

ROCKINGHAM COUNTY



HEALTHY CAROLINIANS

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 :

Local Physical Activity & Nutrition, (LPAN)

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



Maternal & Child Health, (MCH)

Mission is to improve the health of Rockingham County mothers, infants, and children by ensuring proper prenatal care & healthy early childhood



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 342-8140

Clinic Schedule

Monday-Friday: 8AM — 5PM

ADULT HEALTH CLINIC

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

CHILD HEALTH CLINIC

Acute Care, Preventive Care, Immunizations
After hours appointments -1st 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

ASTHMA 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:

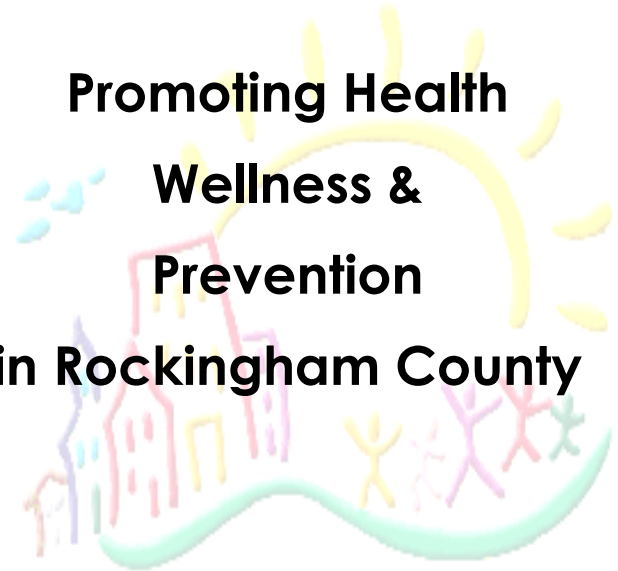
It is the policy of the Rockingham County Department of Public Health to provide free language interpretation services to our clients.

La nota de Ayuda Libre de Idioma:

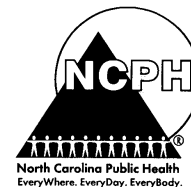
Sera la poliza del Rockingham County Department of Public Health de proporcionar los servicios gratis de interpretacion de idioma a nuestros clients.

Health Education

Promoting Health
Wellness &
Prevention
in Rockingham County



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



Health Education

Health Promotion

Student Health Centers & Adolescent Pregnancy Prevention

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

Health Education supports other sections in the dept. & community to plan programs on:

- Dental Hygiene
- Rabies
- Nutrition
- BCCCP (Breast & Cervical Cancer Control Program)
- Diabetes
- Flu
- Grants
- & other topics as requested



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



Eating Smart Moving More Weigh Less

Eat Smart, Move More, Weigh Less is a weight-management program that uses strategies proven to work. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. The program provides opportunities for participants to track their progress and keep a journal of healthy eating and physical activity behaviors. The program can be offered to worksites and other groups interested in eating smart, moving more and achieving a healthy weight.

African American Churches Eat Smart Moving More

This program is designed to assist churches with planning, promoting, and implementing programs for health and wellness. It was developed to reduce health disparities among African Americans in North Carolina by providing a tool for faith-based organizations to use to increase opportunities for healthy eating and increased physical activity.



www.co.rockingham.nc.us/rhc

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. Class presentations are available upon request. Referrals are made also upon request.



Adolescent Pregnancy Prevention

Mission is to reduce the rate of teen pregnancy in Rockingham County by educating teens and the community.



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.

Wise Guys is a teenage pregnancy prevention program for area high school males which deals with, but is not limited to self-esteem, values, sexuality, goal setting, masculinity and communication,, sexually transmitted infections, and parenthood.

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).

