



## Neighborhood Health Trainer (NHT)



**NHTs are volunteers** who promote public health in their neighborhoods through health education and disease prevention without fees. They are health auxiliaries who help individuals in their communities make healthier choices and implement their health plans. They do not provide medical services, medical diagnosis or treatment. They have 120 hours or more of health training, including 40 hours of First Aid, CPR, AED; this course of 30 hours; and a 50 hour public health practicum under the supervision of a health care professional or teacher. Before individuals start the NHT program, they should check with their physicians to make sure they are healthy enough to do so.

**Their health education and disease prevention efforts** consist mainly of 1) exercise, 2) First Aid, CPR and AED, 3) vital signs for cardiovascular disease monitoring, 4) blood glucose monitoring for diabetes prevention, 5) general health, including the Body Mass Index (BMI) and food/drug use monitoring, and 6) emergency preparedness.

### STEPS for NHTs:

1. Join or start a **Neighborhood Walking Club**.
2. Study this course, get your certificate for this course and for First Aid, CPR, AED and Public Health Practicum.
3. Using NHT, check your own health, and deal with the issues that need improvement. Practice measurements at least four times.
4. Using NHT, help your family and neighbors deal with their health. Let them know you are a NHT and ask if they need/want your help. Make sure they understand that you provide no medical treatments and services. If possible, let the person do his own tests.

### Basic Health Record:

1. Name \_\_\_\_\_, Address \_\_\_\_\_, Telephone \_\_\_\_\_.
2. Weekly Walking/Exercise \_\_\_\_\_ miles or hours.
3. Vital Signs: HR \_\_\_\_\_, BR \_\_\_\_\_, Temp \_\_\_\_\_, BP \_\_\_\_\_.
4. Blood Glucose (BG): \_\_\_\_\_.
5. BMI \_\_\_\_\_, Waist \_\_\_\_\_, Daily calories \_\_\_\_\_, Drugs \_\_\_\_\_, Alcohol use \_\_\_\_\_, Tobacco use \_\_\_\_\_.

[www.learnwell.org/healthtrainer.htm](http://www.learnwell.org/healthtrainer.htm)

**Health Trainer, Box 1178, Folsom CA 95763, 916-984-7437; R. Klimes, PhD, MPH.**