

ROCKINGHAM COUNTY



Healthy Carolinians is a community based partnership working to improve the health of Rockingham County citizens. Healthy Carolinians bring together community members, leaders, and organizations to actively address health issues. By working together, citizens and agencies are contributing their ideas and suggestions for addressing these issues in our county.

Healthy Carolinians has three working groups :

Be Health, Rockingham County, NC

Goal is to provide opportunities for physical activity and healthy eating by creating policy and environmental changes



Social Determinants-Education

Mission is to provide resources and interventions to improve education to all children—birth through high school—in Rockingham County



Access to Health Care, (AHC)

Goal is to increase number of citizens who have access to healthcare in Rockingham County.



For more information about this program,
contact us at 342-8150

Clinic Schedule

Monday-Friday: 8AM — 5PM

ADULT HEALTH CLINIC

Acute Care, Preventive Care, Immunizations
After hours appointments 1st and 3rd Thursday of each month

CHILD HEALTH CLINIC

Acute Care, Preventive Care, Immunizations
After hours appointments—3rd Thursday of each month

WOMEN'S PREVENTIVE HEALTH CLINIC

Family Planning, Preventive Care, Breast/ Cervical Cancer Screening
After hours appointments -1st & 3rd Thursday of each month

GLAUCOMA CLINIC

By appointment only

NUTRITION SERVICES

Women, Infants and Children, Breastfeeding Education
After hours appointments — Thursdays

DENTAL CLINIC

By appointment only

Notice of Free Language Assistance:

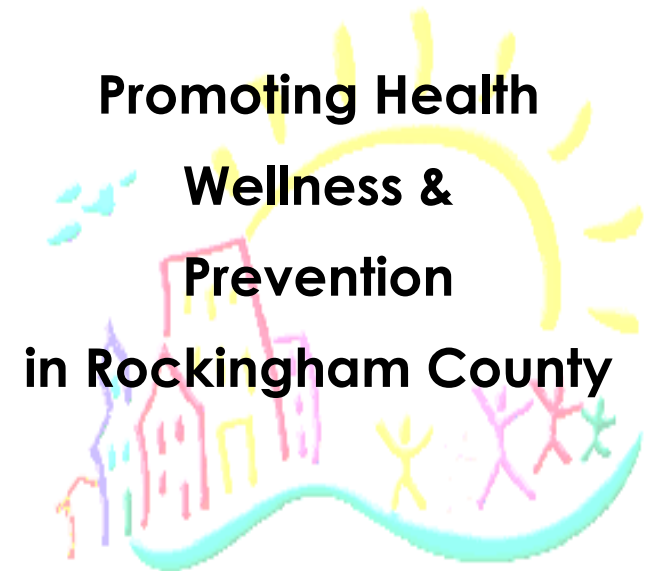
It is the policy of the Rockingham County Division of Public Health to provide free language interpretation services to our clients.

La nota de Ayuda Libre de Idioma:

Sera la poliza del Rockingham County División de Salud Pública proporcionar los servicios gratis de interpretacion de idioma a nuestros clients.

For Community Health Fair information, please
contact the Health Promotions Coordinator at
336-342-8149 for assistance.

Health Education



Rockingham County
Division of Public Health
PO Box 204
Wentworth, NC 27375
Phone: (336) 342-8140
Fax: (336) 342-8356



Mission: Encouraging the citizens of Rockingham County to make positive choices about personal and community wellness.

A Health Educator's role & responsibility includes:

- Assessing individual & community needs
- Planning effective health education programs
- Implementing health education programs
- Evaluating effectiveness of programs
- Coordinating provision of health education services
- Acting as resource person in health education
- Communicating health, health education needs, and resources
- Conducting Community Health Assessment

Health Promotion focuses on Policy and Environmental changes within the community.

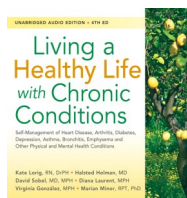
FreshStart—Smoking Cessation



We offer 2 FreshStart Smoking Cessation Classes...targeted for 2 different audiences. The general classes are offered to the general public and the Smoking Mommas is offered to females who are pregnant, providers and/or caregivers to children under the age of 18. The purpose of this class is to focus on the prevention of secondhand smoke exposure to children and reduction in infant mortality rates.

Classes are 1 hour every week for 4 four weeks and includes NRT's in the form of Nicorette Gum.

Chronic Disease and Diabetes Self-Management



The chronic disease classes are designed for people who have been diagnosed one or more chronic conditions, such as high blood pressure, high cholesterol, diabetes, cancer, etc.

Even though diabetes is discussed during the chronic condition classes, we offer a separate and dedicated class for those diagnosed with diabetes.

www.rockinghamcountypublichealth.org

Student Health Centers

Health Educator provides Health Education services at four local high schools weekly. Nutrition/Physical Activity education, Sexually Transmitted Infections, Family Planning, Abstinence, and Smoking Prevention information provided to high school students in a one-on-one counseling setting.



Adolescent Pregnancy Prevention

Adolescent Pregnancy Prevention Coalition (APPC)

is a group of professionals and citizens working together to reduce the rate of teen pregnancy in our county. Education of the community has been done by presentations/information to civic groups, distributing information and media.

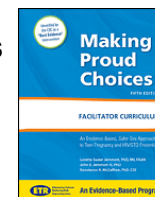


Prom Promise is an annual event for high school. In addition to a promise not to drink and drive, students also pledge abstinence (to not have sex).



Making Proud Choices

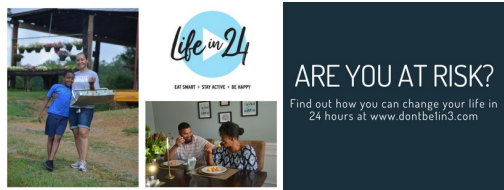
is an evidence-based program which provides adolescents with the knowledge, confidence and skills necessary to reduce their risk of STDs, HIV and pregnancy by abstaining from sex or using condoms if they choose to have sex.



Safe Sleep



Practicing safe sleeping habits is essential to reducing the chances of SIDS for your baby. Safe Sleep is a one hour free class for expecting mothers and/or caregivers of children the age of one or younger.



Minority Diabetes Prevention Program

Life in 24 is part of the National Diabetes Prevention Program (DPP) that helps you change your lifestyle to prevent developing type 2 diabetes. Past participants in the program have cut their risk of getting type 2 diabetes by more than HALF.

Life in 24 is a 16-week program, followed by monthly support sessions to help you maintain your skills and changes for a total of 24, 1-hour, sessions. Classes focus on how to make better food choices, become more physically active, and find ways to manage problems and stress. By eating healthier and increasing physical activity, you can lose 5 –7% of your body weight—that is 10—14 lbs. for a person weighing 200 lbs.