According the Centers for Disease Control and Prevention, about 75% of US health care spending is for treating chronic diseases, which are the nation’s leading cause of death & disability.

Course Objectives
Preparing CHW/Promotor Instructors to tailor messages for Healthy Habits for Life

Students will learn how to:

- Teach strategies to educate CHWs/Promotores & community residents about healthy food choices to prevent and/or help control chronic diseases
- Discuss adequate physical activity to improve health
- Discuss the importance of smoking cessation and available resources for quitting
- Discuss the importance of immunizations for adults & children as well as where to access immunization & immunization schedule information