



Serving Communities: Florida Health in Hillsborough County Lesson Plan



HCPL Instructional Session IX (Virtual)

Focus: "Health & Wellness"

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Participants will learn:

- The programs offered by the Hillsborough County Department of Health
- Which program is right for them or a loved one
- How to access programs through the Hillsborough County Department of Health

Materials:

- GoToWebinar
- Powerpoint
- Handouts

Procedures:

- A.** *About the program series*
 - a. Collaboration info: Story Strong*
- B.** *Book shoutout*
 - a. Mayo Clinic Family Health Book*
 - b. Available through Hooplah*
- C.** *About the program*
 - a. Hillsborough County Department of Health*
 - b. Jennifer Waskovich: manager for Hillsborough DOH*
- D.** *Health promotion*
 - a. Designed for community outreach*
 - b. Preventing chronic diseases as people age*
 - c. Diabetes Program*
 - i. Year-long for those at risk*

- ii. *Six weeks for those diagnosed*
 - d. *Blood pressure program*
 - i. *For those diagnosed with or at risk for developing high blood pressure*
 - ii. *Four weeks long*
 - e. *Weight Management and Healthy Eating Program*
 - i. *Twelve weeks long*
 - ii. *Designed to educate on health and nutrition*
 - iii. *Group support*
 - f. *Breast and Cervical Cancer Program*
 - i. *Testing for un- or under-insured individuals*
 - ii. *Handout shoutout*
 - g. *Lead Poisoning Prevention*
 - i. *Reaches out to families affected by lead poisoning*
 - ii. *May test for lead*
 - h. *Health promotion presentations*
 - i. *Tailor- or pre-made*
- E. *Clinical services (available throughout county)***
 - a. *Family planning*
 - b. *Dental*
 - c. *HIV care*
 - d. *STD clinic*
 - e. *Pharmacy*
 - f. *Mostly sliding scale; may supplement insurance*
- F. *Immunizations***
 - a. *One location in Hillsborough County*
 - b. *Immunizations for entire lifespan*
 - c. *Available on walk-in basis for children*
 - d. *Adults by appointment*
 - e. *Website plug*
- G. *Refugee programs***

- a. *Available to asylum-seekers, victims of human trafficking, and some immigrants*
- b. *Health assessments*
- c. *Immunizations*

H. WIC program

- a. *Nutrition education*
- b. *Healthy foods*
- c. *Breastfeeding assistance*
- d. *Formula for medical needs*
- e. *Food stamp-like program*
- f. *Income-based*
- g. *Seven locations around Hillsborough County*

I. Vital Statistics

- a. *Birth certificate- \$14.00*
- b. *Death certificate- \$10.00*
- c. *Plastic sleeves available*
- d. *Payment types accepted*
- e. *Valid ID required*
- f. *Website plug*

J. Health Preparedness Program

- a. *Education and information to prepare for disasters*
- b. *Provides training to partners and health care workers on how to respond to emergencies*
- c. *Website plug for special needs shelters*

K. Other programs

- a. *Monitor diseases*
- b. *Education programs*
- c. *Training programs*

L. Contact information

- a. *Website*
- b. *Email*

- c. *Fax*
 - d. *Phone number*
 - e. *Chronic disease program website*
- M.** *Question and answer segment*
- N.** *Contact information for library*

Conclusion:

Thank participants for attending the session. Encourage everyone to complete a program evaluation survey.