

NIAGARA COUNTY DEPARTMENT OF HEALTH

PUBLIC HEALTH EDUCATOR

Available to speak for your students, club members or professional group.



Healthy Neighborhoods Program

(716) 439-7479

PRESENTATION TOPICS

Information on scheduling a presentation is on the back at the bottom.

<p>THE HEALTHY NEIGHBORHOODS PROGRAM Indoor environmental health and safety is a must for everyone! Learn more about our well established Healthy Neighborhoods Program. This is a great introduction for government & safety staff members and residents in towns and cities who about to have the HNP program initiated in their areas. (A Power Point presentation)</p>	<p>AN INTRODUCTION TO THE NIAGARA COUNTY DEPARTMENT OF HEALTH Do you know the scope of the Department of Health and how it affects your life every day? Learn about what we do to keep everyone in the county safe and healthy. Great for students 4th grade & older and adults. Also good for people considering a public health career. (A Power Point Presentation)</p>
<p>FIRE: IT CAN HAPPEN TO YOU This presentation is a very valuable lesson that focuses on fire hazards in the home <u>that are often overlooked</u>. Fire prevention information is stressed. Learn how to escape from a burning home. Audiences are amazed at what they do not know! For adults and teens. (A Power Point Presentation)</p>	<p>STAY LOW and GO Children will learn how to evacuate the home quickly and general fire prevention safety. Reinforcement materials are provided for each child. This is perfect for Fire Safety Month in October. Recommended for Grades K - 6 (A Power Point Presentation)</p>
<p>STAYING HEALTHY IN A VERY GERMY WORLD Adults and students will be amused and educated while learning about avoiding food poisoning, what lurks in the bathtub, pool, indoor and outdoor spaces and much more. This enlightening and entertaining lesson educates and entertains. Recommended for 9th grade & older. (A Power Point Presentation)</p>	<p>INFECTION REFLECTION This interactive presentation never fails to get the group motivated and involved in the presentation. The multiple choice visual quiz with surprising answers is a fun and exciting way to learn new things about staying healthy. Your group will be VERY surprised about what they thought they knew and what they don't know for sure. Recommended for Grade 5 through adults. (A Power Point Presentation)</p>
<p>ANIMAL SAFETY A fuzzy menagerie of stuffed animals accompanies this presentation to enhance the lesson for young students who learn, in a <u>child-friendly way</u>, the proper way to approach animals, and to not approach or touch stray animals. Students are taught how to be a responsible pet owner. Recommended for students K- 5. (A Power Point Presentation)</p>	<p>RABIES: A VERY DEADLY DISEASE Learn how to prevent this deadly virus from dogs, cats, bats and stray animals from infecting you, your family members or your pets. Students and adults will get the facts about this communicable disease of the central nervous system. Wild animal safety tips to observe while camping are also covered. Handouts will be provided. Recommended for older students (Gr. 6-12), scouts, campers & adults.</p>
<p>SMOKING: JUST THE FACTS Take a close look at tobacco usage, the manufacturers, how they get you hooked and their shady advertising gimmicks. Learn how using tobacco affects your body. This is an eye opening presentation that will really get you thinking about the risks and health hazards of a tobacco habit! Learn why a smoking habit is also a problem for job seekers. Smoking cessation tips are included. Recommended for adults and high school students. (A Power Point Presentation)</p>	<p>WISE UP, DON'T LIGHT UP Elementary and middle school children learn about the dangers of tobacco in all its forms, and the affects of tobacco on the body. This frequently requested program provides a greater understanding of what an addiction is and the importance of making wise health habit decisions. Recommended for Grades 3-5. This can be adapted to a higher level for grades 6-8. (A Power Point Presentation)</p>
<p>COPD AND ASTHMA This presentation focuses on identifying and reducing exposure to attack causing irritants in the home, school and out of doors. It is recommended for anyone with respiratory problems. Learn exactly what COPD & asthma are and why you need to take these illnesses very seriously. Recommended for adults. (A Power Point Presentation)</p>	<p>HEALTHY BABY, SAFE BABY Every baby deserves the best care. Health and safety awareness is extremely important for all parents and caregivers. This presentation outlines some very important information to help our littlest citizens to live happily and safely. Recommended for adult and high school parenting classes. (A Power Point Presentation)</p>
<p>HOME SICK HOME Do you wonder why everyone in your home is always sick? Do health problems plague you? Do the children have learning disabilities or hyperactive behavior problems? Are you tired all of the time? Learn how your home can kill you or cure you! Recommended for adults. (A Power Point Presentation)</p>	<p>CRASH COURSE: HEALTH & SAFETY 101 This short visual primer about the environmental health and safety hazards in and around the home brings an added awareness to what every adult should know. Your group or organization members will find this an enlightening presentation. Recommended for adults. (A Power Point Presentation)</p>

<p align="center">SUMMERTIME HEALTH & SAFETY</p> <p>Keeping our children safe & healthy is a lot easier when they learn through photos and discussion about hazards that sicken and harm children every year. This very popular presentation teaches what every child needs to know to stay healthy and safe. Recommended for Grades K-6 before summer vacation! (A Power Point Presentation)</p>	<p align="center">YOUR NEIGHBORHOOD: HEALTH and SAFETY HAZARDS TO AVOID</p> <p>Heighten your awareness of dangerous places and things around you. Learn how to prevent accidents before they happen. This is a great presentation for block clubs, parent groups and neighborhood associations. Recommended for Adults. (A Power Point Presentation)</p>
<p align="center">YOUR HANDS an INFECTION CONTROL LESSON</p> <p>This very enjoyable presentation focuses on the importance of good hand washing and healthy lifestyle practices. Students learn how germs are spread and what they can do to be proactive in staying healthy. Reinforcement materials are provided to enhance the lesson. Recommended for classrooms and after school programs. Grades Pre-K - 5. (A Power Point Presentation)</p>	<p align="center">THE HEALTHY CLASSROOM</p> <p>Many children and teachers miss school due to illness, such as asthma, allergies and communicable diseases. Now you can help your students to be healthier and more focused. The classroom environment can be the source of several health problems. Learn how making a few changes can make both you and your students happier and healthier. For teachers, administrators and maintenance staff.</p>
<p align="center">APARTMENT LIVING: KEEPING IT SAFE & STAYING HEALTHY</p> <p>Apartment dwellers have some health and safety issues that pertain uniquely to them. Learn about fire safety in a multi-floored building and how to stay healthy when germs are everywhere. Apartment dwellers will learn what they can do to improve their health right now. For adult apartment dwellers. (A Power Point Presentation)</p>	<p align="center">LIVING HEALTHY & LIVING SAFELY IN A SENIOR RESIDENCE</p> <p>Senior apartment dwellers have many opportunities to make healthy and safe choices. Challenges that are unique to senior residence living are brought to the forefront and addressed in this power point presentation. Practices to adopt are recommended keep everyone safe, happy and healthy. Recommended for Adults in Senior Residences. (A Power Point Presentation)</p>
<p align="center">SENIOR HEALTH AND SAFETY</p> <p>Keeping senior citizens healthy and safe in their homes so that they can live independently is a priority for many community service agencies and personal caregivers. Learn what to look for in the home that could lead to potential health and safety issues. This presentation would complement professional enrichment sessions, personal care aides and home health care groups. For professionals working with seniors living in their own homes. (A Power Point Presentation)</p>	<p align="center">ENVIRONMENTAL HEALTH AND YOUR PATIENT</p> <p>This presentation is specifically designed to help medical personnel understand more about how conditions in the home environment can be the source of their patient's woes. Many health care workers are surprised at what they don't know about how the home environment can kill or cure their patients. Professionals learn the questions to ask and to look at a health problem in a different way. For medical professionals and medical students. (A Power Point Presentation)</p>
<p align="center">WHAT'S BUGGING YOU?</p> <p>The creepy, crawly, visible and microscopic creatures that live in our homes, schools, workplaces, and on our bodies can cause severe health problems. Learn to identify these little rascals and get them out of your hair (literally!), your environment and your life! Many problematic pests are covered including bed bugs. Recommended for Adults. (A Power Point Presentation)</p>	<p align="center">ON THE ROAD AGAIN</p> <p>Do you know what to do first when you enter a hotel room? What should you know about restaurants and petting zoos? Does hand sanitizer really work? Make sure that your family vacation is happily memorable and not awfully regrettable. Be aware of environmental health and safety! Recommended for adults planning a trip and for travel clubs. (A Power Point Presentation)</p>
<p align="center">HEALTHY CHOICES</p> <p>Living cleanly is a choice. Yes, it is more work to wash a body properly and to take the time to use shampoo. Yes, it is time consuming to clean a bedroom, wash the sheets, vacuum the carpet and clean the kitchen, but the efforts are worth the end results. Recommended for grades 4-8 and for developmentally delayed high school students. (A Power Point Presentation)</p>	<p align="center">MY SAFE AND HEALTHY HOME</p> <p>Family members can work together to make their homes safe and healthy. Showing children how they can be contributing members of the family and learning valuable skills is a very important thing to do. With a little encouragement, even the youngest members of the family will join in to be a part of the efforts at home. Grades 1-4 (A Power Point Presentation)</p>
<p align="center">STOP THE MADNESS</p> <p>You want to quit smoking, but you just haven't found out how to do it. Learn helpful information and tips to give you the tools that you need to quit smoking and to be healthier. Recommended for all adults with a tobacco habit. (A Power Point Presentation.)</p>	<p align="center">LEO THE LITTLE LION GETS AHEAD OF LEAD</p> <p>It's story time! Children living in older homes and older neighborhoods (Pre-1978) will learn how to keep healthy and how to avoid getting sick from lead in the home and outside environments. Good hand washing and health practices are stressed. Each child will receive a Leo the Lion coloring book and a story book as a gift. Grades Pre-K - 1st</p>
<p>Theresa McCabe is a Public Health Educator and the manager of the Healthy Neighborhoods Program, a department of the Environmental Health Division of the Niagara County Department of Health. She also hosts LCTV'S Health Scope, on channel 1303 of the Spectrum Cable TV Network. Theresa is a former actress and classroom teacher. As an experienced public speaker she can make learning health and safety topics a fun, interesting and memorable activity.</p>	<p align="center">BEFORE SCHEDULING: Please call Theresa at (716) 439-7479 or email her @ theresa.mccabe@niagaracounty.com to check on the time requirements that will be needed for your presentation and to check for the date availability. Presentations are available: Monday - Friday, mornings and afternoons Monday - Thursday evenings for presentations or information tables at group events, health fairs and club meetings.</p>