



NAPHASS

“Health For All” Event Proposal

Activity Purpose

Health Awareness including the following fields

- Nutrition
- Sexually Transmitted Diseases and Prevention
- Musculoskeletal health
- Smoking

Plan

Friday May 4, 2007 from 11:00-2:00

The following activities will take place:

Booth 1:

Free nutrition consultation:

Weight, Height, Percentage body fat composition assessment

Registered dietitian will provide nutritional recommendations

Booth 2:

Healthy food corner

Booth 3:

Posters explaining about sexually transmitted diseases and their prevention

Booth 4

Free assessment and consultation by a doctor in chiropractice for all those with questions or ailments of the musculoskeletal system (chronic backache, neck ache...)

Booth 5

Smoking cessation awareness (brochures)
Carbon monoxide measurement in lungs - Nicorette®

Booth 6

Blood pressure, blood glucose, blood cholesterol/triglyceride measurements

After the event, time will be allocated for campus staff including housekeepers, technicians, security guards, drivers, etc. They will be given the opportunity to have all the tests done in private and to receive an individualized educational session. Their participation has been minimal in this kind of activity, perhaps due to a perception of not belonging, or feeling intimidated by, the crowd of students and faculty. However, being mostly over 45 and of a lower educational background, these staff members are likely to benefit the most from the campaign.