Community Health Education Training Course

Professional Development Training Course Outline

Category	Public Health	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Community Health Education is a transformative field focused on empowering individuals, families, and populations with preventive healthcare knowledge, public health awareness, and behavior change strategies. Community Health Education Training Course is designed to build strong competencies in health promotion, disease prevention, community engagement, and evidence-based wellness education. It equips learners with modern tools in health communication, epidemiology basics, sanitation awareness, nutrition guidance, and mental health literacy, enabling them to address both rural and urban health challenges effectively.

In today’s rapidly evolving global health landscape, community health educators play a vital role in reducing the burden of non-communicable diseases, infectious outbreaks, maternal-child health issues, and lifestyle disorders. This program integrates data-driven public health strategies, grassroots outreach models, and digital health education techniques to create impactful community interventions. Learners will gain practical expertise in health advocacy, program planning, and sustainable wellness initiatives, making them key contributors to resilient healthcare ecosystems.

Programme Curriculum

Community Health Education Training Course

Introduction

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Course Duration

5 days

Course Objectives

1. Develop expertise in community health promotion strategies
2. Understand principles of public health education and outreach
3. Apply preventive healthcare and disease control techniques
4. Build skills in health communication and behavioral change models
5. Implement nutrition and wellness education programs
6. Strengthen knowledge of maternal and child health interventions
7. Promote mental health awareness and psychosocial support
8. Analyze epidemiological trends and health data insights
9. Design community-based health intervention programs
10. Improve sanitation, hygiene, and environmental health practices
11. Integrate digital health tools and telehealth education
12. Enhance public engagement and health advocacy leadership
13. Evaluate health program effectiveness and impact assessment

Target Audience

1. Community Health Workers
2. Public Health Students
3. NGO Health Volunteers
4. Primary Healthcare Providers
5. Social Workers
6. School Health Educators
7. Rural Development Officers
8. Healthcare Program Coordinators

Course Modules

Module 1: Foundations of Community Health

- Introduction to public health systems
- Determinants of health and wellness
- Community disease burden analysis
- Role of health educators
- Case Study: Rural sanitation improvement program impact

Module 2: Health Communication & Behavior Change

- Communication models in healthcare
- Behavior change theories (HBM, Transtheoretical Model)

- Risk communication strategies
- Health awareness campaign design
- Case Study: Tobacco cessation awareness campaign

Module 3: Nutrition & Lifestyle Education

- Balanced diet and micronutrient importance
- Obesity and lifestyle disorders prevention
- Community nutrition assessment tools
- School nutrition programs
- Case Study: Malnutrition reduction initiative in rural areas

Module 4: Maternal and Child Health

- Prenatal and postnatal care education
- Immunization awareness programs
- Infant nutrition and breastfeeding support
- Reducing maternal mortality strategies
- Case Study: Safe motherhood community intervention

Module 5: Infectious Disease Prevention

- Epidemiology of communicable diseases
- Vaccination and immunization programs
- Hygiene and sanitation practices
- Outbreak response strategies
- Case Study: COVID-19 community awareness campaign

Module 6: Mental Health Awareness

- Basics of mental health literacy
- Stress and anxiety management
- Community counseling approaches
- Suicide prevention awareness
- Case Study: Youth mental health outreach program

Module 7: Environmental & Sanitation Health

- Water, sanitation, and hygiene (WASH) programs
- Waste management education
- Pollution and health impact
- Climate change and public health
- Case Study: Clean village sanitation transformation project

Module 8: Digital & Data-Driven Health Education

- Telehealth and e-health platforms
- Health data collection and analytics
- Mobile health applications
- AI in public health education
- Case Study: Digital vaccination tracking system implementation

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com