

What kind of education is available?

The Health Education Division has community educators who can tailor a presentation to your needs. Programs can be adapted to the needs of any audience including, but not limited to, schools, employers and staff, church organizations, community groups, professional staff, children's groups, etc.

The Health Education Division is also available to staff tabled events where literature on a variety of topics related to health and fitness will be available for distribution.

Other services offered by the Health Education Division include informative displays and educational literature.

These programs are *FREE OF CHARGE*.

How do I arrange a program?

Contact The Health Education Division
Monday - Friday, 8:30 am - 4:15pm
Phone: 732-745-8860
Fax: 732-745-8484

What other resources are available?

For more information and links to download **TIP Sheets** on all topics visit the Middlesex County Public Health Department's Website at:

<http://co.middlesex.nj.us/publichealth/hot-topics.asp>

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Middlesex County Public Health Department



Program Guide Combating Obesity for a Healthier Middlesex County

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Public Health & Education

Health Education Division

Introduction

In September 2008, the Middlesex County Public Health Department launched their Community Health Improvement Plan (CHIP) which recognized priority health issues that were identified by the community. Obesity was identified as one of these issues.

Results from the Centers for Disease Control and Prevention 2003-2004 National Health and Nutrition Examination Survey showed an estimated 66 percent of U.S. adults are either overweight or obese, and an estimated 17 percent of children and adolescents ages 2-19 years are overweight. Obesity raises concerns because it increases the risk of diseases and health conditions such as high blood pressure, high total cholesterol, high levels of triglycerides, type 2 diabetes, coronary heart disease, stroke, sleep apnea, gallbladder disease, and some cancers.

It is important to continuously provide education about obesity and its affect on health so that the prevalence of disease and other conditions can be reduced within Middlesex County. The Health Education Division has created several programs designed to address this issue. Information and programming will be provided on a range of topics covering the importance of good nutrition and fitness.

What topics are available?



FOR THE CLASSROOM

Classroom programming is available for preschool through grade 6. These programs are specifically geared towards addressing the Department of Education's standards of learning for "Comprehensive Health and Fitness Education." Lesson plans are based on the "MyPyramid for Kids" Program (United States Department of Agriculture).

FOR THE COMMUNITY

Obesity and Chronic Disease

This program offers participants general information about trends in overweight and obesity as well as the link between chronic disease and obesity.

Know Your Numbers

Learn about body mass index (BMI), blood pressure, cholesterol, blood glucose, and other numbers that affect your risk of cardiovascular disease and how they can be modified.

Parent Program

Parents will learn what makes up a healthy diet for kids; how much exercise is enough; tips on how to encourage kids to make healthy choices; the importance of not using food as a reward; and more.

Supermarket Savvy

This program addresses how to read food labels for nutrition information, and how to navigate the supermarket to optimize healthy food choice selection.

Dining out Healthy

It is possible to make healthy choices when dining out. Learn to identify healthy versus less healthy options and to evaluate portion sizes.

Portion Distortion

This interactive program addresses identifying appropriate serving sizes and highlights the changes in portion sizes over the years.

Walking for Fitness

This program discusses the importance of exercise as a way to keep the heart healthy and to maintain a healthy weight (may include an actual walk).

