



Purdue Extension Porter County



The Porter County Health Department is teaming up with the Purdue Extension - Porter County to drive community health initiatives. Together, we're dedicated to implementing evidence-based programs targeting nutrition education, chronic disease prevention, and fall prevention. Through this strategic partnership, our primary objective is to instill sustainable habits that bolster health outcomes and elevate the quality of life for Porter County residents.



Chronic Disease Management Programs

By offering evidence-based programs such as the Be Heart Smart, Mediterranean Diet, and Cancer Preventative Lifestyle, we aim to combat chronic diseases such as heart disease, cancer, and diabetes. Equipping individuals with the knowledge and skills to make informed dietary choices is pivotal to promoting healthier lifestyles and overall well-being.

PURDUE EXTENSION



Fall Prevention Programs

Our collaboration will also include evidence-based fall prevention programs, such as A Matter of Balance. This program aims to reduce the risk of falls among older adults through strength and balance exercises, home safety assessments, and education on fall prevention strategies.

