



Knox County Health Department Speakers Bureau Topics

To schedule educational programs, please call 344-3314 extension 226
(Additional programs may be developed to meet your needs)

Breast Cancer Programming

Breast Cancer Education

Audience: Adults

Number of sessions: 1

Length of session: 45 minutes

Overview of program: “Hats off to Health” is an entertaining innovative program that dispels the fears and myths surrounding excuses we’ve used for not getting a mammogram or practicing breast self-exams.

Dental Hygiene Programming

Dental Health

Audience: Pre-school through 8th grade

Number of sessions: 1

Length of session: 30-45 minutes

Overview of program: Students will learn how to keep their teeth clean and healthy.

Diabetes Programming

Diabetes

Audience: 7-Adults

Number of sessions: 1

Length of session: 45 minutes

Overview of program: Informational power point presentation covering basic diabetes information

Heart Health Programming

Heart Smart for Women

Audience: Adults

Number of sessions: 11

Length of session: 60-90 minutes

Overview of program: This multi-week program enables women to identify unhealthy lifestyle choices and replace them with healthy behaviors such as eating a low-fat diet and increasing physical activity levels. The program provides a variety of educational materials, nutrition information and physical activity tips. Please call for information on upcoming sessions.

Cholesterol/Heart Health

Audience: Adults

Number of sessions: 1

Length of session: 45 minutes

Overview of program: Program discusses what is needed to maintain a healthy heart, with an emphasis on cholesterol education.

Lice Programming

Lice

Audience: Pre-school through 3rd grade

Number of sessions: 1

Length of session: 30-45 minutes

Overview of program: This program teaches students what lice are and how to prevent getting them.

Osteoporosis Programming

Osteoporosis

Audience: Adults

Number of sessions: 1

Length of session: 45 minutes

Overview of program: Information power point presentation on the prevention of osteoporosis.

Personal Hygiene Programming

Personal Hygiene

Audience: Pre-school – 8th grade

Number of sessions: 1

Length of session: 30-45 minutes

Overview of program: Students will learn how important good hygiene is to keeping our body healthy.

Stress Programming

Stress

Audience: Adults

Number of sessions: 1

Length of session: 45 minutes

Overview of program: Program discusses the causes of stress, good stress vs. bad stress and offers a variety of ways to effectively deal with stress.

Teen Pregnancy Prevention Programming

Birth Control

Audience: Grades 9-12

Number of sessions: 1

Length of session: 45 minutes

Overview of program: Informational power point presentation on the current types of birth control. This power point will help the students learn about the effectiveness and pros and cons of current birth controls.

Jessica's Story

Audience: Grades 7-12

Number of sessions: 1

Length of session: 45 minutes

Overview of program: *One Life To Live* story about two teenagers who engage in unprotected sex after a night of drinking with dramatic results of their actions. The video is divided into seven sections: the night, the mistake, the panic, the consequences, the truth, the conflicts, and the reality. These sections can be stopped as a way to help facilitate proper conversations about teen pregnancy.

Real Issues of the Sexual Kind (R.I.S.K.)

Audience: Grades 7-12

Number of sessions: 1 or 2

Length of session: approximately 50-90 minutes

Overview of program: R.I.S.K. is an abstinence-based program. While the effectiveness of contraceptive use (or non-use) is discussed, abstinence is clearly presented as the only 100% fool-proof method to avoid pregnancy, sexually transmitted diseases (STDs) and HIV. The program is a simulation in which participants take on the role of a teenage character who may or may not be sexually active, and who may or may not face consequences (pregnancy, STDs or HIV) associated with sexual behavior.

Sexually Transmitted Disease/HIV/AIDS

Audience: Grades 7-12

Number of sessions: 1

Length of session: 45 minutes

Overview of program: Informational power point presentation on STDs and HIV. This power points will help the students learn about the signs, symptoms, and prevention of STDs and HIV.

STD Roulette: Know the Facts

Audience: Grades 7-12

Number of sessions: 1

Length of session: 45 minutes

Overview of program: This colorful roulette game is an excellent tool for starting a discussion about sexually transmitted diseases (STD). The roulette wheel features common STDs, and the game cards present real-life scenarios that address different sexual situations.

Tobacco Prevention and Cessation Programming

Big Bad Cigarette

Audience: Pre-K – 6th grade

Number of sessions: 1

Length of session: 50 minutes (can be adapted to fit need)

Overview of program: General tobacco education program with information regarding cigarette ingredients, avoiding cigarette smoking, and basic prevention skills.

Freedom From Smoking

Audience: Adult Smokers

Number of sessions: 6 weekly sessions

Length of session: 60-90 minutes

Overview of program: Smoking cessation developed by the American Lung Association that covers a variety of topics such as barriers to quitting, planning ahead, withdrawal, weight gain, social situations, etc.

Not On Tobacco

Audience: Junior High and High School Smokers

Number of sessions: 10 weekly sessions

Length of session: 45-60 minutes (can be adapted to fit need)

Overview of program: Smoking cessation developed by the American Lung Association that covers a variety of topics such as reason why teens smoke, peer pressure, media impact, healthy eating, withdrawal, social situations, etc.

Miscellaneous

General Health Department Services

Audience: 9th grade through Adults

Number of sessions: 1

Length of sessions: 45 minutes

Overview of program: Informational presentation explaining the services of the Knox County Health Department.