



CELEBRATING
100 YEARS
OF SAFETY

5-minute safety talk

Health and Wellness

Health/wellness fairs promote increased health awareness by providing health screenings, activities, materials, demonstrations, and information. Most often the fairs focus on motivating participants to make positive health behavior changes, provide immunizations, and teach self-care practices. Often increased awareness of the availability of local, state, and national health services and resources results from the fairs.

Objectives and planning

A successful wellness fair requires a significant amount of planning beginning at least six months before the target date; however, beginning a year before is even better. The first task is to identify a chair or co-chairs. Forming the planning/ coordinating committee a year in advance may not be necessary if this is not the first wellness fair or if the wellness fair is going to be a small one.

Participants

- Local hospitals, clinics, dentists, specialist's offices, local health associations (cancer, heart, lung), physical therapists
- Local Emergency Medical Services providers
- Employee Assistance Program services

Activities for your wellness fair

An activity-oriented health fair inspires more learning than a passive look-and-see health fair. Topic choices are limitless. Your health fair planning committee can help choose topics. Ask participant agencies to come prepared to provide a hands-on teaching activity in their booth. These booths should provide something to do that will teach at least one

important point about their subject. Here are some activity-oriented, hands-on ideas for your health fair:

- **Screening:** Plan screenings for blood pressure, cholesterol, blood glucose, prostate health, women's health issues, and men's health issues if appropriate for the target audience. Screenings are much more useful to people than a health risk appraisal.
- **Back health:** Ask your local chiropractor to display a model of the backbone and discuss the importance of posture and having a healthy back.
- **Cardiopulmonary resuscitation and first aid:** Ask your local EMS (Emergency Medical Services), EMT (Emergency Medical Technician), or paramedic to demonstrate CPR, first aid techniques, and give a tour of an ambulance.
- **Dental care:** Ask your local dentist to provide an exhibit or booth on dental care.
- **Hand-washing:** Have a demonstration booth on hand-washing.
- **Nutrition:** Talk about healthy eating including reading and understanding nutrition labels.
- **Medication Safety:** Have a booth to teach participants about the safe use, storage and disposal of medications. Coordinate with your local police department to offer safe medication disposal or promote use of community medication "take back" programs.
- **Health care/self care:** Present a program on managing your health care. Here are some ideas:
 - How to select a doctor or clinic
 - How to participate in making decisions with your health care professional

- Choosing the right kind of health care coverage (HMO, Preferred Provider, etc.)
- Cutting health care costs — being a wise consumer of medical care

Evaluating your wellness fair

Exhibitor evaluations can be handed out near the end of the health fair. Ask exhibitors to deposit the completed forms in a box as they leave. Print participant and exhibitor evaluation forms on two different colors of paper to simplify separation.

Participant evaluations can be handed out as people register or sign in. To encourage completion, award a prize to a person who provides their name and phone number on their completed evaluation form. Put the participant's name and phone or department at the bottom of the form so it can be cut off and placed in a box for the drawing.

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