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## DEPARTMENT OF HEALTH IN BREVARD COUNTY OFFERS TWO NEW EDUCATIONAL PROGRAMS



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**Viera, Fla.**— The Florida Department of Health in Brevard County (DOH-Brevard) is now offering two new educational programs to eligible Brevard County residents.

According to [Florida Charts](#), an online resource that provides ongoing and comparable data about health and health-related indicators, in Brevard County 265 deaths were attributed to opioid overdose in 2019 and 911 opioid-involved non-fatal overdose emergency department visits occurred that same year. With funding from the Centers for Disease Control and Prevention (CDC), DOH-Brevard is now offering a free, evidence-based opioid prevention curriculum for middle school and high school children. The high school program helps to develop personal, interpersonal, and drug resistance skills and consists of ten 45-minute sessions. The middle school program is developmentally designed to help children resist drug, alcohol, and tobacco use and promotes mental health and positive youth development.

The second program, funded by the United States Department of Agriculture (USDA), supports educational programs for adults who are eligible for Supplemental Nutritional Assistance Program (SNAP). DOH-Brevard is offering the *Seniors Eating Well* curriculum which is intended to improve the nutrition and health status of middle-aged and older adults (age 50 years and up). This curriculum consists of nine 45-minute lessons that include meal planning, food preparation, fitness, and chronic disease prevention. We encourage faith-based organizations, senior centers, low-income housing community centers, other senior housing centers, and other organizations to reach out for more information.

Both programs may be conducted virtually or in-person (with COVID-19 precautionary measures). For more information or to register, parents of middle school or high school children and those interested in the *Seniors Eating Well* program should reach out to Kiarabet Quintana-Ramos at [Kiarabet.quintana-ramos@flhealth.gov](mailto:Kiarabet.quintana-ramos@flhealth.gov) or 321-449-5017.

### About the Florida Department of Health

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