



Video Conferencing for Health Education and Outreach



Health education and outreach for preventative care is an essential component in a well-rounded healthcare system. The better informed people are of challenges and risks to basic health and the appropriate steps to maintain good health, the more likely they are to follow. Healthy citizens are more productive and their healthcare costs are lower. The best outreach programs cover a wide variety of topics and are easily accessible.

Issue

The Solution

The need to educate the public to make healthy choices and participate in beneficial programs, such as weight management and smoking cessation, when the need arises

Health programs such as those for basic fitness, weight loss and smoking cessation require a full commitment from participants. By connecting over video conferencing, nurses, dietitians and other trained healthcare providers can interact with and monitor individual or group participants on a regular basis, and encourage them to see programs through to successful completion.

For example, using video conferencing, community members have access to nutritionists who can help them make healthy food choices in areas where they have limited options.

Video conferencing can be used conveniently in public facilities, all that's needed is an internet connection and a mobile or desktop device equipped with a webcam.

The need to reach children to begin healthy habits at a young age

Healthcare providers can connect directly to schools over video conferencing to introduce healthy living habits. Dental hygienists can demonstrate proper brushing techniques, and nutritionists can teach kids about proper diet and exercise. These healthcare providers can interact more often with students and teachers if they can spend more time teaching and less time travelling.

The need to provide comprehensive information to the entire community on early screening and prevention

Video conferencing can connect libraries and community centres in multiple locations to health education providers for multi-party video conferencing without the need for special-purpose conference rooms or equipment. In this way, public health programs can be delivered to more people in a cost-effective way.

WHAT ARE YOUR NEEDS?

- Is your community lacking preventative care and health education resources?
- Can you increase and improve the delivery of health screening and disease prevention by connecting with all relevant community groups?
- Do individuals, families and school children in your community struggle to make healthy food choices?
- Is there a need to provide consistent and frequent weight loss or smoking cessation assistance?

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