

Other nutrition topics include:

- Healthy Weight
- Healthy Heart
- Healthy Snacks for Kids
- Cooking & Snack Demonstrations
- Eating for Two
- Breastfeeding 411
- Babyfood and Beyond
- Raising a Healthy Eater

Please contact the nutrition department at (859) 288-2344 to schedule a presentation.

Diabetes Presentations

Living Well with Diabetes

This three-session class gives you the latest information about diabetes. Nutrition, medication, problem solving, and reducing risks are all discussed.

Other diabetes topics include:

- Pre-Diabetes
- Taking Steps to Prevent Type 2 Diabetes
- Nutrition and PCOS (polycystic ovarian syndrome)

Please contact the diabetes department at (859) 288-2310 to schedule a presentation.

Tobacco Presentations

Cooper Clayton Method to Stop Smoking

This is a 12-week program that combines nicotine gum, patches, or lozenges with support and skills training in a supportive group setting.

Other tobacco topics include:

- Effects and Hazards of Smokeless Tobacco
- Effects & Hazards of Secondhand Smoke

Please contact the tobacco department at (859) 288-2327 to schedule a presentation.

Screenings

Body Fat Analysis

We offer two different types of body fat analysis. Our Tanita machine looks like a scale that participants stand on with bare feet. It uses bioelectrical impedance to analyze your weight, body mass index, body fat %, fat-free mass and your hydration status all in less than two minutes! We also have a hand-held body fat analysis machine available. *These machines are only available for use with a health department employee.*



The Lexington-Fayette County Health Department has a variety of health education displays, props and presentations that are available for you to borrow or schedule **free of charge***. Call early, our displays and staff get booked up months in advance. Please call 859-288-2395 for more information. You may find pictures of many of our displays on our website, www.lexingtonhealthdepartment.org.

Nutrition Displays

Benefits of Breastfeeding

This display lists various benefits of breastfeeding for babies, mothers, and communities. The rolled, laminated content sheet is 3' by 6' and attaches by Velcro to a table-top board or bulletin board (not included).

Dietary Guidelines

This display, titled "Enjoy a Healthy Lifestyle" focuses on the Dietary Guidelines for Americans. Tips and recommended servings for adults from each food group are shown, plus a section on "ways to get moving".

New! Eating Healthy on a Budget

Eating healthy on a limited budget can be challenging. This display gives tips on saving food dollars and has a chart that compares the nutrients and cost of two shopping carts of food.

CHECK IT OUT!

Great Health Teaching Tools & Speakers

Lexington-Fayette County Health Department

Fast Food

Our display, titled "Value Your Meal" outlines six ways that you can eat healthier on the run. High-fat menu choices and their healthier alternatives are pictured.

New! Fruits & Veggies

This display reviews the types of produce grown in Kentucky, explains ways shoppers can eat more servings for less money and explains the health benefits of eating a variety of colors.

Kids MyPlate

This display, called "Eat Right. Exercise. Have Fun." reviews the new MyPlate for Kids and includes examples of healthy foods and snacks. It encourages children to find a balance between food and fun, and is best used to supplement a nutrition lesson or presentation. It may also be used as a stand-alone display at a health fair for older children.

Sweetened Beverages

This display, titled "Get the Real Facts", contains facts on the amount of sugar in sodas and the health problems associated with drinking them. It works best for middle-school age children to adults. Props are included that visually demonstrate the amount of sugar in a 20 oz. soft drink or fruit-flavored beverage. Teacher lesson plans and ideas are also available to accompany this display.



Find us on Facebook, or follow us on twitter.com/LFCHD. www.lexingtonhealthdepartment.org

Tobacco Displays

A Closer Look at Tobacco

Identifying "starter" products as well as smoke and smokeless tobacco products and their paraphernalia, this 3D table-top display exposes common progressions of tobacco addiction. The realistic models are enclosed behind Plexiglas.

The Cost of Smoking

Includes monetary cost of smoking in a daily, monthly, and yearly chart. The Cooper/Clayton Smoking Cessation classes and effects of secondhand smoke are also promoted on this display.

Secondhand Smoke

This display reviews what secondhand smoke is and it's carcinogenic, cardiovascular, respiratory and (in-utero) developmental effects on those exposed. It offers solutions to minimizing exposure.

Smoking and Your Baby

Exposure to tobacco smoke poses serious health risks, especially during pregnancy. This display clearly outlines the hazards of smoking during and after pregnancy. Also contains information on the dangers of low birth-weight.

What's Really in Cigarettes?

This display includes a collection of various containers of ingredients used to produce cigarettes. Used as a visual for young children and even adults.

Other Health Topic Displays

Arthritis

This display gives an overview of what arthritis is, gives statistics of how many people suffer

with this condition and offers tips on prevention.

Derma Scan/Skin Cancer Prevention

Did you know that 80% of the sun damage to our skin occurs by the age of 18? This damage is invisible to the naked eye, but will become more visible as we age. The Derma Scan is a box that uses UV light to show you sun damage. Even more important than the vanity aspect is the information presented in the accompanying display about melanoma (the most deadly form of skin cancer). This display is only available with a health department employee.

Props & Costumes

Clem's Phlegm Model

Graphically demonstrating one of the nasty consequences of smoking, this attention-getting, sealed jar contains about 2 weeks of the phlegm that would be coughed up by a smoker with COPD. Great discussion starter for any anti-smoking lesson or program.

Harry's Scary Tongue

Harry's giant tongue, made of BIOLIKE 2™, portrays three scary conditions that can result from tobacco use: hairy tongue, leukoplakia, and tongue cancer. This display is a great way to encourage kids to say no to cigarettes and smokeless tobacco. Accompanying text explains each condition.

Lung Lou Wheeze

Students get a shockingly accurate picture of smoking-related lung damage with this interactive display. Lou-Wheeze has two flexible latex lung models. One representing a healthy lung, and the other depicts the damage done by emphysema and cancer. Comes with bellows pump and instructions.

Teeth in Tobacco Juice

Sealed in a jar of simulated tobacco juice, this model of damaged and decayed teeth and gums sends a clear message about the effects of smokeless tobacco use.

Produce Man Costume

Need a 6-foot tall fruit and veggie guy for your health promotion activities? Produce Man is a lettuce lovin', pepper packin', watermelon wearin' messenger for fruit & veggie promotions. This is a mascot style costume that completely covers the wearer in fruits and veggies. (*There is a \$25.00 rental fee and a \$100.00 refundable deposit for this costume, as it is very expensive to maintain.)

Other Nutrition Props:

Food Picture Cards, "How Much Fat?" Tubes, and "How Much Salt?" Tubes are available as well.

Presentations/"Kits"

We have a variety of presentations on different health topics. These can be taught in primary or secondary schools, to parent groups, church groups, work "lunch 'n learn" programs and others interested in learning more about healthy lifestyles. There may be a charge for private businesses, please call 288-2457 for more information.

General Information

All classes are available to groups of ten or more. 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 preregister participants 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.

Presentations are available to accompany any of the displays listed previously. The following is a sampling of the many other presentations we have available. We may also be able to give information on other health topics upon request.

Nutrition Presentations

MyPlate

This presentation will help you explore what the www.choosemyplate.gov website can do for you. Great for adults or children.

Secrets of Good Health

This beautiful hatbox is chock full of props that demonstrate different health messages. Appropriate for any age audience.

Tyrone Tooth

Tyrone is a tooth-shaped pillow that teaches children about nutrition and dental care. For children ages 5-9.

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.

