-2348 [DoraineF.Bailey@ky.gov](mailto:DoraineF.Bailey@ky.gov)

### Feeding Your Baby

This presentation covers normal infant growth and development and the effects of feeding babies various foods at different ages.

Target audience: High school youth and adults

### Breastfeeding Basics

Expectant parents learn the 'how to's' for good breastfeeding technique, overcoming challenges, and balancing work and school.

Target audience: Pregnant youth and adults.

### Sexuality Above the Waist

Breast/chest growth and development for boys and girls is the emphasis of this presentation. Changes during puberty, pregnancy, and breastfeeding are covered, along with breast/chest health, breast self-exam, and breast cancer awareness.

Target audience: Middle and high school students.

## Other Ways to Get Your Health Message Across

The Lexington-Fayette County Health Department can help you develop creative ways to promote healthy lifestyles:

- Health related article in newsletter
- Consultation on health policy
- Payroll staffers with health information
- Consultation on food available to target audience (vending areas, cafeterias, meetings)
- Consultation on long-term health supports (weight loss program, exercise equipment recommendation, smoking policy, etc...)

Contact Nancy Hiner at (859) 288-2344 for assistance.



Lexington-Fayette County Health Department  
650 Newtown Pike  
Lexington, KY 40508  
[www.lexingtonhealthdepartment.org](http://www.lexingtonhealthdepartment.org)  
(859) 288-2395