

Health Promotion

Helping People Make Healthy Choices

The Montgomery Township Health Department offers technical assistance to local groups interested in health promotion and education. We provide guest speakers when available on a variety of topics, including women's health, sexually transmitted disease prevention, healthy eating, exercise promotion, smoking cessation, emergency preparedness, hand washing, immunizations, and communicable disease prevention. We also visit a wide variety of health fairs and other community health promotion events throughout the year.

Please contact Devangi Patel for more information.

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Health Officer

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Programs

Chronic Disease Self-Management Program:

Stanford University's evidence-based 'Chronic Disease Self-Management Program is a workshop given two and a half hours, once a week, for six weeks, in a community setting. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with chronic diseases themselves.

Topics covered include:

- Action Planning
- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Medication Management
- Communicating effectively with family, friends, and health professionals
- Nutrition
- Decision making
- How to evaluate new treatments

Diabetes Self-Management Program:

Stanford University's evidence-based 'Diabetes Self-Management' workshop is given 2½ hours once a week for six weeks, in community settings such as churches, community centers, libraries and hospitals.

People with type 2 diabetes attend the workshop in groups of 12-16. Workshops are facilitated from a highly detailed manual by two trained Leaders, one or both of whom are peer leaders with diabetes themselves.

Topics covered include:

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration
- Appropriate exercise for maintaining and improving strength and endurance
- Menu Planning and Healthy Eating
- Medication Management
- Working more effectively with health care providers.

FREE Presentations and Trainings

The Montgomery Township Health Department strongly believes that prevention is the key to reducing the number of deaths, illnesses, and injuries in our communities. Prevention education is the backbone of our health education program. The Health Department offers free presentations and educational materials to the community on a variety of topics.

[Addiction](#)

[Anxiety](#)

[Lead Poisoning](#)

[Tick Safety](#)

Supporting Documents

Answering your child's questions about Alcohol 273.68 KB

E-Cigarettes – Just say no. Here is why! 1.84 MB

Eye Health 2.35 MB

Heart Disease 1.79 MB

How to Stay Safe While Traveling Abroad 257.8 KB

Immunization is Important 234.39 KB

Mosquito Bite Prevention 211.61 KB

Pertussis 367.19 KB

Physical Activity 1.44 MB

Rabies 661.57 KB

Sleep 350.31 KB

Tobacco Cessation 342.21 KB

Social Support Services Brochure - English, Spanish, Chinese 1.53 MB