Prevention & Promotion Programs

The Forsyth County Department of Public Health has several programs that address child, teen, family and community health. The following programs are offered at the Health Department.

Child Health Programs

Be Healthy School Kids Program is a nutrition education program targeting Pre K through 5th grade students at 44 Winston-Salem/Forsyth County Elementary Schools. At least 16 of the schools served have at least 80% or more of the student population eligible for free or reduced meals. At each school, we strive to reach students, staff, faculty, and parents through bulletin boards, morning announcements, quarterly newsletters, grade-level presentations, PTA workshops, and/or special events. A Public Health Educator collaborates with principals, teachers, students, and parents to support healthier lifestyle choices through individual change and environmental policies.

The School Health Program is provided by Public Health nurses to address the health concerns, medical problems, and health care needs of the school age population. The program places emphasis on prevention, early intervention and remediation of health issues. Public Health nurses make weekly visits to each school and home visits as indicated to help meet the health needs of students, parents, schools and the community, thus facilitating effective education and positive student outcomes. Four schools designated as ECP (Exceptional Children's Programs) have a full-time public health nurse on staff.

School Age Dental Health Programs

The School Age Dental Health provides non-clinical preventive dental health services including dental screening and referral for school age children within Forsyth County. Program services are by appointment and free to the public. As part of the program, education is provided for community organizations, parents, teachers and children in an effort to reduce dental disease. The School Age Dental Health Program frequently collaborates with other organizations within the community to provide special services for underserved children including the Give Kids a Smile Program and dental sealant projects.

The Forsyth County Childhood Lead Poisoning Prevention Program

If you answer "yes" to any of the questions below, your child and family are at risk of **LEAD POISOING**.

- Do you have a child under the age of 6?
- Do you live in a house built before 1978?
- Are you in an occupation where you are exposed to lead?

The Forsyth County Childhood Lead Poisoning Prevention Program (CLPPP) was formed by a grant from the Centers for Disease Control (CDC) in an effort to eliminate childhood lead poisoning in Forsyth County. Although there is an increase in lead screenings, lead poisoning is still a problem that affects children for their entire lives. The CLPPP currently provides early intervention, surveillance, abatement enforcement, monitoring inspections and risk assessments, and case management for the county to assist the CDC in its elimination goal.

The CLPPP has also formed the Forsyth County Lead Coalition made up of community leaders including parents, medical providers, and representatives of the construction and housing industries, and many others who learn about childhood lead poisoning issues in Forsyth County. The Coalition meets quarterly to discuss issues in lead poisoning and listen to guest speakers from organizations such as HUD and EPA.

Teen Health Programs

The TRU Youth Advisory Council is a community education program for teens in middle and high school. delete—funded by the NC Tobacco Prevention and Control Branch and Forsyth County. This program focuses on youth tobacco prevention. Teens involved in TRU become peer and community educators to share information about the dangers of tobacco use and second hand smoke, and they encourage youth and adult tobacco cessation. In addition to training peer educators, this programs works to advocate for tobacco-free policies at the state and local level. TRU Youth Advisory Council meetings are held twice each month at the Forsyth County Department of Public Health. For more information, please visit www.smokefreeforsyth.org.

The Teen Initiative Project (TIP) is a community education program for teens between the ages of 9-21 funded by Forsyth County. The educational sessions focus on developing positive self-esteem, improving decision making skills, effective communication, puberty, hygiene, abstinence and birth control. Other topics discussed are sexually transmitted diseases, building positive relationships and refusal skills. Teens involved in TIP become peer counselors, and work to educate their friends and community members on how to make responsible decisions. These programs are available to schools, churches, organizations, community groups and individuals in Forsyth County. TIP conducts both one-time sessions and series of classes.

Teen Talk is an Adolescent Pregnancy Prevention program funded by Forsyth County. Teen Talk provides ongoing educational sessions throughout the year for young women between the ages of 9-18. The program focuses on the well-being of each participant by helping participants develop positive self-esteem, make informed decisions, excel academically, and encourage career development. Teen Talk introduces young women to community service projects and various cultural activities. The program is currently offered in middle schools and community sites.

The Teen Clinic is for young women and men who wish to receive or learn more about birth control methods. Counseling and health education services (including abstinence education) are available. All services are confidential and most are free to teens. Services are provided by a registered nurse, health educator, physician assistant, nurse practitioner, or a doctor specializing in adolescent medicine. Teens are a priority and may schedule appointments on Thursdays 3:30-5:30 or at anytime convenient for the teen during normal business hours.

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Maternal & Child Health Programs

WIC is a federally-funded health and nutrition program for women, infants and children. WIC helps families by providing vouchers for buying healthy supplemental foods from WIC-authorized vendors, nutrition education, and help finding healthcare and other community services. Delete—Participants must meet income guidelines and be pregnant women, new mothers, infants or children under age five. In Forsyth county we provide WIC services to over 11,000 women, infants and children.
WIC is available to pregnant, breast feeding and postpartum women, infants and children up to age five. To participate, persons must:

- Be a resident of Forsyth County.
- Have a family income less than 185% of the U.S. Poverty Income Guidelines. A person receiving Medicaid, Work First Families Assistance , or Food Stamps automatically meets the income eligibility requirement.
- Be at nutritional risk. A nutritionist or other health professional makes the nutritional risk assessment at no cost to the participant, usually at the local WIC office.

Care Coordination for Children (CC4C)

Care Coordination for Children (CC4C) is an at-risk population management program that serves children from birth to 5 years of age who meet certain risk criteria. The main goals of the program are to improve health outcomes and reduce costs for enrolled children.

Each child served by CC4C is linked to a specific Medical Home and CC4C Care Manager. The Care Manager works closely with the local medical practice serving as the child's Medical Home to coordinate roles and responsibilities and ensure the child obtains necessary care. CC4C staff also work in close collaboration with their local CCNC networks to access care management histories, Medicaid claims and other vital records, and to coordinate care management services. CCNC networks also assist in quality improvement and in evaluating program effectiveness.

Referral Criteria

· Children with Special Health Care Needs (chronic physical, developmental, behavioral or emotional conditions) who require health and related services of a type and amount beyond that required by children generally.

· Children exposed to severe stress in early childhood, including:-- Extreme poverty in conjunction with continuous family chaos

-- Recurrent physical or emotional abuse

-- Chronic neglect

-- Severe and enduring maternal depression

-- Persistent parental substance abuse

-- Repeated exposure to violence in the community or within the family

· Children in foster care who need to be linked to a Medical Home

· Children in neonatal intensive care needing help transitioning to community/Medical Home care

. Identified Children with potentially "preventable" hospital costs

Maternal & Child Health Programs

Childbirth (Lamaze) Classes

A fun, interactive class that teaches techniques to reduce child birthing fears and stress. The classes are taught by ASPO Lamaze Certified Instructors and are open to all pregnant women. There are four classes in a series, held on Tuesdays at Forsyth County Department of Public Health from 7-9 pm.

The Pregnancy Care Management (PCM) program provides care management for patients identified as being at risk for poor birth outcomes in Forsyth County. The level of service provided is based on the individual's identified needs. Care managers closely monitor the pregnancy through regular contact with the physician and patient to promote a healthy birth outcome. Patients are followed for two months after delivery to encourage follow up with the physician during the postpartum period and assisting patients with finding a primary care provider for routine care. The PCM model designates certain pregnancy risk factors as "priority" risk factors for the purposes of ensuring the recipients with these risk factors are assessed by a care manager to provide needed support services.

You may be high risk if you:

- Have ever had a premature baby (baby born before 37 weeks).
- Are pregnant with twins, triplets, etc.
- Have diabetes, high blood pressure, HIV, sickle cell, asthma, seizure disorder, mental illness, or other conditions which can affect your pregnancy.
- Are in an unsafe living environment (homeless, unstable housing, family violence, sexual abuse, community violence).
- Smoke or use tobacco products, drugs or alcohol while you are pregnant.

Family & Community Health Programs

The Healthy Beginnings Program is a free case management service that focuses on, but is not limited to, minority women of the community that need a friend and support system through their pregnancy and during the first two years of the child's life. The mother will have one-on-one support with a health educator to help make the pregnancy and toddler years an enjoyable and healthy experience. Healthy Beginnings was originally created to encourage men to be involved in the pregnancy and the child's life. Although the program now focuses on case management for women, we still offer support and guidance to the men of our enrolled mothers.

The Parent Education Program is designed to reach parents and early education and child care professionals in the community to provide educational activities and interventions that seek to promote positive parenting, improve child health and reduce disease or injury. A few of the activities include a prenatal parenting class series, Infant/ Child CPR classes, SIDS training for parents and early education and child care professionals, and other classes on health related topics as requested.

Family Planning Health Education

The Health Education Program in the Family Planning Clinic at the Department of Public Health provides patients with information necessary to make informed decisions about birth control and child spacing. In addition to helping patients choose a birth control method, health educators focus on assisting patients in using their chosen method accurately and consistently to achieve the highest possible level of efficacy.

Health Check

Northwest Community Care Network (NCCN) oversees the Health Check Program of Forsyth County. The primary goal of this program is to ensure that all eligible children have access to health care. The Health Check Coordinator (HCC) provides outreach education to Medicaid eligible families, community providers and establishes relationships with primary care providers in the county.

Adult Health Programs

Diabetes Support Group/ Continuing Education

- Free monthly support group meetings with supportive, continuing education for self-management
- Free educational materials and information
- Tools and other resources to help you or a loved one maintain control of diabetes

Wellness and Weight Loss

- Educational materials and other resources to assist you in improving or maintaining good health
- Free workshops and lunch & learns
- Area walking trail maps and information

Parenting Education

- Provides free parent classes and workshops to the community on various topics such as *Safe Sleep, SIDS* and child development: birth through adolescence.
- Free community resource guides

P.O.S.S.E (Prevent Ongoing Spread of STI's Everywhere)

The POSSE Team provides non-clinical, off-site HIV/STI screenings and education in non-traditional locations in Forsyth County such as churches, jails, universities, homeless shelters, night clubs, community health fairs, etc.

Breast & Cervical Cancer Program (BCCP)

The WomanWise Program provides screening (breast exams, mammograms and Pap smears) for early detection of cancer in women. The WISE WOMAN Clinic provides heart disease screening for women who are already enrolled in the WomanWise Program. The services include blood pressure screening, height and weight measurements, and cholesterol tests.

HealthWise Chair Exercise Program

The HealthWise Chair Exercise Program provides an great alternative to improving health and wellness of older adults, parents and children; as well as physically limited individuals; and those managing chronic conditions or chronic pain—all can benefit from this free program. Workouts consist of warm up stretches, aerobic activity, strength training and cool downs. Chair exercises are a great place to start a beginning exercise program after rehabilitation but also a good base to build up to a more intensive exercise program. Chair Exercise allows you to sit and be fit. There are multiple sites throughout the county; days, times and activity levels vary by location.

Selected Clinics

Cleveland Avenue Dental Clinic

Our office welcomes families and individuals to our practice. We enjoy improving oral health as well as our patients' overall health. Our services include:

- Regular Checkups
- Cleanings
- Restoring Decayed Teeth
- Replacing Missing Teeth

Neighborhood Clinics

- These clinics are held each month at in our community in order to serve persons who have difficulty obtaining very basic acute care and preventive health services. They are intended for adults and children who do not have private doctors. The first two clinics below offer services which include health screenings, immunizations, and laboratory testing. All services are free of charge, walk-in only (no appointments), and are provided by registered nurses from the Health Department, along with volunteer physicians. The Rescue Mission Medical Clinic only provides health screenings (every Thursday) and dental extractions (on the second and fourth Thursdays).
- Trinity Moravian Church
- **Bethany Baptist Church**
- Rescue Mission Medical Clinic
- Rescue Mission Dental Clinic

Low-Cost Rabies Clinics

The Forsyth County Rabies Vaccination Committee offers low-cost rabies clinics for cats, ferrets and dogs over 3 months of age in the Spring and Fall of each year. The clinics are held at the Dixie Classic Fairgrounds Cattle Barn (Gate 9 on 27th Street) from 11:00 am until 3:00 pm. The cost to vaccinate each pet is $5.00 in cash. It is required that dogs be on leashes and cats and ferrets be in carriers. If you do not have a carrier, loaners are available.

Immunization Clinic

The Immunization Clinic provides child and adult vaccines which are administered by Registered Nurses. Vaccines that are required by NC Immunization Law, as well as those that are recommended by the Centers for Disease Control, for children and adults are available. Vaccines are provided without charge in some situations, while some vaccines require a fee. http://www.forsyth.cc/PublicHealth/immunization_clinic.aspx