

Health Education

Health Education Outreach

The overall goal of community health education and health promotion is to educate people of all ages about the risks associated with certain lifestyle choices and to help people make voluntary behavior changes in order to improve their health and the quality of their lives. Health Education empowers people to take more control over their personal, family, community, and environmental health and well-being.

Health Educators Can:

- Assess individual and community needs
- Implement health education programs
- Evaluate effectiveness of health education programs
- Coordinate the provision of health education services
- Write grants
- Build coalitions
- Encourage healthy behavior
- Advocate for health related issues
- Plan, develop, and administer health education programs
- Organize and mobilize communities for action
- Advance the profession of health education

Coalitions and Committees

Hoke County Collaborative



The Hoke County Collaborative was started about 2 years ago By the Hoke County Community Foundation. The Collaborative brought together community leaders and Health care providers to focus on ways to decrease obesity among the adults in Hoke County who are at risk of developing Diabetes.

The decision making members of the Hoke Collaborative Board are as follows: Hoke County Health Dept., First Health, Dr. Karen Smith, Cape Fear Valley Medical Center, SRAHEC, and some other key community leaders.

Healthy Hoke Advisory Council

This Advisory Council is based on the Healthy Carolinians' countywide coalition that is dedicated to empowering the citizens of Hoke County to increase their life span through education and health promotion. The focus of **its mission** is aligned with the North Carolina Healthy People 2020 established goals: *“to increase the span of healthy life; eliminate health*

disparity among the disadvantaged; promote access to preventive health services; advocate for the public's health; foster positive supportive living and working conditions in our communities; and support individuals to develop the capacities and skills to achieve healthy living.”

The Health Dept. staff uses the recommendations from this council to provide programs and events within Churches, neighborhoods, schools, worksites or in the homes of families. The Hoke County Health Dept. wants to **promote**, **protect**, and **preserve** the public's health. If you are interested, contact Ms. Edwards 875-3717 ext. 2111 or the Health Education Office at (910)975-3717Ext: 2104/2106.

Chronic Disease Coalition

The ***Hoke County Diabetes Coalition*** will be spearheading the Chronic Disease Committee. This Coalition has been in existence since 2002 and merged with the HHTF in 2003. The Coalition has successfully planned and implemented its Annual Diabetes Health Fair as well as increased its Diabetes Support Group membership.

Health Education/Promotion Programs

Programs are provided cost free through our Health Promotions Office which offers schools, community groups and individuals supportive information about lifestyle changes to enhance and maintain their well-being. Community educational programs and materials are provided by request for churches, schools, civic organizations, etc. All requests for educational program or educational material must be made at least 4 weeks in advance.

If you would like to request/inquire about our programs or health educational materials, contact the Health Education Office at 910-875-3717 Ext: 2104/2106.

[Health Education Service Request Form](#)

Health Education Programs

Programs are designed to educate individuals about making healthy lifestyle changes now in an effort to reduce chronic health problems in the future? The following are some of the programs that have been implemented in the community:

- STD and HIV/AIDS Awareness
- Wellness Education
- Personal Hygiene Education
- Family Planning Workshops
- Nutrition & Physical Activity
- Breast Cancer Awareness
- Heart Health Education
- Pre-Parenting Education
- Car Seat Education/Training
- First Aid and CPR Training (**see schedule below**)

- Diabetes Education & Management
- Childbirth Education
- Tobacco Prevention & Cessation Education

Childbirth Education Classes (CBE)

[Childbirth Education Registration Form](#)

For first-time moms and your partner will learn what to expect during childbirth and how to prepare for labor and birth. Topics include: pain reduction, breathing and relaxation techniques, labor partner training, medical procedures, the complete childbirth process and more. For experienced moms, these classes will help refresh your skills in preparation for childbirth.



CBE classes are recommended to expectant mothers who are in their second trimester. Class sizes are limited, a payment of \$35.00 must be received one week prior to class start date or if you receive Medicaid, a copy of your current Medicaid card must be on file one week prior to the class start date.

A Series of Five-Week Class; Time: 6:00-8:00 P.M.

<i>First Series 2013</i>	<i>Second Series 2013</i>	<i>Third Series 2013</i>	<i>Fourth Series 2013</i>
01/10/2013	02/21/2013	04/04/2013	05/16/2013
01/17/2013	02/28/2013	04/11/2013	05/23/2013
01/24/2013	03/07/2013	04/18/2013	05/30/2013
01/31/2013	03/14/2013	04/25/2013	06/06/2013
02/07/2013	03/21/2013	05/02/2013	06/13/2013

Note: Classes may be changed/canceled depending on availability of instructor, class participation, holiday, and inclement weather. For more information or to register for classes contact Cornelia Murchison at 910-875-3717 Ext: 2104.

Project H.O.K.E. (Healthy Outlook The Key For Everyone)

This project aims to reduce the risk of Type II diabetes in the minority populations of Hoke County, specifically the West and South Hoke Communities. Activities will be achieved by working with faith based community leaders (*gatekeepers*) and hosting educational sessions in locations identified by gatekeepers as the best settings to reach the population.

The following church(es) has participated in Project H.O.K.E.: -Word Of Life

For more information contact Ulva Little, Health Educator at 910-875-3717 Ext: 2106.

Diabetes Education Management Education Program



Diabetes Self-Management Education (DSME) is the ongoing process of facilitating the knowledge, skill, and ability necessary for diabetes self-care. This process incorporates the needs, goals, and life experiences of the person with diabetes and is guided by evidence-based standards. The overall objectives of DSME are to support informed decision-making, self-care behaviors, problem-solving and active collaboration with the health care team and to improve clinical outcomes, health status, and quality of life.



For more information contact Ulva Little, Health Educator at 910-875-3717 Ext: 2106.



Diabetes Support Group

The Diabetes Support Groups programs are designed to provide educational information concerning many aspects of diabetes and related health issues associated with this disease.

Meeting Days – 2nd Tuesday of the Month 5:30 PM-6:30 PM
except in November and December

Annual Diabetes Health Fair- 1st Saturday in November

For more information contact the Health Education Office at 910-875-3717 Ext: 2104/2106.



Eat Smart Move More North Carolina (ESMMNC)



ESMMNC is a statewide movement that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play and pray.



This program encourages communities, schools, churches, and businesses to make it easy for people to eat healthy food and be physically active.

ESMMNC encourages individuals to think differently about what they eat and how much they move, and to make choices that will help them feel good and live better.



For more information contact the Health Education Office at 910-875-3717 Ext: 2106.

Adolescent Health

Programs are design to educate youth about making healthy lifestyle decisions now in an effort to reduce negative consequences' and chronic health problems later as adults. The following are some of the programs that have been implemented in the schools as well as the community:



- STD and HIV/AIDS Education
- Self-esteem Education
- Winner Circle Nutrition Education
- Drug and Alcohol Prevention
- Abstinence Education
- Wellness Education
- Hygiene Education
- Teen Pregnancy Prevention

Education programs are not limited to these topics and can be tailored by request. For more information contact Cornelia Murchison, Health Educator at 910-875-3717 Ext: 2104.

Baby Think It Over Program

The “*Baby Think It Over Program*” is design to explore the consequences of adolescent parenting through simulation. It is said, we remember 10% of what is read; 20% of what we here; 50% what we see and 90% doing the job ourselves even if it is only through simulation.

“Research demonstrates that performing a structured experience will later serve as a reminder system which reiterates the consequences of a past action when faced with a similar situation.

The “*Baby Think it Over Program*” provides an experience for young adults that simulates the parenting of an infant.



Summer programs are available and open to the community. For more information contact Cornelia Murchison, Health Educator at 910-875-3717 Ext: 2104.

Not On Tobacco Teen Cigarette Smoking Cessation Program

Each day, nearly 4,800 adolescents (aged 11-17) smoke their first cigarette; of these, nearly 2,000 will become regular smokers. That is almost two million annually. Approximately one-third of these young smokers will eventually die of smoking-related illnesses. Of adolescents who have smoked at least 100 cigarettes in their lifetime, most of them report that they would

like to quit but are not able to do so. The American Lung Association's Not On Tobacco (N-O-T) offers schools and community groups a unique, proven program for helping these teens quit.

For more information contact Ulva Little, Health Educator at 910-875-3717 Ext: 2106.

American Red Cross First Aid/CPR/AED Class Schedule (Adult/Child/Infant)

Classes may be changed/canceled depending on availability of instructor, holiday, and inclement weather. To register or for more information call the Hoke County Health Center at 910-875-3717 ext. 2106.

CPR Schedule

Date	Time
Friday, January 18, 2013	9 AM – 5 PM
Friday, February 8, 2013	9 AM – 5 PM
Friday, March 15, 2013	9 AM – 5 PM
Friday, April 12, 2013	9 AM – 5 PM
Friday, May 17, 2013	9 AM – 5 PM
Friday, June 14, 2013	9 AM – 5 PM