

Community Health Education on Cable Television
(List updated April 9, 2018)

These health education shows have been aired on Chelsea Community Cable TV Channels 3. Many of them can now be watched online at www.chelseacabletv.com/shows.html. For health education purposes, we distribute DVD copies of the shows to patients, employees, and Chelsea residents free of charge. We can mail the DVD to the address you provide. Please call 781-485-6477 or email arch@partners.org if you need a DVD or other health education related assistance.

Community Health Education on Cable TV is a collaborative project among MGH Community Health Associates, MGH Chelsea Health Center, Chelsea Community Health Improvement Team, MGH Fireman Vascular Center, and Chelsea Community Cable Television, with support from other agencies and individuals in Chelsea and beyond. We are grateful to all the show presenters for their time, expertise, and dedication to community health education and outreach. Thanks!				
Title	Description	Language	How Long	Date
Saving Lives	A panel discussion on difference organ and tissue donation can make in our lives and resources to learn more and become a donor.	English Spanish	26:49 23:00	March 2 2018
Youth Cooking Throwdown	Dr. Hong C. Cheung led a group of Chelsea High School students in preparing and serving a hot meal to more than 70 patrons at Chelsea Salvation Army. The students learned about food insecurity in the community and healthy cooking.	English	30:54	Dec 27 2017
Better Housing, Better Health	A panel discussion on housing insecurity as a social determinant of health, housing resources in the community, and tips on using resources.	English Spanish	27:53 35:01	Dec 6 2017
Balanced Plate	An introduction to food insecurity as a social determinant of health and discussion on eating healthy from available food resources in Chelsea.	English Spanish	24:09 24:00	June 2 2017
Hemorrhagic Stroke	Causes, signs, risks, actions, and recovery from hemorrhagic stroke.	English	29:56	March 3 2017
Salt: Less Is Better for Your Health	It is healthy to use less salt in daily eating, even when you do not have high blood pressure.	English Spanish	18:09 17:40	Nov 18 2016

Title	Description	Language	How Long	Date
Health Care Proxy: Just the Facts	What Health Care Proxy is, why you need to make one now, and how to make it.	English	24:18	May 6 2016
Standing on Solid Ground: Preventing Falls in Older Adults	What causes seniors to fall and what can be done at home and outside to prevent falls.	English Spanish	25:07 24:46	Feb 26 2016
Know Your Risk for Stroke	An introduction to risks of stroke.	English	13:15	May 12 2015
You Are Not Alone: Overcoming Depression in Older Adults	Depression is common in older adults. There are things you can do and places you can contact for help.	English Spanish	23:28 28:56	Mar 20 2015
Family Emergency Preparedness	Emergency preparedness is best when you do it together with your family members.	English	42:02	Aug 21 2013
Sugar Facts	What foods have sugar, what other names for sugar are used in the Food Labels. These and other questions about sugar are discussed.	English Spanish	21:17 18:51	July 17 2013
Be Smart & Read the Food Labels	How to read the Food Labels and make healthier food choices.	English Spanish	16:00 18:00	Oct 3 2012
Cancer: Risks, Screening Tests, and Prevention	A panel discussion on breast, cervical, and colon cancer; their screening tests and prevention strategies.	English Spanish	46:80 44:45	Nov 16 2011
Healthy Cooking Workshop	A group of senior citizens came together to learn healthy cooking.	English Spanish	51:50 45:50	July 27 2011
High Blood Pressure: Learn from the MGH Experts	A panel discussion on high blood pressure and lifestyle change recommendations for disease management and prevention.	English	51:29	Feb 10 2011
Healthy Cooking Show	Several popular Spanish recipes are featured, with Jennifer Vetree's (MS, RD, LDN) expert comments on how to make a recipe healthier and taste just as delicious by switching to use healthier ingredients.	Spanish	25:50	Mar 31 2011
Healthy Cooking at Home	Two quick, low-cost, and healthy recipes are featured in Ostler's home kitchen.	English	20:00	July 8 2010

Title	Description	Language	Length	Date
Smart Food Shopping on a Budget	Tips and skills for smart food shopping and making healthy food choices are discussed, with help from our volunteer Mr. George Ostler.	English	26:00	Sept 22 2009
Emergency Preparedness	A panel discussion on what emergency preparedness means, why and how people in the communities can get prepared.	English	36:00	Sept 1 2009
Smart Food Shopping on a Budget	Tips and skills for smart food shopping and making healthy food choices are discussed, with help from Juan, our volunteer.	Spanish	34:00	June 30 2009
Health Center 101: How to Use Your Community Health Center	A tour of MGH Chelsea Health Center and its major departments, hosted by Jeannette McWilliams, Administrative Director of MGH Chelsea Health Center.	English (With some	54:00	April 7 2009