



HEALTH

ELKHART COUNTY

Health Education

608 Oakland Ave, Elkhart, IN 46516
574-523-2283 ph. / 574-523-2158 fax
health.elkhartcounty.com

HEALTHY HEART SERIES

Healthy Heart - Kindergarten

Healthy Heart is an interactive program that teaches basic information about the heart and how to keep it healthy. Facts about the heart as well as nutrition, exercise and tobacco are discussed. A variety of hands-on activities are integrated in the program including listening to a beating heart and physical activity.

Exercise - Grade 1

This program continues building on the concepts introduced in the Healthy Heart program with an emphasis on the benefits of regular exercise. Students will have the opportunity to participate in a variety of activities that will enhance their understanding and enjoyment of physical fitness.

Nutrition - Grade 2

The third session in a series of interactive programs intended to provide students with increasing knowledge to maintain a healthy heart. Basic nutrition concepts including Choose MyPlate (food groups) and healthy drink choices.

Healthy Lifestyle - Grades 4-12

Through activities centered on Choose MyPlate, the food label, portion sizes and physical activity students will learn how to develop and maintain a healthy lifestyle.

SAFETY SERIES



Pedestrian/Wheel Safety - Grades K-3

Focuses on overall safety guidelines for students engaging in pedestrian and wheel activities. Concepts such as safe methods to cross streets, avoiding danger and traffic rules are covered. The use of helmets and proper safety gear are strongly emphasized, and demonstrations are provided.

Home Safety Planning - Grades 3-5

Whether the students are home alone or there is a natural disaster threatening their safety, this program provides a few simple safety steps students can implement immediately. Themes that will be covered are stranger danger, fire safety, among other natural disasters and emergencies. We will focus on exercising students' investigative skills, developing planning skills for emergencies, and equipping them with the knowledge to be safe.

Poison Safety - Grades 1-2

Students will learn how to identify common household poisons through an interactive program. This program teaches safe behaviors and steps for how to respond in an emergency.

Striving to improve the lives, health and environment of our community.



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Teen Impact Driver: Who Can Make a Difference? – Grades 7-8

This class focuses on empowering teens to take personal responsibility and leadership in traffic safety. It emphasizes that everyone—regardless of age—has the power to prevent crashes and save lives by speaking up, making safe choices, and encouraging peers to do the same.

Teen Impact Driver: What do you Consider Lethal? – Grades 11-12

This course is an evidence-based traffic safety presentation aimed at helping teens understand the real-life consequences of reckless and distracted driving. It uses personal stories, statistics, and videos to show how choices behind wheellike speeding, texting, or not wearing a seatbelt—can have deadly outcomes.

WELLNESS SERIES

Building Confidence - Grades 1-2

This 40-minute program aims to teach students how to start building confidence and self-esteem. Students will learn about positive self-talk, affirmations, and growth-based mindset.

Dusty the Dog – Hand Washing and Sickness Prevention - Grades K-1

This interactive program teaches students the basics of hand washing and sickness prevention. Several hands-on activities are offered to facilitate learning, including Dusty the (stuffed) Dog and a black light activity. Together, students can see how well they wash their hands. This program is a great opportunity for students to learn basic hygiene and wellness techniques.

Dental Health - Grades K-1

The dental health education program will provide students with a basic understanding of how to properly care for their teeth and maintain their oral health as they grow. The education will also prepare them for what to expect when they visit a dental office. This program teaches valuable and applicable dental health concepts and promotes overall healthy behaviors associated with the teeth and body.

Personal Hygiene - Grades 3-7

This program emphasizes the social and health benefits of daily cleanliness from bathing to dental care. It also describes the components of body odor and how hygiene practices reduce or eliminate these elements. Regular hand washing is also emphasized for good health.

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Healthy Relationships - Grades 5-12

This program focuses on teaching students about appropriate behaviors and interactions within a variety of interpersonal relationships. Characteristics of positive and negative relationships are addressed, along with the effects of social media on relationships.

Stress Management - Grades 5-12

This program teaches students how to identify the causes of stress and what can be done to reduce stress. The negative effects of stress at school, at home or in their personal lives are also addressed.

The TRUTH about Tobacco, Electronic Cigarettes & Vaping - Grades 5-12

This presentation focuses on emerging tobacco products, the health effects of tobacco use, flavored products including menthol, how tobacco products are priced and marketed to teens, and cessation options for youth and their families.

Smoking rates among Indiana youth in 2022 were the lowest they have ever been. Fewer than 2% of Indiana high school students reported smoking (past 30 days) and even fewer Indiana middle school youth reported smoking (0.8%).



According to the 2022 Indiana Youth Tobacco Survey, e-cigarettes remained the most used tobacco product among Hoosier youth as well as youth across the US. In 2022, nearly 1 in 10 or 9.2% of Hoosier high school students and 1 in 50 or 2.2% of Hoosier middle school students reported current use (past 30 days) of an e-cigarette. Even with the decline, e-cigarettes continue to be the preferred product.

This is Quitting: <https://truthinitiative.org/thisisquitting>

Live Vape Free: <https://www.rallyhealth.com/live-vape-free>

Quit Now Indiana: www.quitnowindiana.com

VOICE – ENGAGE, EDUCATE, EMPOWER - Ages 13-18 Years (Grades 7-12)



VOICE is Indiana's statewide youth empowerment brand and program, whose initiative is to engage, educate, and empower teens to promote and celebrate tobacco-free lifestyles. Youth will receive free public health, advocacy, and leadership training. They will also be able to develop and lead projects focused on taking down Big Tobacco. It is a great opportunity for young minds to become empowered leaders and activists.

Do you know of any youth interested in amplifying their voices in support of tobacco-free and vape-free lifestyles? Connect with Youth Coordinator: mhuicochea@elkhartcounty.com

* Presentations on the VOICE initiative available upon request.

To learn more about VOICE Indiana please visit <https://voiceindiana.org/>

Other Programming

Schools may request a topic that is not listed on the program request for. If the topic is within the scope of public health education and there is staff availability, ECHD will coordinate with the school to create, design, and provide the requested programming.