

HIDALGO FIT

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

CHW Instructor Training
2.5 DSHS Certified CEUs

CONTACT & PRICING INFORMATION:

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In person & online trainings are available.

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<http://nchwtc.tamhsc.edu/>

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