



Cambridge Public Health Department  
<http://www.cambridgepublichealth.org/>



The **Cambridge Public Health Department** strives to “improve the quality of life of residents and workers by reducing sickness and injury; encouraging healthy behaviors; and fostering safe and healthy environments in homes, schools, and workplaces.”

This tutorial will teach you to use the website for resources on Children’s Health, Emergency Preparedness, and Lifestyle & Wellness tips for all Cambridge residents

To begin, type in <http://www.cambridgepublichealth.org/> into your search bar and you should see a homepage similar to the image below:



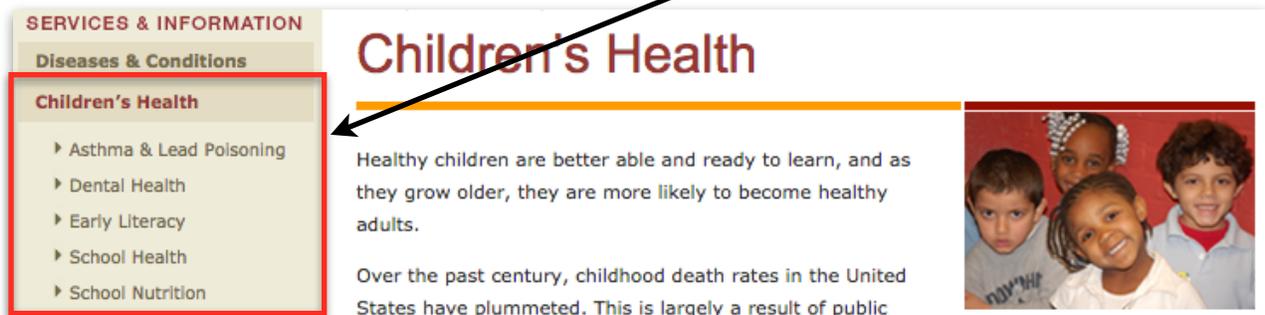
## Children's Health

The Cambridge Public Health Department has been creating innovative programs to better serve the city's children for more than a decade. Current programs include the Children's Dental Program, the Healthy Homes childhood asthma program, Lead-Safe Kids, the Agenda for Children Literacy Initiative, the Infant-Toddler Home Visiting Program, and the School Nutrition

To navigate to the **Children's Health** section hover over the "Services & Information" tab and then click on the "Children's Health" link



Once on the Children's Health page, pay attention to the links on the left for innovative resources and programs from Cambridge Public Health.



Here are some of the highlights of the Children's Health section:

### **Asthma & Lead Poisoning**

Cambridge-Somerville Healthy Homes offers free Childhood Asthma and Lead-Safe Kids home visitation programs to help families with children suffering from asthma or dealing with elevated levels of lead.



### **Dental Health**

The *Healthy Smiles* program provides free oral health education and screenings to children Pre-K through 4th grade in Cambridge schools. The website also has dental health tips for parents and provides help finding a local dentist.



### **Early Literacy**

The *Agenda for Children Literacy Initiative* is a free program that works with parents and caregivers to support the development of children's language and literacy skills so that new kindergartners will enter school ready to learn how to read and write.



### **School Health**

School nurses and nutritionists help your children with immunizations, learning about healthy snack options, and even how to sign up for Food Stamps.



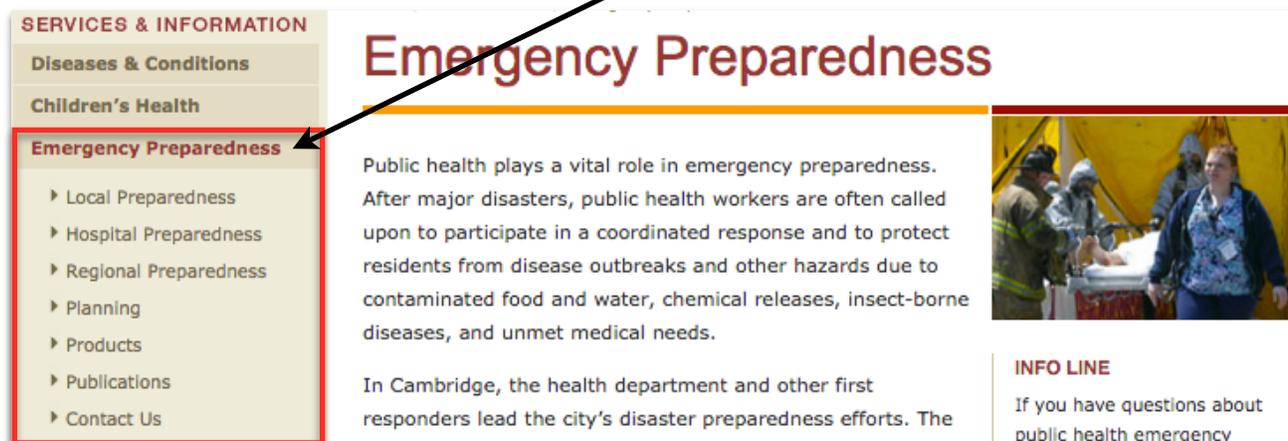
## Emergency Preparedness

In Cambridge, the health department and other first responders lead the city's disaster preparedness efforts. The department is focused on health emergencies that could potentially harm many people, such as pandemic flu, foodborne illnesses, hazardous releases, natural disasters, and terrorism.

To navigate to the **Emergency Preparedness** section hover over the "Services & Information" tab and then click on the "Emergency Preparedness" link



Just like before, once on the Emergency Preparedness page, pay attention to the links on the left for innovative resources and programs from Cambridge Public Health.



## Lifestyle & Wellness

The Cambridge Public Health Department has created programs and campaigns that help people lead healthier lives. To navigate to the **Lifestyle & Wellness** section simply click on the “Lifestyle & Wellness” tab:



Here are some of the highlights of the Lifestyle & Wellness section. Explore each one to learn about the incredible health resources available!

### **Men's Health League**

This Cambridge initiative addresses the prevention of cardiovascular disease and type 2 diabetes, especially in men of color.



### **Domestic Violence Prevention**

Resources for managers and co-workers preventing and responding to workplace domestic violence, as well as healthy relationship education for teens.



### **Substance Abuse Prevention**

Join the fight against opioid abuse in Cambridge and surrounding communities.

The *Reality Check* campaign offers parents tools and resources to talk with their children about alcohol and marijuana.



### **Cambridge in Motion**

Become part of the city's initiatives that promote healthy eating and active living as part of the statewide Mass in Motion campaign



### **Let's Move Campaign**

Resource guides for parents and kids on how to engage with First Lady Michelle Obama's national campaign to solve the problem of childhood obesity in & around Cambridge.

