

# St. Clair County Health Department Health Education Programming Menu

## Community Health Improvement Plan (CHIP)

### Community Health Improvement: General Overview

- 1-hour lesson: Overview of the current St. Clair County Community Health Improvement Plan that identifies specific priorities and strategies to improve the health of the community.

### Community Health Improvement Plan: Mental Health Priority Area

- 1-hour lesson: Presentation highlights key mental health data collected in the most recent Community Health Needs Assessment (CHNA) and strategies proposed to improve specific outcomes like poor mental health, depression, and suicide.

### Community Health Improvement Plan: Obesity & Associated Behaviors Priority Area

- 1-hour lesson: Presentation highlights key obesity and associated behaviors data collected in the most recent Community Health Assessment (CHNA) and strategies proposed to improve specific outcomes such as a reduction in youth and adult obesity and an increase in leisure time.

### Community Health Improvement Plan: Substance Use Priority Area

- 1-hour lesson: Presentation highlights key substance use data collected in the most recent Community Health Assessment (CHNA) and strategies proposed to improve specific outcomes such as decreasing: drug-induced deaths, the percentage of adult's binge drinking, and teen vape use.

\*Learn more about the Community Health Improvement Plan process [here](#).

## Environmental Health

### Allergies & Asthma

- 1-hour lesson: Overview of disease processes and management; discusses how to respond to anaphylaxis and/or asthma attack; includes EpiPen™ demonstration.

### Bloodborne Pathogens

- 1-hour session: Training for non-healthcare staff on how bloodborne pathogens are spread, how to avoid exposure and what to do if exposed to infectious materials. Occupational Safety and Health Administration (OSHA) requirements will be covered.

### Head Lice, Bed Bugs, and Scabies

- 1-hour lesson: Educates on signs/symptoms, management, and prevention.

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### Healthy Living

#### Hygiene

- 1-hour lesson: Covers basics of personal hygiene, cleanliness, and infection prevention.

#### Taking Control of Your Health

- 1-hour lesson: Presentation on making health a priority. Topics include how to obtain health insurance, establishing primary care, and tips for talking to the doctor.

### Healthy Relationships

#### Contraception 101

- 1-hour lesson: Educates on devices and methods, pro/cons, and how to access services.

#### Sexually Transmitted Diseases (STDs)

- 1-hour lesson: Educates on signs/symptoms, risks, prevention and testing options.

### Public Health 101

#### 10 Essential Public Health Services

- 1-hour lesson: Overview of the 10 Essential Public Health Services and the services provided at the St. Clair County Health Department.

#### Health Equity

- 1-hour lesson: Explores the structural and societal forces present that can disproportionately impact the health of certain groups of people/populations and ways we can work together to counter them.

#### History of Public Health

- 1-hour lesson: Identifies prominent events in the history of public health and notable achievements in the field including control of infectious diseases, healthier moms & babies, and the recognition of tobacco as a health hazard.

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## Substance Use

### Emerging Drug Trends

- 1-hour lesson: Discussion on current trends in substance use and abuse among adolescents; includes information on recognizing and responding to signs of substance abuse.

### How to Talk to Your Teens About Drugs: For Parents

- 1-hour lesson: Presentation empowering parents to identify drug use in their teen and ways to talk to them about prevention, treatment, and recovery.

### Vaping/Opioid Education

- 1-hour lesson: Basic information on vaping or opioids for middle or high school students. Content includes health and social risks of use. Also available for staff and/or parents.

**For more information Contact:**  
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