



MASTER HEALTH EDUCATION VOLUNTEER PROGRAM

*“Promoting healthy living
through community connections”*

What is the Master Health Education Volunteer Program?

A community health education and volunteer leader training program offered through the Mississippi State University Extension Service
<http://msucares.com/health/health04/mhev/index.html>

What are the Program Objectives?

- Provide accurate community-based health promotion information
- Support youth health programs
- Develop leadership skills among volunteers

Who can be a Master Health Education Volunteer?

- No previous experience or training necessary
- Willingness to learn and share their knowledge with others
- Personal commitment to volunteerism

What are the Benefits?

- Personal satisfaction
- Interaction with others
- Recognition opportunities
- Connection to the community
- Development of personal skills

What Topics Will Be Included in Initial Training?

- Know Your Numbers
- Diabetes Prevention and Detection and Oral Health thru Wellness Education
- Women’s and Men’s Health Issues – early detection of breast and cervical cancer and prostate cancer
- Exercise Basics – explores the importance of physical activity
- Healthy Eating
- Working with Partnerships and Community Organizations – provides skills for gaining community support for health promotion activities

What Are the Commitments of a MHEV?

A Master Health Educator must agree to complete 40 hours of approved volunteer service within one year of training.

How Do I Apply?

- Complete an application, sign a memorandum of agreement
- Interview with Extension staff
- Pay all applicable fees – the fee for the training is \$50

For More Information Contact:

Your County Extension Office or Ann Sansing, MHEV Coordinator at 662.325.4043 or asansing@ext.mstate.edu

