

## **Community Health Educational Programs**

Community health educational programs are an important component in the reduction of disease and improvement of health at a national level. Programs held within a community provide a grassroots approach to solving health problems. The classes are offered by respected individuals within the community, and when it comes to programs for behavior change, people are held accountable by peers that they see every day in their own local area. By offering these programs nearby with easy steps and support for change, they provide an achievable method for positively influencing health behaviors that result in overall wellness.

Realizing the importance of a healthy lifestyle and consciously making the decision to adopt one is a necessary first step towards improved health and well-being. Dedicating resources to empower youth/adults to take an active role in their health and modify their lifestyles is necessary as today's youth/adult face many health-related challenges including obesity, diabetes, youth violence, and substance use and abuse. Family, schools, health care professions, and community organizations realize that health goes beyond the absence of disease and entails the complete physical, mental, and social well-being of our children/adult. Addressing the concerns of today's children/adult requires adopting an approach to young people that goes beyond the health sector and facilitates active participation of youth/adult as future agents of change in health and wellness. Childhood and adolescence are optimal times to establish life-long health behaviors, learn about risk reduction and disease prevention, connect with positive adult role models, and initiate long-term relationships with health care providers.

Masjid Al-Salaam and Education Center offers free educational conferences to the community on various health topics and conditions, including heart and diabetic disease.

Masjid Al-Salaam and Education Center offers lectures to educate individuals on health-related topics, with an on-going series focused on senior health issues. Lectures are given by medical staff and are available to community, business, industry and service organizations.

The overall objective calls for healthy behavior and lifestyles, supportive health policies, and environmental changes. Inherent in the nutrition, physical activity, and tobacco objectives is the need to start life with health promoting habits and sustain these habits across the life span.

One of the most innovative focus areas of our program is Older Adult Health. The underlying philosophy of the Older Adult Health committee is that people should be healthy as they enter old age. Healthy behaviors should be practiced over a lifetime. Many of the health promotion and chronic disease objectives listed in other focus areas include older adults. The objectives listed in this focus area address quality-of-life issues for the older adult, including independent living, affordable housing, home and community-based care services, fiscal well being, and end-of-life care.

Community health programs are tied with community Kitchen, Community Seniors and community youth programs.

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