HackensackUMC
Health Awareness Regional Program

# Promoting a Healthy Community

## Programs for Children and Adults

Located at

HackensackUMC Fitness & Wellness | POWERED BY THE GIANTS

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The Health Awareness Regional Program (HARP) of Hackensack University Medical Center has been committed to providing the highest quality of population-based health promotion and illness prevention services since 1977. Partnering with communities and local organizations throughout the region, HARP provides community based health promotion and education.

We offer customized programming and attend local events. Programs are available for all ages. Our health education programs focus on promoting a healthy life style by assisting the community to eat healthy, be active, manage stress and avoid tobacco.

This resource guide has been prepared to introduce you to the wide variety of programs aimed at assisting individuals toward healthier lifestyle choices. As we continue to introduce new programs and expand current ones, we invite your comments and requests for topics that you don't see listed. For more information and to book a health education program please contact us 551-996-2038 or email harp@HackensackUMC.org

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## HEALTH PROMOTION PROGRAMS FOR CHILDREN

### Nutrition & Physical Activity

**Captain 5 A Day: Preschool**
With this fun and interactive program children learn the importance of eating "5" fruits and vegetables a day as well as exercising. This program can be used as multiple sessions as well as a stand-alone program. This program has been widely tested, and used throughout the country.

**MyPlate: Pre K – 1st grade**
This science based interactive lesson features informative, animated lessons about the five food groups. It has follow-up activities that challenge children to sort foods into the correct food groups, and create a balanced meal all in an interactive game.

**Portion Distortion: Grades 3-6**
Unfortunately, many kids today seem to be suffering from "portion distortion". They may not recognize what a reasonable portion looks like. Understanding and controlling what you eat needs to start at an early age. Visual aids as well as a video are used to help children visualize recommended food portions.

**Rethink Your Drink: Grades 4-8**
What type of drinks do children grab when they're with their friends or at lunch time? In this program children learn about the sugar content of popular beverages.

**Sports Nutrition: Grades 9-12**
Today as many as 500,000 teens under the age of 18 are estimated to be using performing enhancing drugs and energy drinks. This program helps teen athletes focus on the importance of having a balanced diet and hydration.

**Veggiecation®**
The Veggiecation Program is a culinary-nutrition education program that introduces children to the wonderfully delicious and nutritious world of vegetables. This is done by incorporating unique and kid-friendly vegetable preparations into fun activities and exciting experiences.

## Healthy Choices

**Be Sleep Smart: Teens**
Sleep is essential to your well-being. It is as important as the air you breathe, the water you drink and the food you eat. Learn the role sleep plays in your health. It can even help you manage the stress of being a teen.

**Cavity Free Kids: Preschool-1st Grade**
Learning proper oral hygiene and developing good dental health habits will last a lifetime. This education program focuses on how to brush correctly, why flossing is important, and helps kids understand why regular dental checkups are important.

**Check- Ups, Vaccines and Health Screenings: Middle School**
Help children learn about why we need check-ups, vaccines and what to expect from a visit to your doctor and dentist. Children learn important self-care behaviors that promote a lifetime of good health.

**Dark Side of the Sun/Skin Cancer Prevention: Grades 6-12th**
Skin Cancer is the most common type of cancer in the United States. Through a powerful presentation and true life documentary of a young woman's battle with melanoma reinforcing the facts about protecting your skin.

**GlitterBug® Handwashing Education: Grades K-8**
Hand washing helps prevent colds, flu, and stomach upsets. This program is interactive by using the GlitterBug® lamp to show students how germs spread, and demonstrate and explain the benefits of hand washing.

**Keep your Heart Healthy with "Life's Simple 7" for Kids**
Find out if your heart is healthy using "Life's Simple 7™". The American Heart Association developed "The Life's Simple 7" series which describes things you can do on your own to keep your heart healthy and some things that may require the help of a health professional.

**Stranger Safety: Grades Preschool-1st grade**
Through discussion, video and role-playing children will be introduced to the appropriate rules for dealing with strangers and potentially un-safe situations: answering the phone, getting lost, leaving the home, medical emergencies, and outdoor play.

**Sun Wise® Program: Grades K-8th**
This evidence based program is a nationally recognized program by the United States Environmental Protection Agency (EPA). Children learn to become "sun smart" through positive sun safety approaches to protecting their skin from the harmful effects of ultraviolet radiation (UV).

## Alcohol and Tobacco Prevention

**Drunk and Dangerous®: Grades 4-6**
Drinking and driving can be a deadly combination; a point that's greatly emphasized in this interactive program through the "Drunk & Dangerous" glasses and remote control car.

**Dusty the Dragon® Talks About Tobacco: Grades K-2nd**
This effective tobacco prevention program uses a best practice and fun approach to learning. Children learn the harmful effects of tobacco and smokeless tobacco through role playing and the use of a spin wheel to answer different questions about tobacco.

**Hookah, e Cigarettes, and Tobacco: Teens**
Evidence shows that messages targeted to youth counter tobacco advertisements and programs that encourage tobacco-free life-styles can reduce youth tobacco use. The CDC estimates If smoking continues at the current rate among youth in this country, 5.6 million of today's Americans younger than 18 will die early from a smoking-related illness.

**"I Can't Breathe"®: Grades 6-12**
Each day, more than 5,000 kids try their first cigarette. "I can't breathe" is a compelling true story of a women's struggle with emphysema. Through role play and interactive activities engage the students rather than provide them with lecture-style lesson.

**Minnesota Smoking Prevention Program: Grades 4-8**
This is a comprehensive tobacco prevention program that consists of six developmentally appropriate classroom sessions. Each session is 45 to 50 minutes in length. All activities are designed to actively engage the students rather than provide them with lecture-style lessons.

## HEALTHY LIVING: PROGRAMS FOR ADULTS

**Adult Immunization**
Getting immunized is a lifelong, life-protecting job. This program goes through the important vaccinations you should receive and reviews the current recommendations from the American Committee on Immunization Practices.

**Balance your Life**
American Institute for Preventive Medicine Systematic Stress Management. This program is a highly structured program that teaches people to cope more effectively with stress in their lives. This can be taught either as a stand-alone program or as a multi session program at no cost to resident.

**CARFIT®**
This is an educational program that offers older adults the opportunity to check how well your personal vehicles "fits" you for optimum safety. At the CarFit event, a team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 30 minutes to complete.

**Colon Cancer Awareness**
You have the power to stop Colon Cancer before it starts. This program focuses on the importance of screening. It emphasizes risk factors, types of testing, and strategies on prevention.

**Diabetes: Know your Risk**
What is diabetes and pre-diabetes? Learn the risk factors for diabetes and how you can delay or prevent type 2 diabetes.

**Early Heart Attack Care**
Learn that heart attacks have "beginnings" that may occur weeks before the actual heart attack and why it is important to seek help promptly. Learn the basics of hands-only CPR. Early care equals a better outcome!

**Eat Healthy, Be Active**
The Eat Healthy, Be Active community workshops were developed based on the Dietary Guidelines for Americans, 2010 and the 2008 Physical Activity Guidelines for Americans. Each of these six 1-hour workshops includes a lesson plan, learning objectives, talking points, hands-on activities, videos, and handouts. They maybe be presented individually or as a series.

1. Enjoy Healthy Food That Tastes Great
2. Quick, Healthy Meals and Snacks
3. Eating Healthy on a Budget
4. Tips for Losing Weight and Keeping It Off
5. Making Healthy Eating Part of Your Total Lifestyle
6. Physical Activity Is Key to Living Well

**Ebola**
This course discusses the history of ebola, the recent outbreak and reviews the Centers for Disease Control and Prevention guidelines.

**Emotional Eating**
The program discusses the connection between mood and food and serves as an introduction to the topic of emotional eating.

**GET SMART: Know When Antibiotics Work**
The Centers for Disease Control and Prevention "Get Smart: Know When Antibiotics Work" is a campaign to help raise awareness about a major issue in the development of antibiotic resistance from improper use of antibiotics by patients.

**Health Ease Series**
The Health Ease curriculum was developed by New Jersey Department of Health to promote, support and sustain older adults in living healthier, more independent lives through education and behavior change. They maybe be presented individually or as a series. The topics are:

1. Standing Tall Against Falls
2. Keeping Up the Beat: Heart Health
3. Bone Up Your Health: Osteoporosis
4. Keeping Your Mind Sharp
5. Be Wise About Your Medications
6. Serving Up Good Nutrition
7. Move to Get F.I. T.

***The Heart Truth®***
For more than a decade, the American Heart Association program has worked to raise awareness about women's risk for heart disease–the #1 killer of women in the United States–and the steps they need to make to lead a heart healthy life

**Hydration**
Water is essential to good health, yet needs vary by individual. Learn more about how much you should drink every day and how to meet your recommended goal.

**Mosquito-Borne Illnesses**
Mosquito bites can be more than just annoying and itchy. Learn more about Dengue Fever, Chikungunya, and Zika. Learn how to protect yourself and your family from mosquitos. Learn how to protect yourself when traveling overseas.

**Osteoporosis and Bone Health**
Learn about bone health basics, screening and food for your bones. When you think about staying healthy, learn why keeping your bones healthy needs to be on the top of your list.

**Poison Prevention**
Think the poison center is not for you? Older adults commonly call Poison Control because they took too much of their medicine, made a mistake with a household product, took someone else's medicine, swallowed the wrong dose, or are concerned about a drug interaction. Learn how to avoid these accidents.

**Risky Business**
A national 2008 survey found that about 40 percent of adults ages 65 and older drink alcohol. Older adults can experience a variety of problems from drinking alcohol, especially those who: take certain medications, have health problems, drink heavily. Through interactive spin wheel questions and quiz older adults learn the hazards of alcohol use.

**Skin Cancer Awareness**
Skin cancer is the most common form of cancer in the United States. However, skin cancer is highly treatable especially if it's caught early. This program emphasizes on prevention; it's dramatically emphasized by using the "Derma-Scan" a device that's used to show sun damage on the face.

**Sleep and Aging**
As we age, how does sleep affect our overall health, medical conditions and general well-being? Learn more about sleep and get tips to getting a good night's sleep.

**Stroke Awareness**
Stoke is the third leading cause of death in the United States. This program emphasizes signs and symptom recognition and the importance of dialing 9-1-1 immediately.

**Talking With Your Doctor**
This program provides older adults with strategic planning tools to make the most of their medical appointments. The program is based on National Institute on Aging (NIA) popular booklet *Talking With Your Doctor: A Guide for Older People)*.

**Ticks, Lyme Disease and More**
Learn to be aware of Lyme disease and other tick-borne diseases, recognize basic signs and symptoms, practice preventive actions, and know who to contact for more information.

**The Salty Six® The American Heart Association**
What you choose to eat affects your chances of developing high blood pressure, or hypertension. About seventy-five percent (75%) of the food we eat has salt in it already, including processed foods such as ready meals, sauce, baked beans and pizza.

**Travelling and Your Health**
This program provides an overview of travel related illnesses, emerging diseases and offers general recommendations for staying healthy while traveling.

**Watching Out for Us**
This pedestrian safety program focuses on older adults and teaches about traffic situations in which older pedestrians have the greatest risk of injury and promotes safe walking strategies. It was developed by the Highway Safety Research Center at the University of North Carolina Chapel Hill.

## ASSESMENTS FOR HEALTHY LIVING

**Blood Pressure**
Hypertension, or high blood pressure, if left undetected and untreated can lead to heart attack, stroke, or kidney disease. This screening helps identify those with elevated blood pressure. It includes a complete health history, a nursing assessment of cardiovascular risk factors, blood pressure measurement, and counseling.

**Body Composition and ADA Diabetes Risk Assessment**
Diabetes affects 11 million Americans and its complications can lead to heart disease, kidney disease, and blindness. If left untreated, diabetes can even lead to death. This assessment includes a complete health history, assessment of diabetes risk factors, and education.

**Fall Risk Assessment**
Many falls could be prevented by recognition and treatment of conditions that could cause a fall. Physical problems, such as poor muscle strength, or vision or hearing loss occur over time and people may not realize they exist.

**Memory Screening**
A memory screening is a simple and safe evaluation tool that checks memory and other thinking skills. It can indicate whether an additional check up by a qualified healthcare professional is needed. It does not replace consultation with your health care provider.

## HEALTH PROMOTION FOR ADULTS: EVIDENCE BASED SERIES

### Fall Prevention

**A Matter of Balance**
A Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

**Project Healthy Bones Exercise and Education Program**
This is an evidence-based exercise program for people with or at risk for osteoporosis. The 24-week program includes exercises to improve strength, balance and flexibility, and education on nutrition, safety, drug therapy, and lifestyle related to osteoporosis.

## Chronic Disease

**Stanford University Chronic Disease Self-Management Program**
This program is a community workshop designed to give people with chronic conditions such as arthritis, heart disease, cancer, diabetes asthma etc. and their caregivers the knowledge and skills needed to take a more active role in their health care. This program is a two and half hour, six session program. These programs are available at no cost to residents.

**Stanford University Diabetes Self-Management**
In this workshop participants will find practical ways to deal with the symptoms of diabetes like fatigue, pain, hyper/hypoglycemia, stress, and emotional problems. Participants will learn better nutrition and exercise choices, appropriate use of medication and learn better ways to talk with their doctor and family about their health. These programs are available at no cost to residents.

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