



CHECK IT OUT!

Great Health Teaching Tools & Speakers

Lexington-Fayette County Health Department

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 unless otherwise indicated***. Call early, our displays and staff get booked up months in advance. Please call 859-288-2446 for more information. You can find pictures of many of our displays on our website, www.lexingtonhealthdepartment.org.

Nutrition Displays

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".

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.

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.

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.



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.

Diabetes Displays

"Prevention of Diabetes" and "ABC's of Diabetes" displays are available on a limited basis upon request.

Diabetes Family Reunion Kits are a great way to share the message of diabetes prevention with your family. Each FREE kit includes tools, tips, recipes and activities to help reduce your family's risk of developing Type 2 Diabetes.

Please contact our diabetes department at (859) 288-2310 for further information.

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.



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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. *This display is currently being updated and is not available at this time.

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 & Info

Grab n Go

A box of brochures available to anyone hosting a health fair or event containing current LFCHD services including: Childcare Health Consultation, HIV/STD testing, TB services, Environmental, Health Access Nurturing Development Services (HANDS), Women, Infants and Children (WIC), Breastfeeding, School Health, Public Health Services, Postponing Sexual Involvement, and community Education on Nutrition, Diabetes, Physical Activity, Smoking/Tobacco and Wellness. Seasonal materials will also be included.

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? The Derma Scan is a box that uses UV light to show you sun damage. Information is 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

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.



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.

Interactive Presentations/Workshops/"Kits"

We have a variety of presentations on different health topics. These can be taught in schools, for parent groups, church groups, office "lunch 'n learn" programs or anyone interested in learning more about healthy lifestyles. Please see the following pages for a list of programs offered.

General Information

All classes are available to groups of ten or more, unless otherwise arranged between you and the health

department employee. Pre-registering participants is recommended to ensure adequate participation.

Most classes are **free of charge**, unless otherwise indicated*. Private businesses interested in classes for their employee wellness program may be asked for reimbursement. *Please call (859) 288-2446 to ask about employee wellness program options for your business.*

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 for some presentations available to borrow at no cost.

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 be able to provide information on other health topics upon request.

Diabetes Related Topics

Living Well with Diabetes

This multi-session class gives you the latest information about diabetes. Each week new topics will include how to control diabetes and prevent complications. *Classes are available in English and Spanish (*E/S).*

Other diabetes topics include:

- Pre-Diabetes
- Taking Steps to Prevent Type 2 Diabetes (E/S)
- Myths & Facts of Diabetes
- Diabetes Basics
- Survival Skills for Diabetes
- Coping with Diabetes

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

Nutrition Related Topics



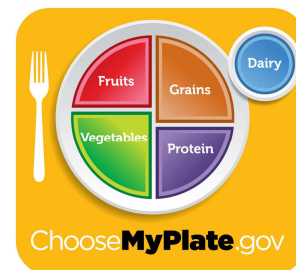
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Let's Go! is a nationally recognized program that promotes evidence-based strategies to increase healthy eating and active living among children through the age of 18. The program focuses on eating five fruits & veggies daily,

less than 2 hours of screen time, at least one hour of active play, and zero sweetened beverages each day. This program can also be adapted for use by worksite wellness programs for adults.

MyPlate

This presentation covers general healthy eating guidelines according to the USDA's new MyPlate. We explore the www.choosemyplate.gov website and how it can help you in your healthy eating journey. Great for adults or children.



Tyrone Tooth

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

We Can!

Ways to Enhance Children's Activity and Nutrition is a National Institutes of Health parent education curriculum that promotes screentime reduction, reduced sweetened beverage consumption, healthier meal choices and increased activity in "tween" kids ages 8-13. *This program is for parents only.*

Weight of the Nation Film Series

Clips of HBO's Weight of the Nation documentary are shown and a group discussion is lead by one of our staff. This is an excellent documentary for corporate wellness groups, weight loss groups or school-staff inservice or PTA programs.

Other nutrition topics include:

- Healthy Weight
- Eating for Two
- Raising a Healthy Eater
- Cooking & Snack Demonstrations
- Healthy Heart
- Breastfeeding 411

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

Personal Wellness Topics

Secrets of Good Health Kit

This beautiful hatbox is chock full of props that demonstrate different health messages related to wellness,

nutrition, physical activity and hygiene. Appropriate for any age audience. Available with or without health department staff, an outline and script is provided when kit is on loan.

Personal Wellness Series

Six (6) areas of personal wellness are reviewed in this interactive presentation. Participants are encouraged to improve their health and wellness in their daily lives.

Please call (859) 288-2446 for more information.

Tobacco Presentations

A variety of programs are available from our tobacco education staff:

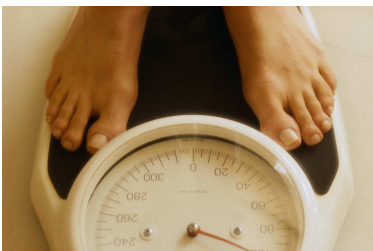
- **Effects and Hazards of Smokeless Tobacco**
- **Effects & Hazards of Secondhand Smoke**
- **Fire Safety & Smoke-Free Homes**
- **Third-hand smoke**

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

Other Services Offered

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.*

Humana Vitality Check

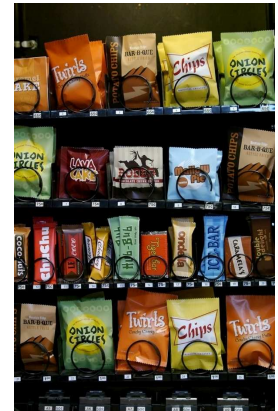
If you are a government agency or employee that participate in a Humana Insurance Plan, you can get your Humana Vitality Checks through the Health Department. Humana has contracted with us to perform the biometric component of this assessment for government employees. Fasting lipids (total, good

and bad cholesterol and triglycerides), glucose, blood pressure, weight and waist circumference are included in the Vitality Check.

For more information please contact our wellness coordinator at (859) 288-2410.

Healthier Vending Consult

Our Registered Dietitians offer *free* consultations on the resources you need to improve the nutritional quality of snack foods in your vending machines. They can review the national nutrition recommendations for vending and provide a list of items that meet the criteria. Call (859) 288-2344 for assistance.



Blood Pressure Awareness Program (CARE)

CARE stands for Cardiovascular Assessment Risk Reduction & Education. Help us reduce cardiovascular deaths in Kentucky by 10%! Through this program, we send staff to your worksite or community organization several times per year (or monthly as desired) and check blood pressures for regular attendees and/or employees. This program is free of charge.

Call (859) 288-2473 for more information or to sign up.