Department of Health and Kinesiology

Community Health Education Emphasis
Are you passionate about enabling people to achieve their fullest health potential?

Would you like a career in which you....?

• **Influence, motivate**, guide, assist, serve, counsel, and teach others

• Develop and implement **strategies** to improve the health of individuals and communities

• **Advocate** for health policies

• Connect and collaborate with **communities**

• Support efforts to **address health disparities, diversity and inclusion initiatives**

• Implement a combo of individual and organizational level strategies and interventions to **address a number of specific health risks, conditions, and diseases for employees of a company or members of an organization**
The Community Health Education Emphasis is the one for you!

The CHE Emphasis includes:
- Community Health track
- Worksite Wellness track
What is Community Health Education?

A branch of public health designed to help individuals and communities improve their health by increasing knowledge, influencing attitudes, and developing skills.

[Image: Cartoon illustration of a character adopting healthy behaviors.]
Community Health Education involves...

• Protecting and improving public health
• Promoting healthy lifestyles
• Providing education on wide variety of health topics
  • Nutrition, physical activity, stress management, violence prevention, healthy relationships, injury prevention, etc.
• Promoting health literacy
  • Obtain, communicate, process, and understand basic health information and services to make appropriate health decisions.
• Conducting research on social determinants of health

Sources: CDC, 2019; BLS, 2018
Plus Worksite Wellness!

• Organized and coordinated programs to enhance physical, mental, and emotional status of individuals.
  • Employees at a company
    • Cultivate a lifestyle that includes proper exercise and healthy diet
    • Cultivate a positive outlook
    • Enhance productivity, reduce absenteeism
  • Members of an organization
    • Senior Centers
    • Refugee Centers
    • Faith-based institutions
Today’s world needs educated graduates to advocate for the health and well-being of individuals and communities.

It’s part of *Healthy People 2030*!

**Educational and Community-Based Programs Workgroup**

Focused on educational and community-based programs and strategies designed to reach people outside of traditional health care settings.

- Community-based organizations
- Worksites
- Schools
## Quick Facts – Health Education Specialists and Community Health Workers

<table>
<thead>
<tr>
<th></th>
<th>2020 Median Pay</th>
<th>Work experience in a related occupation</th>
<th>Number of jobs, 2020</th>
<th>Job Outlook, 2020-2030</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>$48,140 per year</td>
<td>None</td>
<td>125,200</td>
<td>17% (much faster than average)</td>
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<tr>
<td></td>
<td>$23.15 per hour</td>
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Six major career sectors, wide variety of jobs

**Community Health Education**
- Community Health Educator
- Education Program Manager
- Case Manager
- Alcohol Educator
- Family Services Specialist
- Community Outreach Coordinator
- Program Resource Coordinator
- Community Organizer
- Health Education Programmer
- Diabetes Educator
**Business & Non-Profit**
- Health Literacy Program Coordinator
- Clinical Research Specialist / Coordinator
- Wellness Consultant
- Health Coach
- Integrative Health Practitioner
- Corporate Trainer
- Employee Wellness Coordinator
- Worksite Safety Coordinator
- Health Education Director
- Cultural Competency Trainer
- Health Media Director
- Grant Writer
- Health Journalist

**Academia & University**
- Adjunct Faculty
- Assistant Professor
- Curriculum Development Specialist
- Health Programs Management Director
- Education Outreach Liaison
- Education Director
- Health Promotion Programmer
- Health and Wellness Coordinator

**School Health Education**
- District Wellness Coordinator
- School Health Educator
- Youth Program Specialist
- Director of Health Promotion
- Head Start Health Specialist
- Health Counselor
- Youth Outreach Coordinator
Health Care
Community Outreach Coordinator
Health and Wellness Coordinator
Medical Resource Manager
Patient Education Director
Patient Care Coordinator
Biometric Health Screener
Nutrition Services Coordinator
Community Benefits Manager
Prevention Program Director
Lactation Consultant
Cancer Information Specialist

Government & Health Departments
Accreditation Coordinator
Health Officer / Department Planner
Prevention Specialist
Health Program Analyst and Advocate
Program Resource Coordinator
Public Health Inspector
Infection Preventionist
Health Information Specialist
Epidemiologist
Environmental Health Educator
Violence Prevention Program Coordinator
CHE emphasis = Career training!

- Curriculum designed to prepare students to enter the workforce
- Based on gold-standards in health education and exercise
  - National Commission of Health Education Credentialing
  - American College of Sports Medicine
Prerequisite courses for CHE emphasis

- WRTG 2010 – Intermediate Writing
- Math 1040/1070 – Intro to Statistical Thinking
- H EDU 1010 – Healthy Lifestyles
- H EDU 3050 – Community Health Issues
- H EDU 4650 – A & P for Health (or BIOL 2420)
COMMUNITY HEALTH EDUCATION EMPHASIS

8 core classes (24 credits)

COMMUNITY HEALTH TRACK
3 required courses (7 credits)
4 electives (12 credits)
1 practicum course (8 credits)
1 internship (6 credits)

Students eligible to sit for the Certified Health Education Specialist exam.

WORKSITE WELLNESS TRACK
4 required courses (12 credits)
4 electives (12 credits)
1 practicum course (4 credits)
1 internship (6 credits)

Students eligible to sit for the Certified Health Education Specialist and the ACSM - Group Exercise Instructor exams.
Examples of student project

Grow Together: A resilience-based program for families with children receiving specialized pediatric medical care

Improving the Overall Wellbeing of Hispanic/Latino Youth

Prenatal & Postnatal Care Program for refugee women

Improving and Expanding Support for Individuals Trying to Conceive

Wellness Through the Scope of ME/CFS: A health promotion program for women diagnosed with myalgic encephalomyelitis or chronic fatigue syndrome

Postpartum Health for teen moms

Seeds that Succeed: An emotional wellness program for Latinx students
Examples of Internship Sites

Select Health
- Utah Athletics
- Global Outreach Division of Moran Eye Center
- Boys & Girls Club
- Hope Alliance

SLCC Employee Wellness Program
- International Rescue Center
- Alpine Fitness & Physical Therapy
- American Cancer Society
- American Heart Association
- Beyond Limits Physical Therapy
- FYTT
- TOSH
- Planned Parenthood
- Courage Reins

Beyond Limits Physical Therapy
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