

# Health Fair Planning Guide



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# Health Fair Planning Guide

The **Health Fair Planning Guide** provides information for planning, implementing, and evaluating a health fair. It can assist educators in conducting a successful health fair. The possibilities for health fair activities are limitless. This guide provides suggestions; you may think of others. You may also find that many modifications will be necessary for your health fair. For example, you may have a narrow focus, such as one particular worksite. In other cases, selecting a location may not be an issue because there is only one possible location; selecting a date when that one location is available might be more important in that case. This guide will provide you with ideas that you and your committee members may change to meet your needs.

If you see or create other health fair activities that help people actively learn about health, please send those ideas to Carol Rice, Ph.D., R.N. Extension Health Specialist, at 311 History Building, 2251 TAMU, College Station, Texas 77845-2251, fax (979) 845-6496, or e-mail at [ca-rice@tamu.edu](mailto:ca-rice@tamu.edu).

## Objectives of a Health Fair

A health fair is an event to:

- Increase health awareness by providing health screenings, activities, materials, demonstrations, and information;
- Increase awareness of local, state, and national health services and resources;
- Motivate participants to make positive health behavior changes;
- Provide immunizations for children and adults;
- Teach self-care practices;
- Identify topics and participants for future Extension educational health programs; and
- Establish Extension agents as a source for educational health programming in the county.

## Planning the Health Fair

Successful health fairs require a tremendous 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 health fair or if the health fair is going to be a small affair. The size and number of committees will vary depending on the expected number of participants.



# Setting Up Committees and Duties

## Chair or Co-Chairs

The educator may elect to be chair or may share the responsibilities with another person as her co-chair.

## Planning/Coordinating Committee

Organize a planning committee of six to eight people. Members of this committee will provide leadership and coordination for subcommittees. They can also identify key people for subcommittees.

### Try to have a representative from the following groups on the planning committee:

- Health professionals: physicians, dentists, chiropractors, podiatrists, optometrists, nurse practitioners, physicians assistants
- Health agencies: hospitals, home health agencies, clinics, nursing homes, retirement centers, emergency medical services
- Schools
- Churches
- Local employers
- Local media
- Other members of your target audience

### A broad-based community planning committee will provide:

- widespread support and better attendance;
- ideas that better meet unique needs of community people;
- selection of time and place least likely to conflict with other community activities;
- more people to share the work;
- more media promotion and attention; and
- safe, reliable screening practices with referrals and explanations for abnormal results.

## Duties

- Identify the target audience.
- Identify best ways to reach the target audience. Should entertainment and games be a part of the health fair? Should the health fair be only activity oriented? Should screenings and immunizations be offered?
- Develop a theme, like “Family Health Affair” or “Spring into Health.”
- Develop a timeline.
- Create a schedule for the health fair, including opening and closing times, lunch, dinner, etc.
- Select a date.
- Identify subcommittees and possible members.
- Set and manage the budget, considering:
  - Publicity and promotion costs;
  - Equipment and table, chair, audiovisual, etc., rentals;
  - Decorations;
  - Refreshments and lunches for participants, volunteers, and people in booths;
  - Permits and insurance requirements;

- Printing;
- Mailing, including promotional and follow-up; and
- Screening costs.
- Give subcommittees their allocation.
- Set policies for budget management and reimbursement of expenses. Identify the person responsible for writing and signing checks.
  - How will deposits for equipment, tables, etc. be handled?
  - How will records of expenditures be maintained?
  - What are the policies regarding handling cash?
  - If there is a petty cash fund, who will maintain and authorize withdrawals?
  - What is the deadline for submission of bills after the fair is done?
- Identify possible locations for the subcommittee to consider, or make the selection if the site is already known for some reason.
- Identify potential donors, sponsors, and vendors.
- Coordinate contact of all donors, sponsors, vendors, and booth participants.
- Provide oversight and coordination for subcommittees. For example, make sure that booths and services are appropriate for a health fair, and avoid booths by groups that present health messages that are not research-based; also, make sure committees stay within budget.
- Assist with management of the health fair, and make sure that one or more management people are available the day of the fair to “put out the inevitable fires,” welcome participants, assist with sign in sheets, escort school groups, etc.

## Clinical Subcommittee

Health professionals on the clinical subcommittee can help **determine what is appropriate to include in a health fair for the target audience**. Not all brochures, giveaways, or topics should be included. For example, giving away small objects that could be swallowed by toddlers should be avoided at family-oriented health fairs.

Screening for blood pressure, cholesterol, blood glucose, etc. may be planned if appropriate for the target audience. Screenings are much more useful to people than a health risk appraisal. Do not use the health risk appraisal given to Extension agents a number of years ago; it is outdated and not useful anymore.

Not all health fairs require screenings. Including screenings in children’s health fairs, for example, may not be worthwhile because schools perform required checks of height and weight, scoliosis, vision, hearing, etc. and, except in certain target populations, checking children’s cholesterol is not appropriate. No intrusive procedure like drawing blood or finger sticks can ever be done on children without their parents’ signed permission. Hands-on, activity-focused health fairs would benefit children more.

**If screenings are provided, the clinical subcommittee must help in determining appropriateness for the audience, finding appropriate providers, making sure universal precautions are followed, results are accurate, and participants are properly informed about results and provided with follow-up suggestions. Provisions must be made for situations when someone’s blood pressure or blood sugar is found to be dangerously high during the health fair — where can that person go for immediate help?**

For these and many other reasons, having a clinical subcommittee is critical for a health fair.

## Duties

- Identify key health topics and booths for the target audience.
- Determine the kinds of screenings/services for the target audience, such as,
  - blood cholesterol (total, HDL, LDL, and triglycerides)
  - blood glucose
  - blood pressure
  - skin cancer
  - lung capacity
  - vision screening
  - glaucoma screening
  - hearing tests
  - foot
- Plan and arrange for booths from agencies, such as the American Heart Association, American Cancer Society, Arthritis Foundation, Texas Department of Health, etc.
- Plan and arrange for types of clinical staff, laboratory services, mammogram van or transportation to the location for mammograms such as a local hospital for clinic.
- Plan for meeting universal precautions regarding drawing and handling blood, etc.
- Plan for delivery of results to the participants.
- Plan and arrange for treatment referrals for participants with abnormal results, both immediately and longer term (for example, if someone has a very high blood glucose or blood pressure, where can they be seen immediately?).
- Define and review the kinds of health information, brochures, and giveaways appropriate for the target audience (for example, no small objects for young children or free drug samples, etc.).
- Plan for immunizations appropriate for the target audience.
- Plan for obtaining consent forms if children are having any screening procedure or immunizations.
- Plan and arrange for “Ask a Doctor,” “Ask a Nurse,” “Ask a Podiatrist,” “Ask a Pharmacist,” etc. booths.
- Plan for equipment needs, such as blood pressure cuffs including children’s, (**note: BP screening is not usually done for children unless the target population is deemed high risk**), average adult’s, and obese adult’s (**the wrong sized cuff will give wrong results**).
- Plan for first aid needs during the health fair.
- Provide information on actual costs for clinical services, such as the lab work provided to facilitate interpretation of the value of the health fair to the community.
- **Plan to protect confidentiality of participants regarding results.**
  - **Results only must be given to the individual participant.**
  - No sign-up sheets identifying participants’ blood pressure, lab results, etc.
  - **Results may never be delivered to the employer at a worksite or to an insurance company.**
  - If height and weight are done, for example, it must be done so no one can even accidentally be made aware of someone else’s results — this is true for children as well as adults (Note: Determine BMI and explain meaning of results. To calculate BMI, go to Centers for Disease Control and Prevention’s calculator at <http://www.cdc.gov/nccdphp/dnpa/bmi/>. Another option for adults might be helping them calculate their waist-to-hip ratio — see Appendix).

## Administrative Subcommittee

Depending on the size of the health fair, this committee might have to be broken into smaller committees. For example, the facilities committee might be in charge of finding an appropriate place, developing a floor plan and map, and decorating. Another committee might be needed to take care of food, while an additional committee might be in charge of procuring door prizes, entertainment, decorations, games, and incentives. Another committee might take care of the clerical duties, such as creating forms and signs.

## Facilities Subcommittee

The Facilities Subcommittee should consider the following when selecting facilities:

- Inside versus Outside: if the health fair is outside, a contingency plan will be needed for bad weather, including wind; booth workers may need sunscreen.
- Plan for equipment and electrical needs.
- Are tables and chairs available?
- Are adequate restroom facilities available?
- Are drinking water and refreshments available?
- Food safety: cooking and refrigeration.
- Parking: Is it adequate?
- What type of cleanup is required?
- Safety: Are there stairs?
- Is the location near transportation?
- Is the location easily accessible for the target audience? For example, is there a safe place for school children to load and unload the bus?
- Is the location easy to find?
- Plan for security. Where can purses be kept safely during the fair? Crowd control? etc.
- Plan locations for exhibit booths (competing agencies do not like being right next to one another).
- Plan for crowd flow.
- Create a map for participants to locate booths of interest at the fair as well as essential services like restrooms and water fountains.
- Create and post signs at the fair for booths and directions to restrooms, water fountains, refreshments, entertainment, first aid, lost parents, and exits. Signs may be done by the clerical committee.

## Procurement Subcommittee

The duties of the Procurement Subcommittee include:

- Planning for and obtaining incentives, giveaways, brochures, promotional items, bags to collect fair brochures and giveaways, and door prizes.
- Securing decorations and decorating the day of the fair.
- Planning for and obtaining supplies, including:
  - Garbage cans
  - Garbage bags
  - Velcro
  - Tablecloths
  - Pens, pencils
  - Paper, notebooks
  - Extension cords

- Surge protectors
- 3-prong adapters
- Tape, such as scotch, electrical, masking, etc.
- Scissors
- Stapler

## Food Subcommittee

The Food Subcommittee is responsible for refreshments. When deciding on the types of refreshments to serve, consider:

- Appropriateness of the refreshments.
- Sources for the refreshments.
- Food safety.

## Clerical/Staffing/Scheduling Subcommittee

- Provide necessary clerical support, including writing letters and invitations, and creating the following forms:
  - Sign-in or registration forms.
  - Evaluation forms for participants and exhibitors.
- Plan for setup and cleanup the day of the health fair; procure adequate staff to assist.
- Plan for and procure adequate staff for the health fair, considering breaks and lunch times. Having a break room for exhibitors is helpful.
- Develop an assignment list for the day of the fair so volunteers can be easily directed to their assigned areas.
- Schedule a manager to be present for setup and other times to “put out fires” as they arise.
- Assist with management of the health fair.

## Publicity/Community Relations Subcommittee

Duties of the Publicity/Community Relations Subcommittee include:

- Developing and disseminating posters, flyers, and mailings.
- Developing and disseminating announcements to the media, including radio, TV, newspapers, store bulletin boards, church bulletins, etc.
- Design a “pocket badge” that can be worn by the committee members, exhibitors, 4-H youth, and other volunteers just prior to the health fair. These could have a slogan reading, “I’m Going to the Health Fair” or “See You at the \_\_\_\_\_ County Health Fair!”
- Involve 4-Hers by asking them to make and display posters; have a poster contest.
- Include health fair information in the county Extension newsletter.
- Ask the county judge to proclaim the week of the health fair as “Health Week in \_\_\_\_\_ County.”
- Place flyers in grocery bags, bank statements, utility bills, and other regular mailings.
- Include a brief announcement about the health fair in church bulletins.
- **A good point to emphasize is the estimated amount of money that can be saved by taking advantage of free screenings.**

# Health Fair Time Table

- Step 1** Select chair or co-chairs. Select and meet with planning/coordinating committee.
- Step 2** Form and meet with subcommittees. Have subcommittees appoint chairs to report activities to planning committee.
- Step 3** Select dates and times and secure location for the Health Fair.
- Step 4** Ask exhibitors, clinicians, and other people working in the Fair to reserve the selected date.
- Step 5** Provide a written confirmation to exhibitors and include the following information:
- date of event
  - time (to set up booth and hours open to public)
  - location (include a map)
  - general guidelines
  - booth signs (provided by either committee or exhibitor)
  - remind exhibitors to bring special equipment, such as extension cords, three-prong adapters, etc.
  - ask exhibitors about space and electrical requirement
- Step 6** Order handouts from the American Heart Association, Red Cross, American Diabetes Association, etc.
- Step 7** Duplicate printed materials (registration forms, evaluation forms, publicity printing, etc.)
- Step 8** Locate and line up needed equipment (chairs, tables, and other necessary supplies).
- Step 9** Draw a floor plan. Consider traffic flow and lines for screening, location of electrical outlets and space requirements for each booth. Provide the floor plan to each exhibitor.
- Step 10** Plan for the Extension exhibit.
- Step 11** Meeting with committee chairs one month before the Health Fair is scheduled to review progress towards implementation of plans.
- Step 12** Set up tables, equipment, refreshments, etc. the night before.
- Step 13** Troubleshooting, welcoming of participants, press, and special visitors.
- Step 14** Clean up, return borrowed equipment.
- Step 15** Tabulate evaluation results and submit newspaper articles.
- Step 16** Thank-you letters to all who assisted in the Health Fair.
- Step 17** Follow-up on referrals from screening, evaluation of Health Fair, and report accomplishments.

# Activity Ideas for Health Fairs

Activity-oriented health fairs inspire 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.

## Plan a County Extension Booth

This booth can offer information on various Extension programs and provide sign-up sheets for Extension activities, such as letter series and workshops. This would be a good place to have participants to sign in and register for door prizes. Keep participants' names from these door prize registrations for your mailing lists, too. Other ideas include having a fact sheet noting Extension accomplishments in your county. Have a sheet noting upcoming programs you will be offering.

## Booths, Exhibits and Demonstrations

The following are suggestions for hands-on booths you can put together or solicit others to provide during your health fair.

### Key to Suggested Target Audiences:

Children: . . . . . C  
Teen Parents: . . . . . TP  
Adolescents (youth): . . . . Y  
Adult Parents: . . . . . AP  
Teenagers: . . . . . T  
Grandparents: . . . . . GP  
Adults: . . . . . A  
All Audiences: . . . . . ALL  
Older Adults: . . . . . O

### AARP (O)

Contact the AARP (American Association for Retired Persons) [<http://www.aarp.org/>] for information on older adult health as well as benefits available to seniors country-wide.

### Arthritis Education (A, O)

Contact the Arthritis Foundation [<http://www.arthritis.org/>] for materials on arthritis and how to care for it.

### Back Health (ALL)

Ask your local chiropractor to show a display of the backbone and discuss the importance of posture and having a healthy back. Let the care provider know he or she can advertise the practice through this booth by giving out free notepads, pencils, etc. with the business information printed on them.

### **Bicycle and Pedestrian Safety (C, Y, TP, AP, GP)**

Contact the Extension Passenger Safety Office [<http://fcs.tamu.edu/safety/>] at (979) 845-3850 for the following videos and brochures:

- Safe Way to Fit a Bicycle Helmet (video)
- Along for the Ride (video)
- Recreational Helmet Use (video)
- Texas Bicycle Driver Rules (brochure)

Contact Kid Safe at (210) 615-6993 (ask for Marilyn Faber) for bicycle safety posters and a pedestrian safety interactive CD-ROM for kindergartners and first graders.

### **CPR and First Aid (ALL)**

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 (ALL)**

Ask your local dentist to provide an exhibit or booth on dental care. Ask if toothbrushes, dental floss, etc. could be given away free of charge at the booth. Let the dental care provider know he or she can advertise the practice through this booth.

### **Disability Awareness (C, Y, T)**

Have a booth with stations to help kids understand how people have to adapt when they become disabled or unable to perform daily tasks due to age-related ailments. Try having participants put cotton balls in their ears and then listen to instructions at each station throughout the booth. Stations could include putting plastic bags tightly over the hands and securing with rubber bands (e.g., arthritic hands), then have participants try to pick up objects; or put socks on their hands and have them try to pick up a dime. Have participants try to pull a sticker off their back without raising their arms above their chests (e.g., loss of flexibility). Have participants put on non-prescription glasses covered with petroleum jelly and try to read a label on a pill or cough medicine bottle (e.g., blurred vision). For those participants with glasses, you can place plastic wrap over their glasses for a similar effect. Use a wheelchair to race around cones or have a race on crutches. Have participants try to read, seeing what a Dyslexic individual sees.

Additionally, you could ask your local Texas Department of Health, Texas Council of Governments Department on Aging, or bus or transit system to give tours of a van or bus equipped for persons with disabilities.

### **Hand-washing (C, Y, TP, AP, GP)**

Have a demonstration booth on hand-washing. Put a small amount of glitter on participants' hands. Let one participant wash their hands in a bowl with soap and one without soap. Show how soap gets rid of the glitter (germs) better than water alone (be sure to have pitchers of fresh water available). Or, put glitter in your hand, shake the hands of participants, and show them how the glitter was transferred. Explain how germs are transferred in this way. (This activity could also be done as a short program, rather than a booth, during your health fair.)

You can also call The Soap and Detergent Association [<http://www.sdahq.org/>] at (212) 725-1262, or go to their website to order the following:

- Clean and Safe — an eight page brochure on cleaning products, disinfecting, storage and safety. Free.

- Home Safe Home for Your Explorer — leaflet illustrating potential dangers and how to prevent accidents. For persons responsible for the care of young children. Free. Available in English and Spanish.
- The ABCs of Clean — a program for preschool children, parents, and teachers on hand-washing, surface-cleaning, etc. Comes with posters, games, songs, etc. Complete program \$20; Classroom Packet (without video) \$5; they may also have discounts available to professionals — be sure to inquire.

You can also call the Glo Germ Company [<http://www.glogerm.com/>] at 800-842-6622 and order their materials which include a light and liquid to show if hands were washed properly. Charges vary depending on which kit is selected.

### **Home Health Center (A, O)**

Make a display of the health care medicines, supplies, and information to have on hand in the home, including self-care tools (e.g., thermometer, humidifier, cold pack, etc.), over-the-counter products (e.g., cough expectorant, cough suppressant, antidiarrheal, hydrocortisone cream etc.), and information such as family medical records and self-care resources. Local retailers might wish to donate some of these things as door prizes. Refer to the *Healthwise Handbook*, to order call 800-706-9646 for further details. Hand out the *Family Health and Medical Record Booklet* (order from Texas Cooperative Extension Bookstore, <http://tcebookstore.org/>, publication number B-1377).

### **Mental Health (T, A, O)**

Contact your local mental health facility; some have stress monitors and computer programs for biofeedback, which they may be willing to provide during your health fair.

### **Nutrition (ALL)**

Use the following exhibits to talk about proper diet, cutting down of fat, and reading labels:

- Where's the Fat (available at district Extension offices and Extension Educational Resource Library)
- Food Guide Pyramid (available at district Extension offices and Extension Educational Resource Library)
- Lose the Fat with Small Changes (available at district Extension offices) (Spanish and English versions)
- Low Fat Express Curricula (has visuals that can be used, such as tubes of fat)

### **Occupant Protection (ALL)**

Have a booth with exhibits on passenger safety. These could include the following exhibits available from the Extension Passenger Safety office [<http://fcs.tamu.edu/safety/>] at (979) 845-3850:

- Child Safety Seat (parents, grandparents, caregivers)
- Pick-Ups 'N Kids (parents, grandparents, caregivers)
- It's Your Choice (adults)
- Beat the Odds (teens)
- Safe & Sober (teens, adults)
- You Booze, You Cruise, You Lose (teens, adults)
- Speed Interactive Board (teens, adults)

Exhibits should be requested 2 to 3 months in advance.

You may also request the Roll Over Convincer to demonstrate what happens to adults and children when a vehicle rolls and seat belts are unattached or improperly fastened. This should be requested 4 to 6 months in advance.

### **Poisonous Snakes (ALL)**

Contact the Texas Department of Parks and Wildlife to show a snake display and explain how to know which snakes are poisonous and most likely to exist in your area.

### **Poison Prevention (ALL)**

Have a booth to teach participants to beware of “look alikes.” Many items look similar and can be mistaken for one another. For example, children often mistake medicine for candy or liquid cleaners for beverages. Make a poster with different pills and candies. Have flaps to conceal what each item is called. See if participants can discriminate between the candy and medicine.

In the bathroom, many adults and older adults mistake one product for another due to rushing or vision problems. Try placing masking tape over the labels on toothpaste tubes, arthritis/muscle cream, and hemorrhoid cream; or eye drops, nasal spray, and ear drops. See if participants can tell the difference. Contact your area Poison Control Center for displays and other information that may be available.

### **Skin Cancer Prevention (ALL)**

Present the Skin Cancer Exhibit available in Spanish and English (available at district Extension offices, urban county Extension offices, and Extension Educational Resource Library). Talk about the importance of applying sunscreen, using appropriate SPF (sun protection factor), and wearing the right clothing outside.

### **Tobacco Use Prevention**

There are a multitude of resources you can use to present a booth on preventing the use of tobacco, including:

- (C, Y, T) — Smoking and Youth exhibit: Spanish and English (1995) (available at district Extension offices, urban county Extension offices, Extension Educational Resource Library, and American Cancer Society)
- (TP, AP) — Smokeless Tobacco exhibit: With Mr. Dip Lip Model/Bilingual (available at district Extension offices, urban county Extension offices, and Extension Educational Resource Library)
- (ALL) — Medical Hazards of Smokeless Tobacco Display and carrying case. This very graphic display delivers an amazing series of images that show how “smokeless” is the most harmful nicotine induction vehicle. It defines what smokeless tobacco is, and then tells how it is used. It also demonstrates some oral health problems and displays additional dangers of smokeless tobacco (available at district Extension offices).
- (ALL) — Smoking Effects and Hazards Display with carrying case. This display shows why tobacco is America’s #1 health problem. It helps viewers understand the initial and long-term effects of nicotine and smoke by-products on the human body (available at district Extension offices).
- (ALL) — Death of a Lung. The first model in this display shows regular contours and healthy color of the normal, non-smoker’s lung tissue. The second model depicts the soft, irregular shape and blackened color of tissue from an emphysematous lung, with collapsing

air sacs within the lung wall like the ones that will eventually smother the smoker. In the third model, cancer of the lung appears as a large, whitish-gray mass (available at district Extension offices).

- (ALL) — Second-Hand Smoke Demo. This model collects the tars in second-hand smoke from a cigarette smoked in an enclosed chamber. The residue collected on a filter measurably demonstrates how much cancerous smoke a nonsmoker's lungs absorb from someone else's cigarette (available at district Extension offices). Usually, this model should not be taken into schools or other governmental buildings because tobacco cannot be brought into these sites or because smoke alarms could be activated. Check your facility before using.

### **Traffic Safety (O)**

Contact Safe Riders at (210) 615-6993 at the San Antonio Safety Office for the Street Smart Senior video and senior pedestrian information or, contact at (800) 252-8255 about the Ride Safe/Walk Safe Program. You may also contact your local Traffic Safety Specialist (Texas Department of Transportation) or Safety Education Trooper (Department of Public Safety) to provide more information.

### **Zoonosis Control (Y, T)**

Contact your local Texas Department of Health office for an Education Specialist to present a zoonosis control (control of diseases communicable from animals to humans, e.g. rabies, Lyme disease, etc.) booth for school age kids.

## **Short Programs and Activities**

### **Alternative Remedies (A, O)**

Present a program on alternative medicine, such as vitamins, herbs, phytochemicals, homeopathic remedies, etc. Refer to the February 1998 issue of the HealthHints newsletter (Dietary Supplements: Health or Hoax?) [[http://fcs.tamu.edu/health/Health\\_Education\\_Rural\\_Outreach/](http://fcs.tamu.edu/health/Health_Education_Rural_Outreach/)] for information on these topics. Be sure to present a section on avoiding health fraud and quackery; provide a handout on how to avoid being a victim of fraud.

### **Bicycle Rodeo (C, Y, T)**

Hold a bicycle rodeo. Provide children, adolescents, and teens with an educational program about bicycle safety. Have each participant go through a safety course where they must use appropriate hand signals, etc. Then have each participant ride through an (age-level appropriate) obstacle course. Have door prizes and giveaways for the best, safest riders. Requires approved bicycle helmets.

### **Breast Self Exams (T, A, O)**

Present a program that allows participants to see and feel breast lumps so they can identify one in their own breast self exam and teach others how to identify breast lumps. There are many resources available that could be used in your presentation, including the following:

- (T, A) — Breast Cancer Exhibit with breast model. Bilingual (1995) (available at district Extension offices, urban county Extension offices, American Cancer Society, and Extension Educational Resource Library).
- (T, A) — Multi-type breast models. An average breast with no lumps, an average breast with lumps, a dense-tissue breast with no lumps, and a fibrocystic breast with lumps are mounted on a piece of heavy plastic for women to feel the difference in the breasts for

themselves (available at district Extension offices and Extension Educational Resource Library).

- (T, A) — Breast Lump Size Display (12"x9"). Shows women the difference early breast cancer detection makes. Uses everyday objects such as a push-pin, a pencil eraser, a dime, a button, and a ping pong ball to illustrate the size of breast lumps found by varying levels of detection practices (available at district Extension offices and Extension Educational Resource Library).

### **Child Health (TP, AP, GP)**

Present a short program on child health issues, such as:

- How to care for a child with fever
- Preventing and treating colds and flu
- Dealing with bed-wetting
- Preventing ear infections and swimmer's ear

See your *Healthwise Handbook* for details on these and other child health topics (call 800-706-9646 to order).

### **Drug Use Prevention (C, Y, T, TP, AP, GP)**

Contact Texas War on Drugs at (512) 343-6950 for program ideas and information on drug use prevention.

Contact MADD (Mothers Against Drunk Driving) [<http://www.madd.org/>] at (800) GET-MADD for handouts and other resource information.

### **Fire Prevention and Safety (CY, TP, AP)**

Contact your local fire department to provide a safety education program. Some fire departments will even have an actual house in which children can practice safety tips. Also, order free of charge the Deputy Fire Marshal Kit (for elementary age children) — Item #504D from the Consumer Information Catalog at (719) 948-4000.

### **Health Care/Self Care (A, O)**

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 (e.g., HMO, Preferred Provider, etc.).
- Cutting health care costs — being a wise consumer of medical care.
- Hand out *Family Health & Medical Record Booklet* (order from Texas Cooperative Extension Bookstore, <http://tcebookstore.org/>, publication number B-1377) so participants can keep their family's personal health information such as immunizations, surgeries, allergies, etc. in one place.
- Knowing when self-care is the best choice by learning to use a self-care book like *Healthwise Handbook* or *Healthwise for Life*. Order the *Healthwise Handbook* (in Spanish or English) or *Healthwise for Life* (for people 50 years+) by calling (800) 706-9646. Provide a 40 minute workshop on how to use the book. Workshop packet was provided in the August 1998 Institute. Call Carol Rice, Ph.D., R.N. at (979) 845-3850, e-mail [ca-rice@tamu.edu](mailto:ca-rice@tamu.edu), for a copy of the workshop if you do not already have one.

There is another 40-minute workshop on how to use *Healthwise for Life*. Call Carol Rice, Ph.D., R.N. at (979) 845-3850, e-mail [ca-rice@tamu.edu](mailto:ca-rice@tamu.edu), for a copy of this workshop, although you can easily adapt the workshop for the *Healthwise Handbook*. Please note: the workshops are only available if you order books.

**Heart Disease Prevention (C, Y, T)**

Contact the American Heart Association [<http://www.americanheart.org/>] at (800) AHA-USA1, and ask for Health Choices Games #65-6017. These are games for four people that take about 5 minutes and teach about heart health.

**Occupant Protection (C, Y, T)**

Have your 4-Hers put on a “Vince and Larry” or “Elvis” Passenger Safety Show. Costumes and accompanying cassettes can be ordered from the Extension Passenger Safety office [<http://fcs.tamu.edu/safety/>] at (979) 845-3850. Cassettes are set up so your kids can pantomime the words and songs.

**Physical Activity (ALL)**

Have a local aerobics, fitness, or karate expert provide a free, participatory activity, such as beginning step aerobics, or the advantages of strength training, etc. Try contacting your local YMCA for this and other related programs. Or call the YMCA at (800) 872-9622 to gain information.

Ask an exercise physiologist, sports trainer, or physical therapist to speak on how to buy appropriate walking shoes or exercise equipment, what sports drinks are best or how to make your own sports drinks, learning to find your target heart rate, safely exercising in heat and cold extremes, or how to start a walking club.

Please see HealthHints newsletter, May/June 1998 [[http://fcs.tamu.edu/health/Health\\_Education\\_Rural\\_Outreach/Health\\_Hints/1998/May\\_June/Sun\\_Safety.htm](http://fcs.tamu.edu/health/Health_Education_Rural_Outreach/Health_Hints/1998/May_June/Sun_Safety.htm)] for further suggestions regarding heat and sports drinks.

**Prenatal Care (TP, AP)**

Ask a dietitian from your local hospital to speak about prenatal nutrition.

**Women’s Health (A, O)**

Contact a local health provider to present a program on managing menopause, including information on estrogen replacement therapy.

**Stress Management (A, Y\*, T\*, O\*)**

Try the Ping Pong Ball Balance Activity (adapted from Practical Parent Educators Curriculum). For this activity, you will need a plastic dish pan (filled ½ full with lukewarm water), a small hand towel, and 20 ping pong balls labeled as follows: promotion, relocation, parenthood, divorce, lay off, death, injury, illness, retirement, financial change, occupation change, law violation, begin or end of school, sex difficulties, marriage, pregnancy, mortgage over \$50,000, alcohol, drugs, depression.

Ask a participant to assist in the demonstration. Instruct the participant that as you drop ping pong balls into the dish pan, he/she is to keep the balls under the surface of the water with his/her hands (both hands may be used).

Read each ping pong ball as you drop it into the water. Explain to the group that struggling to keep the balls under the water is like trying to hold down all of the stressors with no resolution. We are able to keep some control over a few stressors, but as they accumulate and begin to build, it often becomes difficult to contain and control them.

As balls are being dropped into the water, encourage the volunteer to share any feelings or frustrations he/she might be experiencing in trying to keep the balls down. Allow the volunteer to dry his/her hands and sit down.

Pull a few of the balls out and read the labels. Ask for suggestions on how to manage or prevent such stressors. Provide a handout with some suggestions (see August 1997 HealthHints newsletter for ideas [[http://fcs.tamu.edu/health/Health\\_Education\\_Rural\\_Outreach/Health\\_Hints/1997/August/Stress.htm](http://fcs.tamu.edu/health/Health_Education_Rural_Outreach/Health_Hints/1997/August/Stress.htm)]).

\*This activity would be appropriate for adolescents/teens, and older adults; just change the stressors on the ping pong balls to make them appropriate to your audience.

## **Tobacco Use Prevention (ALL)**

Try these activities with health fair participants:

### **Grasping for Air**

Almost all cases of emphysema are due to cigarette smoking. The Grasping for Air activity will help participants to understand what it feels like to have emphysema.

*Materials:* one wrapped straw for each participant.

*Participation:* Give each participant a straw, and ask them to remove the wrapping. Have each participant place the straw in his/her mouth. Ask each participant to pinch his/her nostrils closed and breathe only through the straw in the mouth.

Another version of this is to have participants run in place for one minute. Then place straw in the mouth and breathe for one minute through the straw only. Children and teens like this version.

**Caution:** Explain that if any difficulty exists with breathing, they can stop the activity at any time.

*Next:* Participants are to breathe through the straw for one minute. After about 30 seconds, and continuing to breathe only through the straw, have participants look around at each other. (This should cause some laughing while still attempting to breathe through the straw.)

*Experience:* After the minute is up, ask participants to describe what it was like to breathe through the straw. (They will tell you it was difficult to breathe.) Explain that this is what it feels like to breathe when a person has emphysema. Ask them if it was harder to breathe through the straw when they started laughing. Ask them to consider how difficult it might be to go up a flight of stairs (or do other common activities) if they had to breathe like this.

You could also have two sponges to demonstrate why someone with emphysema has such a hard time breathing. One sponge should be moist and the other hard. The moist sponge is like a healthy lung filled with air sacs. The dry sponge is like the lung of someone with emphysema. A healthy lung (moist sponge) can easily bring oxygen into the air sacs (alveoli) and force carbon dioxide out of the air sacs. A lung with emphysema (hard sponge) cannot do this; trapped carbon dioxide stays in the lungs, making the person feel like they are starved for air.

## Second-hand Smoke

This activity demonstrates what happens to non-smokers in a room with a smoker.

*Materials:* Order the Smokey Room from your district Extension office. This is kept with other materials provided by the Texas Cancer Council.

*Demonstration:* Have the man in the Smokey Room smoke a cigarette after inserting the filter — see directions that come with the model. It is best to do this before starting the demonstration because it could set off smoke alarms, and it smells bad. Another option is to have the demonstration set up outside. Schools will not permit tobacco on school grounds — demonstrate using filter and show cloudy walls of box.

*Participation:* Show participants what color the filter paper is before the man smokes the cigarette. Ask them to guess what color the filter will be after the man smokes the cigarette. Ask them what makes the filter change to a brown color. Hint: see the Jar of Tar activity below to demonstrate the tar is what gets into the filter as well as the lungs of the smoker and non-smokers in the room.

*Discussion:* This is what happens when someone smokes in an enclosed area, such as a house, office, or car. Everyone in the enclosed area smokes with the smoker. Second-hand smoke is a leading cause of ear infections in children. Even being around smokers makes asthma worse. People living with smokers are also at increased risk for heart disease, lung cancer, colds, pneumonia, and bronchitis.

## Smoke in the Air

This activity only takes 5 minutes and is a good way to help people understand the implications of second-hand smoke.

*Materials:* spray bottle filled with water; tar-stained handkerchief.

*Demonstration:* Spray water from the spray bottle into the air as you move around the room.

*Participation:* Ask participants how they would react if they thought you were spraying perfume? A deadly poison? A virus? Tobacco smoke?

*Demonstration:* Show participants the handkerchief through which a smoker has exhaled tobacco smoke (be sure to have a smoker do this ahead of time).

*Explanation:* Explain that the tar in the tobacco smoke made the stains. The smoke in the handkerchief had already been in the lungs of the smoker. Ask what this tells the non-smoker about exhaled smoke from smokers? (It is harmful to everyone.)

Explain that second-hand smoke is the smoke that's in the air when tobacco is being smoked. Nicotine is also present in the second-hand smoke. Tar, nicotine, and other harmful substances in tobacco smoke pose a health threat to nearby non-smokers (adults, children, even family pets are affected).

## Jar of Tar

This activity demonstrates how much tar goes into the lungs of a smoker in one year.

*Materials:* Clear jar with a lid. One cup of molasses poured into the jar.

*Demonstration:* Hold the jar with the 1 cup of molasses.

*Participation:* Ask participants how long would it take for a 1 pack a day smoker to get this much tar in their lungs. Ask participants what tar has to do with smokers' cough.

*Explanation:* This is how much tar enters the lungs of a 1 pack a day smoker in one year. Tar contains the substances that cause damage to lungs resulting in problems like emphysema and lung cancer. Tars also cause damage to the hair cells or cilia in the respiratory tract, causing the hairs to be flat instead of standing up and sending mucus back up the tract. Mucus collects, and the smoker has to cough to get the mucus out. This is what causes the smokers' cough. As shown in the Smokey Room demonstration above, tars get into the air, and people around the smoker breathe them too.

## Scavenger Hunt

Often it can be difficult to organize school groups or other youth groups for participation in a health fair. Some of the biggest challenges are getting the youth to actively inquire about the booths and keeping all the youth from going booth-to-booth as a large group. A good way to overcome these challenges is to have a health fair scavenger hunt. Here's how it works:

- Assign participants to groups of 4 to 6 individuals. If you have concerns about the youth sticking together or if you have younger children, be sure to have a sponsor or older participant to go with each group.
- Make a list of questions that can only be answered at specific booths. You may tell the participants which booths they can find the answers at, or let participants find out for themselves. Put the same questions in a different order for each group. This staggered order should help you avoid groups gathering at one booth at the same time.
- Have a prize for the group who gets all the correct answers, has the best (most detailed) answers, or finishes the hunt first. Or, make this hunt a graded assignment.

### Scavenger Hunt Questions

Of course, not all health fairs will have the same booths, exhibits, and demonstrations, but here are some sample questions you might ask on your Scavenger Hunt Questionnaire.

- What is the universally recognized symbol for poison? (Skull and cross bones)
- Does it matter when you apply sunscreen? (Yes, it should be applied 30 minutes prior to sun exposure.)
- What are two signs of severe depression? (Change in sleep pattern, appetite changes, or withdrawal from family and friends)
- What is a myocardial infarction? (Heart attack)
- Hot water heaters should be set no higher than \_\_\_\_\_ °F to prevent scald burns. (120)

- How often should smoke detector batteries be checked to be sure they're working? (Monthly)
- What is the correct method to contact emergency services? (Call 911)
- Good \_\_\_\_\_ skills can help work out family problems. (Communication)
- If you're in the sun, you should wear a \_\_\_\_\_. (Hat)
- Wear a \_\_\_\_\_ every time you ride your bicycle. (Helmet)
- What is Zoonosis? (The study of diseases communicable from lower animals to man under natural conditions, e.g., rabies, Lyme disease, etc.)
- List three animals that can carry the rabies disease. (Squirrels, skunks, dogs)
- Name one way to protect your family from fires in the home. (Install smoke detectors and check batteries monthly, or have at least two planned escape routes)
- True or False? Bicyclists should always yield the right of way to vehicles and pedestrians — let them go first. (True)
- The correct method of controlling major bleeding is: (circle one)
  - a. Lift injured area above heart level
  - b. Apply a band-aid
  - c. Apply direct pressure (Answer: C)
- Why should I take my child to the doctor when he/she does not appear sick? (To diagnose any medical problems that could exist before they become severe, or for immunizations)
- Why should I take my child to the dentist when he/she does not appear to have a dental problem? (To diagnose any dental problems that could exist before they become severe)
- What are the long term dangers of using inhalants? (Weight loss, fatigue, salt imbalance, permanent nerve damage)
- Why is posture important? (Proper posture takes strain off of joints)
- Which is the largest food group in the Food Guide Pyramid? (Breads and cereals)
- How much counts as one serving from the meat, fish, and poultry group? (2 to 3 oz., about the size of a deck of cards)
- What is high blood pressure? (When the heart is straining to pump blood and creates pressure in the vessels)
- Can high blood pressure be cured? (No)
- What is diabetes? (A condition that interferes with the way the body uses food for energy)
- What are some ways to control diabetes? (Diet, exercise, education, and medications)
- In which booth did you learn the best ideas?

# Evaluating the Health Fair

At least two types of evaluation forms should be developed — one for participants and another for the exhibitors.

## Exhibitor Evaluations

Exhibitor evaluations can be handed out near the end of the health fair. Ask them to deposit the completed forms in a box as they leave. Have participant and exhibitor evaluation forms printed on two different colors of paper so they will be easy to separate.

Other options include interviewing exhibitors as they leave, mailing a survey, or calling them a few days later.

An evaluation form for exhibitors is included in the appendix; modify as necessary.

## Participant Evaluations

Participant evaluations can be handed out as they register or sign in. The completed forms can be placed in a box as they leave. Another option is to have tables at the doors where people are most likely to exit; hand out the forms there, and ask people to complete them before leaving. Or, have volunteers interview people as they are leaving.

To encourage completion, a prize might be awarded to a person who provides their name and phone number on their completed evaluation form. The place for the participant's name and phone could be at the bottom of the form so it could be cut off and placed in a box for the drawing.

Another option is to mail evaluation forms or call a sample of registrants after the health fair — be sure you have collected addresses and phone numbers as people sign in. Mailing evaluation forms is not likely to have a good return — expect about 10 to 20 percent at best. Volunteers could help with this. The sample evaluation form included in the appendix can be modified for local county situations or shortened for telephone interviews.

# Appendix



# Time Table Checklist for the Health Fair

## 6 to 12 Months Before the Health Fair:

- Establish goals and objectives for the Health Fair.
- Select a co-chair.
- Select planning committee members.
- Form and meet with subcommittees.
- Have subcommittees appoint chairs to report activities to the planning committee.
- Identify target audiences.
- Select a theme.
- Select a date and time.
- Select and reserve the location.
- Identify possible services, information, exhibits, activities.
- Prepare a budget.

## 3 to 6 Months Before the Health Fair:

- Establish timelines.
- Secure commitments from health care providers, exhibitors, etc.
- Ask exhibitors, clinicians, and other people working in the Health Fair to reserve the selected date.
- Secure volunteers, including someone who can take pictures the day of the fair and someone to welcome and direct participants.
- Select health screenings and services to be offered.
- Decide on exhibits, activities, demonstrations, etc.
- Reserve rental equipment.
- Reserve tables and chairs.
- Reserve Extension exhibit.

## 3 Months Before the Health Fair

- Order educational and promotional materials from American Heart Association, etc.
- Plan and begin securing prizes, decorations, goodie bags, giveaways, films, etc.
- Secure cash box; plan for change needs at the fair.
- Reserve handtrucks, carts, etc.
- Reserve trash receptacles.
- Plan to secure trash bags.
- Plan to secure tablecloths.
- Make posters, flyers, etc. to publicize the event.
- Duplicate printed materials, such as registration and evaluation forms.
- Locate and line up needed equipment (chairs, tables, and other necessary supplies).
- Receive written commitments from exhibitors, providers, volunteers, etc.
- Provide written confirmation to exhibitors, including the following:
  - date of event

- time (to set up booth and hours open to public)
  - location (include a map)
  - general guidelines
  - title for their booth signs (provided by either committee or exhibitor)
  - ask exhibitors to bring special equipment, such as extension cords, three-prong adaptors, etc.
  - ask exhibitors about space and electrical requirements
- Receive written requests from exhibitors for electrical outlets, cords, etc.

### **1 Month Before the Health Fair:**

- Meet with committee chairs to review progress towards implementation of plans.
  - Publicize the event with flyers, posters, etc.
  - Contact television, radio, and newspapers to publicize.
  - Plan booth, exhibits, and classroom locations.
  - Make booth signs.
  - Make map for exhibitors and participants.
  - Make the program, acknowledging exhibitors, volunteers, donors, etc.
  - Make a list of items still needed to be purchased.
  - Secure the following supplies for the “be prepared for anything kit”:
- Pens and pencils
  - Felt-tipped markers — large, small, different colors
  - Extension cords
  - Paper clips, rubber bands, tacks, pins
  - Stapler and extra staples
  - Scotch, masking, and duct tape
  - Hammer, nails, pliers, and screwdriver
  - Posterboard
  - Paper
  - Batteries
  - Emergency kit with first aid supplies
  - Trash bags
  - Paper towels
  - Kleenex
  - Camera and film for the volunteer photographer
  - Phone book, exhibitor and volunteer lists with phone numbers, etc.

### **1 Week Before the Health Fair:**

- Confirm with all participants.
- Print map and program.
- Make exhibitor, volunteer, chairman, etc. nametags.
- Purchase perishable items, safely store, etc.
- Make list of where volunteers will be assigned the day of the health fair.
- Finalize plan for the registration table and registration process.
- Finalize plan for staffing, including command center table.
- Finalize plan for evaluation, including distribution and collection.

### **Day Before the Health Fair:**

- Set up tables, booths, exhibits, chairs, classrooms, etc.
- Bring the “be prepared for anything kit.”
- Label the command center table and equip it with the “be prepared for anything kit.”
- Set up the registration table, including:
  - Sign-in/registration sheets, including addresses and phone numbers
  - Plenty of pens and pencils for participants
  - Maps of exhibits and programs
  - “Goody bags” for giveaways
  - Assignment list for volunteers
- Set up the evaluation area, including forms for exhibitors and participants.
- Set up the food area.
- Make sure there are enough electrical cords, outlets, audiovisual equipment, etc.

### **Day of the Health Fair:**

- Set up as needed.
- Be ready one hour before opening.
- Direct and instruct volunteers.
- Collect registrations.
- Collect evaluations.
- Clean up.
- Estimate attendance.

### **Follow-up After the Health Fair:**

- Send thank you letters to exhibitors, volunteers, etc.
- Check with health agencies doing screenings to make sure follow-up is done for all lab results.
- Tabulate evaluation results.
- Determine and document possible improvements for next time.
- Report results to the Commissioners Court, exhibitors, media, etc., as appropriate.



# Health Resource Organizations for Health Fairs

## Texas Resources

Organization	Description
<p><b>American Association of Retired Persons (AARP)</b>            98 San Jacinto Blvd, Ste. 750            Austin, TX 78701            (512) 480-9797; FAX (512) 480-9799  <a href="http://www.aarp.org/states/tx/">http://www.aarp.org/states/tx/</a></p>	<p>State office of AARP that expands national AARP services by providing information, extending services for direct assistance, and local advocacy.</p>
<p><b>American Cancer Society</b>            Texas Division            P. O. Box 149054            Austin, TX 78714-9054            (512) 929-2262 or (800) ACS-2345  <a href="http://www.cancer.org/">http://www.cancer.org/</a></p>	<p>The American Cancer Society is the nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, through research, education, advocacy, and service.</p>
<p><b>American Diabetes Association, Texas Affiliate, Inc.</b>            9430 Research Blvd.            Echelon II, Suite 300            Austin, TX 78759            (512) 343-6981 or (800) DIABETES  <a href="http://www.diabetes.org/main/community/outreach/education/tx/default.jsp">http://www.diabetes.org/main/community/outreach/education/tx/default.jsp</a></p>	<p>Association that funds research and publishes results; services as advocate for diabetes funding; provides materials, education, and other services to people with diabetes and their families, health professionals, and the public.</p>
<p><b>American Heart Association, Texas Affiliate</b>            P. O. Box 15186            Austin, TX 78761            (512) 433-7220 or (800) AHA-USA1</p>	<p>The mission of the American Heart Association is to reduce disability and death from cardiovascular diseases and stroke. The association provides the public with a variety of risk assessment information including materials on smoking, nutrition, fitness and high blood pressure, as well as heart-healthy recipes.</p>
<p><b>American Lung Association of Texas</b>            5926 Balcones Drive, Suite 100            Austin, TX 78731            (512) 467-6753; Statewide (800) 252-5864            Nationwide (800) LUNGUSA  <a href="http://www.texaslung.org/">http://www.texaslung.org/</a></p>	<p>The American Lung Association of Texas is a non-profit, voluntary health organization dedicated to the conquest of lung disease and the promotion of lung health. The Association provides programs of education, community service, advocacy, and research.</p>
<p><b>American Red Cross</b>            2218 Pershing            Austin, TX 78723-5885            (512) 928-4271; FAX (512) 928-2816            (512) 255-9899 Service Center  <a href="http://www.centex.redcross.org/">http://www.centex.redcross.org/</a></p>	<p>Organization that provides education in the treatment of medical emergencies and assists people who have been involved or affected by disasters.</p>

## Texas Resources

Organization	Description
<p><b>Arthritis Foundation</b>            8918 Tesoro Drive, Suite 590            San Antonio, TX 78217            (512) 502-8431 or (800) 284-2438  <a href="http://www.arthritis.org/communities/chapters/clickable_map/chapterState.asp?state=TX">http://www.arthritis.org/communities/chapters/clickable_map/chapterState.asp?state=TX</a></p>	<p>Foundation that provides brochures and other literature on a variety of arthritis-related diseases; offers seminars and speakers to school community groups; offers support programs, exercise programs, and referrals.</p>
<p><b>Children's Trust Fund of Texas Council</b>            8929 Shoal Creek Blvd., Suite 200            Austin, TX 78757-6854            (512) 458-1281  <a href="http://www.tdprs.state.tx.us/about_prs/state_plan/3trustfund.asp">http://www.tdprs.state.tx.us/about_prs/state_plan/3trustfund.asp</a></p>	<p>State agency whose mission is to prevent abuse and neglect of our children by leading the way in setting policy, offering resources for community prevention programs, and providing information and education on child abuse and neglect.</p>
<p><b>Cooper Institute for Aerobics Research, The</b>            12330 Preston Road            Dallas, TX 75230            (972) 341-3200  <a href="http://www.cooperinst.org/">http://www.cooperinst.org/</a></p>	<p>Non-profit institute for preventive medicine research and education that provides certification training and consulting services in the areas of health, fitness, and wellness.</p>
<p><b>U.S. Consumer Product Safety Commission            Dallas Regional Office</b>            1114 Commerce Street, Room 216            Dallas, TX 75242            (214) 767-0841/0842 or Hotline (800) 638-2772</p>	<p>Federal government office concerned with product safety and consumer health.</p>
<p><b>Dairy Max</b>            223 W. Anderson Lane, Suite 700            Austin, TX 78752            (512) 454-2771  <a href="http://www.dairymax.org/">http://www.dairymax.org/</a></p>	<p>Dairy Max is the USDA-qualified generic promotion program organized by dairy farmers. It provides nutrition information and marketing materials for schools and health professionals.</p>
<p><b>Healthy Mothers, Healthy Babies Coalition</b>            c/o Patricia Stone, State Coordinator            Texas Department of Health            Health Communications Division–COPC            1100 West 49th Street            Austin, TX 78757            (512) 458-7111, ext. 2206</p>	<p>The Texas HMHB Coalition functions as a subcommittee of the Texas Maternal and Child Health Coalition. The focus of HMHB is to monitor current programs within the state and generate activities in four target areas: access to prenatal care; breastfeeding; genetics; and preterm birth prevention. Currently, there are eight identified local HMHB Coalitions in Texas, as well as a statewide Breastfeeding Task Force that meets quarterly.</p>
<p><b>March of Dimes Birth Defects Foundation</b>            8131 LBJ Fwy., Suite 115            Dallas, TX 75251            (241) 669-3463  <a href="http://www.modimes.org/">http://www.modimes.org/</a></p>	<p>This foundation provides pre-pregnancy education, a community adolescent male responsibility program, and printed materials and videos on birth defects, teen pregnancy, good health behaviors, and a variety of other issues related to maternal/child health.</p>

## Texas Resources

Organization	Description
<p><b>Mental Health Association in Texas</b>            8401 Shoal Creek Blvd.            Austin, TX 78757            (512) 454-3706; FAX (512) 454-3725  <a href="http://www.mhatexas.org/">http://www.mhatexas.org/</a></p>	<p>Statewide, non-profit, systems-level advocacy organization that works to promote mental health and improve care and treatment for people who have mental illnesses.</p>
<p><b>Mothers Against Drunk Driving (MADD) Texas State</b>            611 S. Congress, Suite 505            Austin, TX 78704            (512) 445-4976  <a href="http://www.madd.org/tx/">http://www.madd.org/tx/</a></p>	<p>The mission of Mothers Against Drunk Driving is to stop drunk driving and to support victims of this violent crime.</p>
<p><b>National Domestic Violence Hotline</b>            3616 Far West Blvd., Suite 101-297            Austin, TX 78731-3224            (800) 799-SAFE or TDD (800) 787-3224  <a href="http://www.ndvh.org/">http://www.ndvh.org/</a></p>	<p>Provides information, referrals, and crisis intervention to battered women, batterers, family, friends, and general public on domestic violence.</p>
<p><b>National Center for Farmworker Health, Inc.</b>            1515 Capital of Texas Hwy South, Suite 220            Austin, TX 78746            (512) 328-7682 or (800) 531-5120</p>	<p>Program that provides migrant health-related information and technical assistance to migrant health centers and other entities interested in migrant health.</p>
<p><b>National Inhalant Prevention Coalition</b>            1201 West 6th Street, Suite C-200            Austin, TX 78703            (512) 480-8953  <a href="http://www.inhalants.org/">http://www.inhalants.org/</a></p>	<p>Coalition's area of concentration is inhalant use prevention through community health promotions.</p>
<p><b>National Kidney Foundation</b>            7710 Woodhollow Drive, Suite 223            Austin, TX 78731            (512) 502-8897 or (800) 441-1281  <a href="http://www.kidney.org/general/affiliates/nkf_affiliates.cfm?state=Texas">http://www.kidney.org/general/affiliates/nkf_affiliates.cfm?state=Texas</a></p>	<p>National health agency devoted to finding a cause or prevent kidney and urinary tract diseases through research, public and professional education, and patient services.</p>
<p><b>National Multiple Sclerosis Society</b>            7333 Hwy. 290 East, #104            Austin, TX 78723            (512) 926-3894  <a href="http://www.nmss.org/">http://www.nmss.org/</a></p>	<p>Organization that provides services and education for persons affected by multiple sclerosis.</p>
<p><b>PAPA (Paternity, Parenthood Project)</b>            Office of The Attorney General            Child Support Division            P. O. Box 12017            Austin, TX 78711-2017            (512) 460-6000 or (800) 252-8014</p>	<p>Program designed to educate teens about legal rights and responsibilities of parenthood, including child support and paternity establishment. Suitable for grades 6 to 12.</p>

## Texas Resources

Organization	Description
<p><b>Parents Anonymous of Texas</b>            7801 North Lamar, Suite F-8            Austin, TX 78752            (512) 459-5490 or (800) 554-2323  <a href="http://www.parentsanonymous.org/">http://www.parentsanonymous.org/</a></p>	<p>Statewide peer-led, volunteer-implemented, professionally-facilitated system of no-cost programs aimed at strengthening parent-child relationships and stopping child maltreatment; 24-hour statewide crisis line.</p>
<p><b>Peer Assistance &amp; Leadership (PAL) Services</b>            3410 Far West Boulevard, Suite 250            Austin, TX 78731            (512) 343-9595  <a href="http://www.palusa.org/">http://www.palusa.org/</a></p>	<p>Multi-state network dedicated to the establishment of high quality, effective peer helping programs, particularly PAL.</p>
<p><b>Planned Parenthood of Austin, Inc.</b>            1209 Rosewood            Austin, TX 78702            (512) 472-0868 or (800) 230-PLAN  <a href="http://www.plannedparenthood.org/">http://www.plannedparenthood.org/</a></p>	<p>Non-profit organization that provides family planning, reproductive health care; provides educational programs and materials; maintains resource library; provides professional staff training on sexuality education.</p>
<p><b>Prevent Blindness Texas</b>            3211 West Dallas            Houston, TX 77019            (713) 526-2559 or FAX (713) 529-8310  <a href="http://www.preventblindness.org/TX/TXhome.html">http://www.preventblindness.org/TX/TXhome.html</a></p>	<p>Non-profit organization with a mission to preserve sight and prevent blindness through a combination of services—free adult and children’s vision screening, public and professional education, public information, and patient services.</p>
<p><b>Southeast Texas Poison Center</b>            UT Medical Branch            301 University Avenue            Galveston, TX 77555-1175            (713) 654-1701 (Houston)            (409) 765-1420 (Galveston)            (800) 392-8548 (physicians and hospitals only)            (800) 764-7661 (general public)  <a href="http://www.utmb.edu/setpc/">http://www.utmb.edu/setpc/</a></p>	<p>Center that serves the citizens of Texas; offers first emergency assistance to the public, and assists professionals in treating poisonings.</p>
<p><b>Texas Alliance for Human Needs</b>            1000 E. 7th Street, Suite 208            Austin, TX 78702            (512) 474-2225  <a href="http://www.txalliance.org/">http://www.txalliance.org/</a></p>	<p>Non-profit organization that provides emotional support, and education, and advocates for families and persons affected by serious mental illnesses; facilitates self-help groups.</p>
<p><b>Texas Association Against Sexual Assault</b>            P. O. Box 684813            Austin, TX 78767            (512) 474-7190            (717) 232-7460 (NCASA Harrisburg, PA)  <a href="http://www.taasa.org/">http://www.taasa.org/</a></p>	<p>Organization committed to ending sexual violence; provides assistance to victims of sexual assault, both genders, all ages; provides information and referrals; provides public education and training; advocates and supports legislation to aid survivors of sexual assault and prevent sexual violence.</p>

## Texas Resources

Organization	Description
<p><b>Texas Association for Health, Physical Education, Recreation and Dance</b>            6300 La Calma, Suite 100            Austin, TX 78752-3890            (512) 459-1299/1290 (FAX) or (800) 880-7300  <a href="http://www.tahperd.org/">http://www.tahperd.org/</a></p>	<p>Professional association serving educators in the areas of physical education, health education, recreating and dance; helps coordinate “Jump Rope for Heart.”</p>
<p><b>Texas Beef Council</b>            8708 Ranch Road, 620 North            Austin, TX 78726            (512) 335-2333  <a href="http://www.txbeef.org/">http://www.txbeef.org/</a></p>	<p>Trade association that provides a variety of information on nutrition and consumer health.</p>
<p><b>Texas Cancer Data Center</b>            1515 Holcombe Boulevard #233            Houston, TX 77005            (713) 792-2277  <a href="http://www.txcancer.org/">http://www.txcancer.org/</a></p>	<p>Texas Cancer Data Center provides on-line Texas cancer resource and statistical information. Resource information includes physicians, mammography facilities, hospitals, community services, and support groups; cancer statistics includes county cancer profiles, site-specific cancer data, and population. Information about the Texas Cancer Council (TCC) projects as well as publications such as Impact of Cancer on Texas and guidelines for creating cancer prevention materials and resource information for African-Americans and Hispanics.</p>
<p><b>Texas Commission on Alcohol and Drug Abuse</b>            9001 North IH35, Suite 105            Austin, TX 78753-5233            (512) 349-6600 or (800) 832-9623  <a href="http://www.tcada.state.tx.us/">http://www.tcada.state.tx.us/</a></p>	<p>State agency that regulates, plans, develops, coordinates, evaluates, and implements programs related to chemical dependence and gambling; provides technical assistance, funds, and consultation services to statewide and community organizations.</p>
<p><b>Texas Commission for the Blind</b>            4800 N. Lamar            Austin, TX 78756            (512) 459-2500 or (800) 252-5204  <a href="http://www.tcb.state.tx.us/">http://www.tcb.state.tx.us/</a></p>	<p>State agency with primary responsibility of providing services to visually disabled persons; services include counseling and guidance, rehabilitation training, vocational evaluations and training, reader services, and a variety of other services.</p>

## Texas Resources

Organization	Description
<p><b>Texas Commission for the Deaf &amp; Hard of Hearing</b>            4800 North Lamar, Suite 310            Austin, TX 78756            (512) 407-3250 (V) (512) 407-3251 (TTY)  <a href="http://www.tcdhh.state.tx.us/">http://www.tcdhh.state.tx.us/</a></p>	<p>The Commission provides funds for interpreter services, communication access, services to older hearing impaired Texans, tests and licenses sign language and oral interpreters, funds intern/mentor programs, interpreter outreach and training, various projects to identify individuals with hearing loss, and hard of hearing specialist program, information and referral, and a tuition wavier certification of deafness.</p>
<p><b>Texas Comprehensive School Health Initiative</b>            c/o Judy Jonas            406 East 11th Street            Austin, TX 78701            (512) 477-6361</p>	<p>Coalition of over 25 health/education organizations; provides information on comprehensive school health; coordinates the annual Texas All Well School Health Promotion Conference.</p>
<p><b>Texas Council on Family Violence</b>            8701 North Mo-Pac Expressway, Suite 450            Austin, TX 78759            (512) 794-1133 or (800) 799-SAFE  <a href="http://www.dhs.state.tx.us/programs/familyviolence/index.html">http://www.dhs.state.tx.us/programs/familyviolence/index.html</a></p>	<p>Organization that provides information regarding services for violent families; assists shelters; provides information about violence in families.</p>
<p><b>Texas D.A.R.E. Institute</b>            Canyon Hall West Campus            Texas State University-San Marcos            San Marcos, TX 78666            (512) 245-3841</p>	<p>A program in which specially trained, uniformed law officers teach about peer pressure and drug abuse.</p>
<p><b>Texas Department on Aging</b>            P. O. Box 12786            Austin, TX 78711            (512) 424-6840 or Info/Referral (800) 252-9240  <a href="http://www.tdoa.state.tx.us/">http://www.tdoa.state.tx.us/</a></p>	<p>The Texas Department on Aging is the only state agency whose sole duty is serving older Texans. The department provides a wide array of services (which vary according to local needs and resources) to any Texan, 60 or older.</p>
<p><b>Texas Department of Agriculture</b>            P. O. Box 12847            Austin, TX 78711            (512) 463-7476  <a href="http://www.agr.state.tx.us/">http://www.agr.state.tx.us/</a></p>	<p>State agency that provides a variety of adult and student educational materials on Texas agriculture products.</p>
<p><b>Texas Department of Health Office of Tobacco Prevention and Control (OTPC)</b>            1100 West 49th Street            Austin, TX 78756            (512) 458-7402 or (800) 345-8647</p>	<p>OTPC serves as a clearinghouse for information on tobacco issues and is accessible to the public via a toll free number. OTPC offers technical assistance, trainings, and resources to community groups, healthcare providers, schools, and worksites in its efforts to reduce tobacco's toll on Texas.</p>

## Texas Resources

Organization	Description
<p><b>Texas Department of Health</b>            1100 West 49th Street            Austin, TX 78756            (512) 458-7111  <a href="http://www.tdh.state.tx.us/">http://www.tdh.state.tx.us/</a></p> <p>*All programs are at the above address unless otherwise noted.</p> <p><b>Alzheimer's Program</b> (800) 242-3399  <b>Audiovisual Library</b> (512) 458-7260  <b>Bureau of Food and Drug Safety</b>            (512) 719-0200            (Formally Bureau of Veterinary Public Health and Bureau of Consumer Health)  <b>Chronic Disease Prevention</b> (512) 458-7200  <b>Dental Health</b> (512) 458-7323  <b>Emergency Management</b> (512) 834-6700  <b>Environment Health</b> (512) 834-6640  <b>Family Planning</b> (512) 458-7444  <b>HIV/STD Health Resources Division</b>            (512) 490-2515  <b>HIV/AIDS Hotline</b> (800) 299-2437  <b>HIV/STD Training &amp; Public Education Branch</b> (512) 490-2535  <b>Immunization</b> (512) 458-7284; (800) 252-9152  <b>Infectious Disease Epidemiology and Surveillance Division</b> (512) 458-7328  <b>Injury Prevention and Control</b>            (512) 458-7266  <b>Non-Communicable Disease Epidemiology and Toxicology</b> (512) 458-7268  <b>Nutrition Services</b> (512) 458-7444  <b>Office of Tobacco Prevention and Control</b>            (800) 345-8647  <b>Public Health Promotion</b> (512) 458-7405  <b>Radiation Control</b> (512) 834-6688  <b>Safe Riders (Child Passenger Safety)</b>            (800) 252-8255  <b>Senior Citizens Occupant Protection Program</b> (800) 252-8255</p> <p>(continued on next page)</p>	<p>State agency that provides a variety of health services to promote health and prevent disease. Check with appropriate listing for more details.</p>

## Texas Resources

Organization	Description
<p><b>Texas Department of Health</b> (cont'd)            1100 West 49th Street            Austin, TX 78756            (512) 458-7111  <a href="http://www.tdh.state.tx.us/">http://www.tdh.state.tx.us/</a></p> <p>*All programs are at the above address unless otherwise noted.</p> <p><b>State Health Data and Policy Analysis</b>            (512) 458-7261</p> <p><b>Texas Birth Defects Monitoring Division</b>            (512) 458-7232</p> <p><b>Texas Poison Center Network</b> (800) POISON</p> <p><b>Tuberculosis</b> (512) 458-7447</p> <p><b>Veterinary Public Health</b> (512) 458-7471</p> <p><b>Vital Statistics</b> (512) 458-7692</p> <p><b>Children's Health, Bureau of</b> (512) 458-7700</p> <p><b>Women, Infants, and Children (WIC)</b>            Program Office: (512) 458-7444            (800) 942-3678            Participant Number: (800) 942-3678</p>	<p>State agency that provides a variety of health services to promote health and prevent disease. Check with appropriate listing for more details.</p>
<p><b>Texas Department of Human Services</b>  <b>Client Assistance, Information and Referral</b>            701 West 51st Street            Austin, TX 78756            (512) 438-3280 or (512) 438-3011  <a href="http://www.dhs.state.tx.us/">http://www.dhs.state.tx.us/</a></p>	<p>State agency that provides a variety of support and programs related to family issues.</p>
<p><b>Texas Department of Mental Health and Mental Retardation (TXMHMR)</b>            P. O. Box 12688            Austin, TX 78711            (512) 454-3761  <a href="http://www.mhmr.state.tx.us/">http://www.mhmr.state.tx.us/</a></p>	<p>Ensures these services are available for eligible Texans who have mental illness and/or mental retardation: crisis stabilization, residential care, diagnosis and treatment, family support, case management, medication, and psychosocial support.</p>
<p><b>Texas Department of Protective and Regulatory Services</b>            701 West 51st Street            Austin, TX 78751            (512) 438-4778  <a href="http://www.tdprs.state.tx.us/">http://www.tdprs.state.tx.us/</a></p>	<p>Investigates complaints of abuse, neglect, and exploitation of children, the elderly, and people with disabilities. The agency is also responsible for providing services to victims of abuse, neglect, and exploitation. TDPRS also licenses and regulates child care.</p>
<p><b>Texas Dietetic Association</b>            1033 La Posada, Suite 220            Austin, TX 78752            (512) 454-8626  <a href="http://www.nutrition4texas.org/">http://www.nutrition4texas.org/</a></p>	<p>Professional association of registered dietitians; recommends reliable reference materials.</p>

## Texas Resources

Organization	Description
<p><b>Texas Family Planning Association</b>  P. O. Box 3868  Austin, TX 78764  (512) 448-4857  <a href="http://www.whfpt.org/">http://www.whfpt.org/</a></p>	<p>Membership association for agencies that provide family planning services; advocates school education to help prevent teen pregnancy, early sexual activity, and sexually transmitted diseases.</p>
<p><b>Texas Natural Resource Conservation Commission</b>  Environmental Information Center  12100 Park 35 Circle, Bldg. A, Rm 102A  Austin, TX 78711  (800) 64-TEXAS  <a href="http://www.tnrcc.state.tx.us/">http://www.tnrcc.state.tx.us/</a></p>	<p>State commission with regulatory oversight for protecting air, land, and water resources in Texas. Offers general information literature and videos on topics including recycling, household hazardous waste, air and water quality issues, and pollution prevention.</p>
<p><b>Texas Respite Resource Network</b>  Santa Rosa Health Care  519 West Houston  San Antonio, TX 78207-3198  (210) 704-2794</p>	<p>Statewide technical assistance network for respite in Texas.</p>
<p><b>Texas Safety Association</b>  15803 Vindermere Drive  Pflugerville, TX 78660  (512) 251-1151  <a href="http://www.texas-safety.org/">http://www.texas-safety.org/</a></p>	<p>Non-profit, educational organization that provides workplace safety courses for employers and contractors, First-Aid/CPR training, and public information and regulatory information.</p>
<p><b>Texas School Health Association</b>  900 Whitney Court  Denton, TX 76205  (817) 382-8288</p>	<p>Statewide organization affiliated with the American School Health Association that promotes comprehensive school health programming.</p>
<p><b>Texas Self-Help Group Clearinghouse</b>  8401 Shoal Creek Blvd.  Austin, TX 78758-7544  (512) 454-3706</p>	<p>Clearinghouse that offers listings of self-help groups operating in Texas.</p>
<p>Provides quality training and consultation in the areas of peer assistance, HIV/AIDS prevention and Employee Assistance Program.  3410 Far West Blvd., Suite 250  Austin, TX 78731  (512) 343-9595</p>	<p>Provides quality training and consultation in the areas of peer assistance, HIV/AIDS prevention and Employee Assistance Program.</p>



# Health Resource Organizations for Health Fairs

## National Resources

Organization	Description
<p><b>Administration on Aging</b>            200 Independence Avenue, SW Room 309F            Washington, D.C. 20201            (202) 401-4541  <a href="http://www.aoa.dhhs.gov/">http://www.aoa.dhhs.gov/</a></p>	<p>Government agency that assists in building community systems and assessing needs of the elderly.</p>
<p><b>Alzheimer's Disease and Related Disorders Association</b>            919 North Michigan, Avenue, Suite 1000            Chicago, IL 60611            (800) 272-3900  <a href="http://www.alz.org/">http://www.alz.org/</a></p>	<p>Association that offers referrals to local chapters and support groups; provides publications.</p>
<p><b>Alzheimer's Disease Education and Referral Center</b>            P. O. Box 8250            Silver Spring, MD 20907-8250            (301) 495-3311 or (800) 438-4380  <a href="http://www.alzheimers.org/">http://www.alzheimers.org/</a></p>	<p>Center sponsored by the National Institute on Aging; provides information and publications on Alzheimer's disease to health care professionals, patients and their families, and the general public.</p>
<p><b>AARP (American Association of Retired Persons)</b>            601 E. Street, NW            Washington, D.C. 20049            (202) 434-2277  <a href="http://www.aarp.org/">http://www.aarp.org/</a></p>	<p>National organization that advocates for rights of older adults; maintains a strong network of local chapters; provides numerous educational materials, publications, and program support.</p>
<p><b>Asthma and Allergy Foundation of America</b>            1233 Twentieth Street, NW, Suite 402            Washington, DC 20036            (202) 466-7643 or (800) 7-ASTHMA  <a href="http://www.aafa.org/">http://www.aafa.org/</a></p>	<p>Voluntary organization that provides general information, publications and videos; sponsors support groups, research grants, and professional education and patient advocacy.</p>
<p><b>Centers for Disease Control and Prevention (CDC)</b>            Public Inquiries, Mgmt Analysis &amp; Service Office            1600 Clifton Road, NE, Mail Stop E-72            Atlanta, GA 30333            (404) 639-3534 or (800) 311-3435  <a href="http://www.cdc.gov/">http://www.cdc.gov/</a></p>	<p>Government agency that provides information on a vast number of health topics, including violent/abusive behavior, environmental health, unintentional injuries, occupational safety, and other topics.</p>

## National Resources

Organization	Description
<p><b>CDC National Prevention Information Network</b>                      (formerly known as CDC National AIDS Clearinghouse )                      Centers for Disease Control (CDC)                      P. O. Box 6003                      Rockville, MD 20849-6003                      (800) 458-5231  <a href="http://www.cdcnpin.org/">http://www.cdcnpin.org/</a></p>	<p>The CDC National Prevention Information Network provides timely, accurate, and relevant information on HIV/AIDS to people working in prevention, health care, research, and support services. It offers comprehensive reference and referral services.</p>
<p><b>Environmental Protection Agency</b>                      Public Information Center                      401 M Street, SW, #3404                      Washington, D.C. 20460                      (202) 260-2080  <a href="http://www.epa.gov/">http://www.epa.gov/</a></p>	<p>Government office that provides non-technical information about environmental health issues and EPA. Information is available on drinking water, air quality, pesticides, radon, indoor air, Superfund, recycling, and many other environmental topics.</p>
<p><b>ERIC Clearinghouse on Teaching &amp; Teacher Education</b>                      One Dupont Circle, NW, Suite 610                      Washington, D.C. 20036                      (202) 293-2450 or (800) 822-9229  <a href="http://www.ericsp.org/">http://www.ericsp.org/</a></p>	<p>U.S. Department of Education program that collects and processes journals and research literature for ERIC database; offers health, physical education, recreation, and dance resources; useful for teachers and others.</p>
<p><b>Food and Drug Administration</b>                      Consumer Inquiries                      5600 Fishers Lane (HFE-88)                      Rockville, MD 20857                      (301) 443-3170 or (301) 827-4420  <a href="http://www.fda.gov/">http://www.fda.gov/</a></p>	<p>Government agency that disseminates information regarding nutrition and food and drug safety.</p>
<p><b>Food and Nutrition Information Center                      Rural Information Center</b>                      National Agriculture Library                      10301 Baltimore Blvd., Rm 304                      Beltsville, MD 20705                      (301) 504-5719 or (800) 633-7701  <a href="http://www.nal.usda.gov/fnic/">http://www.nal.usda.gov/fnic/</a></p>	<p>Library maintained by the Department of Agriculture that provides information on nutrition, food services, and food technology. Will do literature searches and provide information on grants for rural areas.</p>
<p><b>Head Start Bureau, DHHS</b>                      P. O. Box 1182                      Washington, D.C. 20013  <a href="http://www2.acf.dhhs.gov/programs/hsb/">http://www2.acf.dhhs.gov/programs/hsb/</a></p>	<p>Government program that provides information on Comprehensive Child Development Centers and other Head Start Programs.</p>
<p><b>Health Promotion Resource Center</b>                      Morehouse School of Medicine                      720 Westview Drive, SW                      Atlanta, GA 30310                      (404) 752-1622</p>	<p>Center that disseminates materials and information on health topics, with special emphasis on low-income urban and rural minority populations; offers technical assistance to low-income communities in establishing health promotion activities.</p>

## National Resources

Organization	Description
<p><b>Health Promotion Resource Center</b>  Stanford Ctr. for Research in Disease Prevention  1000 Welch Road  Palo Alto, CA 94304-1885  (415) 723-0003; FAX (415) 498-7775  <a href="http://prevention.stanford.edu/">http://prevention.stanford.edu/</a></p>	<p>Distributes community-based print, video materials for lay public and professionals involved in health promotion process, stress management, youth activities, injury prevention, and other topics noted. Also offers health risk appraisals and Spanish language materials.</p>
<p><b>Healthy Mothers, Healthy Babies Coalition</b>  409 12th Street, SW  Washington, D.C. 20024-2188  (202) 863-2458; FAX (202) 554-4346  <a href="http://www.hmhb.org/index.html">http://www.hmhb.org/index.html</a></p>	<p>Informal association of organizations with an interest in child and maternal health; fosters efforts to educate pregnant women; provides general information to health professionals and the general public.</p>
<p><b>Indoor Air Quality Information Clearinghouse</b>  P. O. Box 37133  Washington, D.C. 20013-7133  (800) 438-4318; FAX (202) 484-1510  e-mail: <a href="mailto:iaqinfo@aol.com">iaqinfo@aol.com</a>  <a href="http://www.epa.gov/iaq/">http://www.epa.gov/iaq/</a></p>	<p>Specialists provide information, referrals, publications, and database searches on indoor air quality. Information includes pollutants and sources, health effects, control methods, commercial building operations and maintenance, standards and guidelines, and federal and state legislation.</p>
<p><b>Institute for Cancer Prevention</b>  320 East 43rd Street  New York, NY 10017  (212) 953-1900  <a href="http://www.ifcp.us/">http://www.ifcp.us/</a></p>	<p>Non-profit research organization for disease prevention and health promotion. Offers school health promotion program called "Know Your Body," designed to help students develop skills for making positive health choices.</p>
<p><b>National Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse (NAMSIC)</b>  1 AMS Circle  Bethesda, MD 20892-3675  (301) 495-4484 or TDD (301) 565-2966  <a href="http://www.nih.gov/niams/">http://www.nih.gov/niams/</a></p>	<p>NAMSIC is a service of the National Institutes of Health that provides printed information about arthritis, musculoskeletal and skin diseases to health professionals and the general public including patients' family and friends.</p>
<p><b>National Asthma Education Program</b>  NHLBI Information Center  P. O. Box 30105  Bethesda, MD 20824-0105  (301) 251-1222; FAX (301) 251-1223</p>	<p>Program of NHLBI that works with intermediaries (such as medical associations, voluntary health organizations, and community programs) to educate patients, health professionals, and the public about asthma and related disorders.</p>

## National Resources

Organization	Description
<p><b>National Cancer Institute (NCI)</b>            31 Center Drive MSC 2580            Building 31, Room 10A16            Bethesda, MD 20892-2580            (800) 4-CANCER or (800) 422-6237  <a href="http://www.nci.nih.gov/">http://www.nci.nih.gov/</a></p>	<p>The Cancer Information Services (CIS) is a nationwide network of 19 regional field offices supported by the National Cancer Institute (NCI) that provides accurate, up-to-date information on cancer to patients and their families, health care professionals, and the general public. The CIS can provide specific information in English and Spanish about particular types of cancer, as well as information on how to obtain second opinions and the availability of clinical trials. Each CIS office has access to the NCI treatment database PDQ, which offers callers the most current state-of-the art treatment and clinical trial information.</p>
<p><b>National Center for Education in Maternal and Child Health</b>            2000 15th Street North, Suite 701            Arlington, VA 22201-2617            (703) 524-7802  <a href="http://www.ncemch.org/">http://www.ncemch.org/</a></p>	<p>Organization that provides general and technical assistance, develops professional educational and reference materials on issues relating to public policy and program development in maternal and child health.</p>
<p><b>National Center for Health Statistics</b>            6525 Belcrest Road, Room 1064            Hyattsville, MD 20782            (301) 436-8500  <a href="http://www.cdc.gov/nchs/">http://www.cdc.gov/nchs/</a></p>	<p>The Center is the federal government's principal vital and health statistics agency. Provides reference, inquiry, and referral services. Produces series of publications—some free of charge. Catalogs of electronic and printed products are available.</p>
<p><b>National Cholesterol Education Program</b>            NHLBI Information Center            P. O. Box 30105            Bethesda, MD 20824-0105            (301) 251-1222; FAX (301) 251-1223  <a href="http://www.nhlbi.nih.gov/about/ncep/index.htm">http://www.nhlbi.nih.gov/about/ncep/index.htm</a></p>	<p>NHLBI program that has developed recommendations, guidelines, and educational materials related to cholesterol.</p>
<p><b>National Clearinghouse for Alcohol and Drug Information (NCADI)</b>            P. O. Box 2345            Rockville, MD 20847            (301) 468-2600 or (800) 729-6686  <a href="http://www.health.org/">http://www.health.org/</a></p>	<p>Organization that provides the latest information on alcohol, tobacco, and other drugs in media formats, including printed material and videos; publishes the bi-monthly "Prevention Pipeline," resource guides and a quarterly catalog. Maintains the Regional Alcohol and Drug Awareness (RADAR) network of resource centers in the U.S. and territories.</p>

## National Resources

Organization	Description
<p><b>National Clearinghouse on Child Abuse and Neglect Information</b>            P. O. Box 1182            Washington, D.C. 20013-1182            (703) 385-7565 or (800) FYI-3366  <a href="http://www.calib.com/nccanch/">http://www.calib.com/nccanch/</a></p>	<p>Major national resource for the acquisition and dissemination of child abuse and neglect reference materials. The Clearinghouse seeks to meet the information needs of researchers, practitioners, and professionals working with children and families. There is a database of more than 22,000 child abuse and neglect and child welfare documents that is accessible both through the Clearinghouse Home Page and on a CD-ROM that is available free of charge to libraries, universities, and other qualified institutions. The Clearinghouse also distributes training resources, research studies, statistical reports, state statutes summaries, and annotated bibliographies. A free catalog of publications and services is available.</p>
<p><b>National Clearinghouse for Primary Health Care Information</b>            2070 Chain Bridge Road            Suite 450            Vienna, VA 22182            (703) 821-8955, ext. 248  <a href="http://www.bphc.hrsa.gov/">http://www.bphc.hrsa.gov/</a></p>	<p>Clearinghouse that provides information to support the delivery of health care to areas that have shortages of medical personnel and services; materials include: governing boards, financial management, sexually transmitted diseases, lead poisoning, administrative management, and clinical care.</p>
<p><b>National Coalition for Adult Immunizations</b>            4733 Bethesda Avenue, Suite 750            Bethesda, MD 20814-5228            (301) 656-0003  <a href="http://www.nfid.org/ncai/">http://www.nfid.org/ncai/</a></p>	<p>The National Coalition for Adult Immunization, formed in 1988, is a network of organizations dedicated to promoting adult immunization, primarily through educational and motivational activities. The goal of NCAI is to raise immunization levels in high-risk and other adult target groups by increasing awareness of physicians, other healthcare providers, and the general public about the need for and the benefits of immunization.</p>
<p><b>National Committee to Prevent Child Abuse</b>            332 S. Michigan, Suite 1600            Chicago, IL 60604            (312) 663-3520  <a href="http://www.childabuse.org/">http://www.childabuse.org/</a></p>	<p>National organization that publishes monographs, booklets, and pamphlets; provides research, training and technical assistance, and prevention programs.</p>
<p><b>National Council on Patient Information &amp; Education</b>            666 11th Street, NW, Suite 810            Washington, D.C. 20001            (202) 347-6711  <a href="http://www.talkaboutrx.org/">http://www.talkaboutrx.org/</a></p>	<p>Council that provides information on programs, services, and materials that promote the safe use of medicines.</p>

## National Resources

Organization	Description
<p><b>National Diabetes Information Clearinghouse (NDIC)</b>            1 Information Way            Bethesda, MD 20892-3560            (301) 654-3327  <a href="http://diabetes.niddk.nih.gov/about/index.htm">http://diabetes.niddk.nih.gov/about/index.htm</a></p>	<p>The National Diabetes Information Clearinghouse (NDIC) is an information and referral service of the National Institute of Diabetes and Digestive and Kidney Diseases, one of the National Institutes of Health. The Clearinghouse responds to written inquires, develops and distributes publications about diabetes, and provides referrals to diabetes organizations, including support groups. The NDIC maintains a database of patient and professional education materials, from which literature searches are generated.</p>
<p><b>National Digestive Diseases Information Clearinghouse (NDDIC)</b>            2 Information Way            Bethesda, MD 20892-3570            (301) 654-3810  <a href="http://digestive.niddk.nih.gov/about/index.htm">http://digestive.niddk.nih.gov/about/index.htm</a></p>	<p>The National Digestive Disease Information Clearinghouse (NDDIC) is an information and referral service of the National Institute of Digestive and Kidney Disease, one of the National Institutes of Health. The Clearinghouse responds to written inquires, develops and distributes publications about digestive diseases, and provides referrals to digestive diseases organizations, including support groups. The NDDIC maintains a database of patient and professional education materials, from which literature searches are generated.</p>
<p><b>National Eye Education Program</b>            2020 Vision Place            Bethesda, MD 20892-3655            (301) 496-5248 or (800) 869-2020  <a href="http://www.nei.nih.gov/">http://www.nei.nih.gov/</a></p>	<p>Program of the National Eye Institute (NIH); implements eye health education programs for the public and health professionals, including national campaigns and health education materials.</p>
<p><b>National Fire Protection Association</b>            1 Batterymarch Park            Quincy, MA 02169            (617) 770-3000  <a href="http://www.nfpa.org/">http://www.nfpa.org/</a></p>	<p>Objective is to reduce the burden of fire on the quality of life by advocating scientifically-based consensus codes and standards, research, and education for fire and related safety issues.</p>
<p><b>National Foundation for Infectious Diseases</b>            4733 Bethesda Avenue, Suite 750            Bethesda, MD 20814            (301) 656-0003  <a href="http://www.nfid.org/">http://www.nfid.org/</a></p>	<p>Non-profit organization, the mission of which is to support research into the causes of and cures for infectious diseases; to aid in or foster the prevention of infectious diseases; and to encourage, sponsor, and conduct public and professional education programs. NFID also coordinates the National Coalition for Adult Immunization.</p>

## National Resources

Organization	Description
<p><b>National Heart, Lung and Blood Institute (NHLBI/OPEC)</b>            31 Center Drive, MSC2480            Room 4A21            Bethesda, MD 20892-2480            (301) 496-4236  <a href="http://www.nhlbi.nih.gov/">http://www.nhlbi.nih.gov/</a></p>	<p>Organization that provides national leadership for national programs and research related to the cause, prevention, and treatment of cardiovascular, pulmonary, and blood diseases; disseminates numerous educational materials for the public and health professionals.</p>
<p><b>National High Blood Pressure Education</b>            NHLBI Information Center            P. O. Box 30105            Bethesda, MD 20824-0105            (301) 592-8573; FAX (301) 592-8563  <a href="http://www.nhlbi.nih.gov/">http://www.nhlbi.nih.gov/</a></p>	<p>Center that provides educational messages to the public concerning high blood pressure.</p>
<p><b>National Highway Traffic Safety Administration (NHTSA)</b>            400 7th Street, SW            Washington, D.C. 20590            (202) 366-4000  <a href="http://www.nhtsa.dot.gov/">http://www.nhtsa.dot.gov/</a></p>	<p>Administration of the U.S. Department of Transportation that publishes brochures, flyers, statistical reports, videotapes, and other information about safety belts, car seats, pedestrian, bicycle and motorcycle safety, and drunk and impaired driving.</p>
<p><b>National Information Center for Children and Youth with Disabilities (NICHCY)</b>            P. O. Box 1492            Washington, D.C. 20013-1492            (202) 884-8441 or (800) 695-0285  <a href="http://www.nichey.org/">http://www.nichey.org/</a></p>	<p>NICHCY is an information clearinghouse that provides information on disabilities and disability-related issues. Children and youth with disabilities (birth to age 22) are their special focus. Anyone may contact NICHCY for information.</p>
<p><b>National Injury Information Clearinghouse</b>            U.S. Consumer Product Safety Commission            Washington, D.C. 20207-0001            (301) 504-0424  <a href="http://www.cpsc.gov/about/clrnghse.html">http://www.cpsc.gov/about/clrnghse.html</a></p>	<p>Clearinghouse that provides data relating to morbidity and mortality associated with consumer products.</p>
<p><b>National Institute on Deafness and Other Communications Disorders Information Clearinghouse</b>            1 Communication Avenue            Bethesda, MD 20892-3456            (800) 241-1044 or TDD/TT (800) 241-1055  <a href="http://www.nidcd.nih.gov/">http://www.nidcd.nih.gov/</a></p>	<p>The NIDCD has established a national clearinghouse of information and resources on the normal and disordered mechanisms of hearing, balance, smell, taste, voice, speech, and language. The NIDCD Information Clearinghouse collects information on these seven research areas and disseminates it to health professionals, patients, industry, and the public.</p>

## National Resources

Organization	Description
<p><b>National Institute of Diabetes and Digestive and Kidney Diseases</b>            31 Center Drive, Room 9A04            MSC 2560            Bethesda, MD 20892-2560            (301) 496-3583  <a href="http://www.niddk.nih.gov/">http://www.niddk.nih.gov/</a></p>	<p>Conducts and supports research on many of the most serious diseases affecting the public health. The Institute encompasses the broad spectrum of metabolic diseases such as diabetes, inborn errors of metabolism, endocrine disorders, mineral metabolism, digestive diseases, nutrition, urology and renal disease, and hematology. Basic research studies include biochemistry; nutrition; pathology; histochemistry; chemistry; physical, chemical, and molecular biology; pharmacology; and toxicology.</p>
<p><b>National Institutes of Health (NIH)</b>            Division of Public Information            9000 Rockville Pike, Bldg. 31, Room 2B25            Bethesda, MD 20892            (301) 496-2535  <a href="http://www.nih.gov/">http://www.nih.gov/</a></p>	<p>Division of NIH that provides information on selected health topics, including environmental health and nutrition.</p>
<p><b>National Institute of Mental Health</b>            5600 Fishers Lane 7C02            Rockville, MD 20857            (301) 443-4513            TDD (301) 443-8431            FAX (301) 443-0008            (301) 433-5158 On Demand System            PANIC DISORDER (800) 64-PANIC            DEPRESSION (800) 421-4211            (888) 8ANXIET            e-mail: <a href="mailto:nimhpubs@nih.gov">nimhpubs@nih.gov</a>  <a href="mailto:nimhinfo@nih.gov">nimhinfo@nih.gov</a>  <a href="http://www.nimh.nih.gov/">http://www.nimh.nih.gov/</a></p>	<p>The National Institute of Mental Health (NIMH), a component of NIH responds to information requests from the lay public, clinicians, and the scientific community. Subjects include a basic behavioral research, neuroscience of mental health, rural mental health, children's mental disorders, schizophrenia, paranoia, depression, bipolar disorder, seasonal affective disorder, learning disabilities, Alzheimer's disease, panic, obsessive compulsive, and other anxiety disorders. It distributes information and publications on Depression/Awareness, Recognition, and Treatment Program (D/ART) and on the Anxiety Disorders Education Program, NIMH-sponsored educational programs on depressive and anxiety disorders, their symptoms and treatments. A list of NIMH publications, including several in Spanish, is available upon request.</p>
<p><b>National Institute of Neurological Disorders &amp; Stroke</b>            9000 Rockville Pike, Bldg. 31, Room 8A06            Bethesda, MD 20892            (301) 496-5751  <a href="http://www.ninds.nih.gov/">http://www.ninds.nih.gov/</a></p>	<p>Organization that disseminates information on the causes, prevention, diagnosis, and treatment of neurological disorders and stroke.</p>

## National Resources

Organization	Description
<p><b>National Institute for Occupational Safety &amp; Health</b>                      EID-IRB                      4676 Columbia Parkway, Mail Stop C-19                      Cincinnati, OH 45226                      (800) 356-4674  <a href="http://www.cdc.gov/niosh/homepage.html">http://www.cdc.gov/niosh/homepage.html</a></p>	<p>Organization that provides a number of services including health hazard evaluations of worksites, fatal accident investigation, extramural grants, databases, educational resources, and publications.</p>
<p><b>National Kidney and Urologic Diseases Information Clearinghouse</b>                      3 Information Way                      Bethesda, MD 20892-3580                      (301) 654-4415  <a href="http://kidney.niddk.nih.gov/about/index.htm">http://kidney.niddk.nih.gov/about/index.htm</a></p>	<p>The National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC) is an information and referral services of the National Institute of Diabetes and Digestive and Kidney Diseases, one of the National Institutes of Health. The clearinghouse responds to written inquires, develops and distributes publications about kidney and urologic diseases, and provides referrals to digestive disease organizations, including support groups. NKUDIC maintains a database of patient and professional education materials from which literature searches are generated.</p>
<p><b>National Mental Health Association</b>                      1021 Prince Street                      Alexandria, VA 22314-2971                      (703) 684-7722  <a href="http://www.nmha.org/">http://www.nmha.org/</a></p>	<p>The National Mental Health Association, through its national office and more than 330 affiliates nationwide, is dedicated to improving the mental health of all individuals and achieving victory over mental illnesses. NMHA accomplishes its mission as a force of social change through advocacy, prevention, public education, information, and referral.</p>
<p><b>National Osteoporosis Foundation</b>                      1150 17th Street, NW, Suite 500                      Washington, D.C. 20036                      (202) 223-2226 or (800) 223-9994  <a href="http://www.nof.org/">http://www.nof.org/</a></p>	<p>Non-profit organization that provides direct support for research; sponsors a national annual campaign; provides resource materials on osteoporosis for health care professionals and the public.</p>
<p><b>National Resource Center for Rural Elderly</b>                      University of Missouri-Kansas City                      5100 Rockhill Road                      Kansas City, MO 64110-2499                      (816) 235-1747; FAX (816) 235-5193</p>	<p>The National Resource Center for Rural Elderly (NRCRE) is a nationwide focal point for programs and services for rural elders. The Center supports state units on aging, rural areas agencies on aging, and other institutions and individuals as they seek to improve the quality of life of older Americans. Through 20 publications and a newsletter, the Center links the best practical knowledge and direct experience with the latest research findings to provide practical expertise and consultation on rural programs.</p>

## National Resources

Organization	Description
<p><b>National Resource Center on Child SA</b>            200 Westside Square, Suite 700            Huntsville, AL 35801-4816            (205) 534-6868 or (800) 543-7006</p>	<p>Organization that offers referrals for sexual assault treatment and a listing of professionals; provides assistance to communities; publishes a bi-monthly newsletter.</p>
<p><b>National Resource Center on Homeless and Mental Illness</b>            262 Delaware Avenue            Delmar, NY 12054            (800) 444-7415  <a href="http://www.nrchmi.com/">http://www.nrchmi.com/</a></p>	<p>Center that provides information and technical assistance concerning the needs of homeless, mentally ill persons.</p>
<p><b>National Rural Electric Cooperative Association</b>            4301 Wilson Blvd.            Arlington, VA 22203            (703) 907-5500  <a href="http://www.nreca.org/">http://www.nreca.org/</a></p>	<p>Organization concerned with the health needs of rural Americans.</p>
<p><b>National Safe Kids Campaign</b>            1301 Pennsylvania Avenue NW, Suite 1000            Washington, D.C. 20004            (202) 662-0600  <a href="http://www.safekids.org/">http://www.safekids.org/</a></p>	<p>Program that provides information materials to help increase awareness of the problem of childhood injury; designs programs to be implemented in communities to create a safer environment for children.</p>
<p><b>National Safety Council</b>            Customer Service Department            P. O. Box 558            Itasca, Illinois 60143-0558            (800) 621-7619  <a href="http://www.nsc.org/">http://www.nsc.org/</a></p>	<p>The mission of the National Safety Council is to educate and influence society to adopt safety, health, and environmental policies, practices, and procedures that prevent and mitigate human suffering and economic losses arising from preventable causes.</p>
<p><b>National Stroke Association</b>            96 Inverness Drive East, Suite I            Englewood, CO 80112-5112            (303) 649-9299 or (800) STROKES  <a href="http://www.stroke.org/">http://www.stroke.org/</a></p>	<p>Non-profit organization that serves as an advocate for stroke prevention, rehabilitation, research, and survivor support; offers a wide selection of materials including videotapes, audiotapes, journals, brochures, and booklets for continuing education, staff training, and the public.</p>
<p><b>National Sudden Infant Death Syndrome Clearinghouse</b>            2070 Chain Bridge Road, Suite 450            Vienna, VA 22182            (703) 821-8955, ext. 249  <a href="http://www.sidscenter.org/">http://www.sidscenter.org/</a></p>	<p>Clearinghouse that provides information and materials on SIDS, apnea, and other related issues.</p>

## National Resources

Organization	Description
<p><b>National Health Information Center</b>            P. O. Box 1133            Washington, D.C. 20013-1133            (800) 336-4797  <a href="http://www.health.gov/nhic/">http://www.health.gov/nhic/</a></p>	<p>Government contract, funded by the Office of Disease Prevention and Health Promotion. Provides publications and resource guides for shipping and handling fees. Provides referrals to national organizations for health-related information.</p>
<p><b>Nickelsberg &amp; Co.</b>            P. O. Box 263            Alna, ME 04535            (800) 852-0001</p>	<p>Provides fund raising services from board development and feasibility studies to staff training and complete campaign implementation to not-for-profits worldwide.</p>
<p><b>Office of Minority Health Resource Center</b>            P. O. Box 37337            Washington, D.C. 20013-7337            (800) 444-6472  <a href="http://www.omhrc.gov/">http://www.omhrc.gov/</a></p>	<p>A national resource and referral service providing health-related information, resources, publications, and a database. Open Monday through Friday, 9:00 a.m. - 5:00 p.m.; a bilingual staff is available to service Spanish speaking calls.</p>
<p><b>Presidents Council on Physical Fitness and Sports</b>            701 Pennsylvania Avenue, NW, Suite 250            Washington, D.C. 20004            (202) 272-3421  <a href="http://www.fitness.gov/">http://www.fitness.gov/</a></p>	<p>Organization that offers Presidential fitness awards and pamphlets on exercise, school physical education, corporate fitness, and other fitness topics.</p>
<p><b>The Substance Abuse &amp; Mental Health Services Administration (SAMHSA)</b>            Office of Communications            Parklawn Building, Room 13C05            5600 Fishers Lane            Rockville, MD 20857            (301) 443-8956  <a href="http://www.samhsa.gov/">http://www.samhsa.gov/</a></p>	<p>Government agency that provides education on alcohol, drug abuse, and mental health.</p>
<p><b>Sudden Death Infant Syndrome (SIDS) Alliance</b>            1314 Bedford Avenue, Suite 210            Baltimore, MD 21208            (800) 221-SIDS  <a href="http://www.sidsalliance.org/">http://www.sidsalliance.org/</a></p>	<p>Private, voluntary organization to help families of SIDS babies; has a wide variety of information offered to the public; referrals for support groups and hospitals.</p>
<p><b>Washington Business Group on Health</b>            777 North Capitol Street, NE, Suite 800            Washington, D.C. 20002            (202) 408-9320  <a href="http://www.wbgh.com/">http://www.wbgh.com/</a></p>	<p>Organization that provides information regarding current worksite health promotion programs in American corporations, including bibliographies of low cost and free materials; provides lists of vendors offering services.</p>

## National Resources

Organization	Description
<p><b>Wellness Councils of America</b> Community Health Plaza 7101 Newport Avenue, Suite 311 Omaha, NE 68152-2175 <a href="http://www.welcoa.org/">http://www.welcoa.org/</a></p>	<p>Organization that provides the publication <i>Health People at the Worksite 2000: An Information Kit</i>; supports community-based Wellness Councils, especially in worksite health promotion activities. Also produces a health newsletter for distribution to employees and health brochure.</p>

# Exhibitor's Evaluation

Exhibitor/Organization \_\_\_\_\_ Booth number \_\_\_\_\_

Your name \_\_\_\_\_ Phone number \_\_\_\_\_

1. Please rate the following aspects of the \_\_\_\_\_ County Health Fair.

	<b>Excellent</b>	<b>Fair</b>	<b>Poor</b>
Attendance			
Pre-planning			
Management			
Facilities			
Location of booth			
Booth space			
Publicity			
Comments or suggestions for change:			

2. If another Health Fair was held, would you participate? Yes  No

3. Please estimate the number of participants you actually talked with. \_\_\_\_\_

4. Please estimate the number of publications handed out from your booth. \_\_\_\_\_

Thank you for your participation.

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin.  
The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

A member of The Texas A&M University System and its statewide Agriculture Program



# Evaluation of the Health Fair

Your name \_\_\_\_\_ Date \_\_\_\_\_

Your organization or school \_\_\_\_\_

Thank you for participating in the Health Fair. In order to plan for future events, we would appreciate answers to the following questions:

1. How would you rate the Health Fair in general?    Excellent     Fair     Poor

Comments \_\_\_\_\_

2. Do you plan any changes in the things you normally do as a result of anything you learned or participated in at the Health Fair, such as taking a class or stopping smoking?

Yes     No

Comments \_\_\_\_\_

3. How do you plan on using any of the Health Fair information received today? Please check all the ways you plan to use the information you received today.

- I do not plan to use the information.
- I plan to read pamphlets for my own benefit.
- I plan to share information with friends, relatives, or neighbors.  
If so, how many? \_\_\_\_\_
- I plan to see a doctor.
- I found that I had a health problem I did not know about before.
- I found that someone in my family had a health problem we did not know about before.
- I learned about one or more health agencies and their services that I did not know about before.

4. List your favorite exhibitors/booths/activities and speakers.

My favorite exhibitors/booths/activities	My favorite speakers

5. Why did you come to the Health Fair? Check all that apply.

Free     Convenient     Curious about health     Felt badly recently   
 My school came     My family came     I was at the fair   
 Other \_\_\_\_\_

6. How did you hear about the Health Fair?

TV (specify station) \_\_\_\_\_ Radio (specify station) \_\_\_\_\_  
Newspaper (which one?) \_\_\_\_\_ Poster (specify where) \_\_\_\_\_  
Word of mouth \_\_\_\_\_ Do not remember \_\_\_\_\_

Other \_\_\_\_\_

7. Screenings, etc., I had today:

Blood Pressure	_____	Flu Shots	_____
Blood Sugar	_____	Healthy Heart Evaluation	_____
Cholesterol	_____	Helicopter Tour	_____
Diabetes Education	_____	Hearing Screening	_____
Donated Blood	_____	Mammogram	_____
Donated Eye Glasses	_____	PSA Testing	_____
EMS Ambulance Tour	_____	Skin/Mole Screening	_____
Eye Screening	_____		

8. If you had an abnormality detected through screening, do you plan on getting a follow-up examination? Yes \_\_\_\_\_ No \_\_\_\_\_

9. I would attend a Health Fair next year. Yes \_\_\_\_\_ No \_\_\_\_\_

10. Topics I would like to see at the next Health Fair:

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11. General comments and suggestions (bad and good equally welcome).

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12. *Optional* (so we can get further information from you about the above, if needed):

Name: \_\_\_\_\_

Home Phone #: \_\_\_\_\_

Office Phone # \_\_\_\_\_

Thank you for your help!

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The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating  
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# **WAIST-TO-HIP RATIO**

**is**

**Waist Measurement**

---

**Hip Measurement**

**For Women: If the waist-to-hip ratio is .85 or higher,  
lose weight.**

**For example: Your waist measures 36 inches.  
Your hips measure 40 inches.**

**Waist-to-Hip Ratio is  $36 \div 40 = .90$**

**.90 is higher than .85 — You should lose some weight.**

**For Men: If the waist-to-hip ratio is 1.0 or higher,  
lose weight.**

**For Example: Your waist measures 40 inches.  
Your hips measure 38 inches.**

**Waist-to-Hip Ratio is  $40 \div 38 = 1.05$**

**1.05 is higher than 1.0 — You should lose some weight.**

# Health Observances

(<http://www.healthfinder.gov/library/nho/nho.asp>)

## 2004 at a Glance

### January

Cervical Cancer Screening Month  
Glaucoma Awareness Month  
National Volunteer Blood Donor Month  
18-24 Healthy Weight Week

### February

American Heart Month	6 Give Kids a Smile Day
AMD/Low Vision Awareness Month	8-14 National Children of Alcoholics Week
Kids E.N.T. (Ears, Nose, Throat) Month	8-14 National Child Passenger Safety Awareness Week
National Children's Dental Health Month	8-14 Cardiac Rehabilitation Week
Wise Health Consumer Month	14 Congenital Heart Defect Awareness Day
1-7 National Burn Awareness Week	14 National Condom Day
4 National Girls and Women in Sports Day	22-29 National Eating Disorders Awareness Week

### March

American Red Cross Month	8-14 National Problem Gambling Awareness Week
Save Your Vision Month	14-20 Pulmonary Rehabilitation Week
National Colorectal Cancer Awareness Month	15-21 Brain Awareness Week
National Multiple Sclerosis Education and Awareness Month	21-27 National Inhalants and Poisons Awareness Week
National Kidney Month	21-27 National Poison Prevention Week
National Nutrition Month	24 World Tuberculosis Day
Workplace Eye Health and Safety Month	28-4 National Sleep Awareness Week
7-13 National Patient Safety Awareness Week	31 Kick Butts Day
8-12 National School Breakfast Week	

### April

Alcohol Awareness Month	1-30 Candlelight Vigil for Eating Disorders Awareness
Cancer Control Month	2-4 Alcohol-Free Weekend
IBS (Irritable Bowel Syndrome) Awareness Month	3 YMCA Healthy Kids Day
National Occupational Therapy Month	5-11 National Public Health Week
National STD Awareness Month	7 World Health Day
National Youth Sports Safety Month	8 National Alcohol Screening Day
Women's Eye Health and Safety Month	18-24 National Minority Cancer Awareness Week
National Donate Life Month	18-24 National Volunteer Week
National Facial Protection Month	24-25 2004 WalkAmerica
Sexual Assault Awareness Month	25-1 National Infants Immunization Week
Sports Eye Safety Month	

**Health Observances: 2003 at a Glance**

**May**

Tuberous Sclerosis Awareness Month	2-8 National Mental Health Counseling Week
Healthy Vision Month	2-8 Children's Mental Health Week
Asthma and Allergy Awareness Month	2-8 Brain Tumor Action Week
Better Hearing and Speech Month	2-8 North American Occupational Safety and Health Week
Better Sleep Month	3 Melanoma Monday
Correct Posture Month	4 Childhood Depression Awareness Day
Hepatitis Awareness Month	5 National Anxiety Disorders Screening Day
Huntington's Disease Awareness Month	9-15 National Women's Health Week
National Arthritis Month and Annual Arthritis Walk	10 National Women's Check-up Day
National Digestive Diseases Awareness Month	10-16 Food Allergy Awareness Week
National High Blood Pressure Education Month	10-16 National Stuttering Awareness Week
National Melanoma/Skin Cancer Detection and Prevention Month	11-17 National Alcohol-and Other Drug-Related Birth Defects Week
Mental Health Month	12 International Chronic Fatigue Syndrome Awareness Day
Lyme Disease Awareness Month	16-22 National Running and Fitness Week
National Sight-Saving Month: Ultraviolet Awareness	16-22 National Emergency Medical Services Week
Clean Air Month	24 National Schizophrenia Awareness Day
National Neurofibromatosis Month	24-31 Buckle Up America! Week
National Osteoporosis Awareness and Prevention Month	24-30 Older Americans' Mental Health Week
National Stroke Awareness Month	25 National Missing Children's Day
National Teen Pregnancy Prevention Month	26 National Senior Health and Fitness Day
National Trauma Awareness Month	31 World "No Tobacco" Day
Older Americans Month	
Skin Cancer Awareness Month	
National Physical Fitness and Sports Month	

**June**

Fireworks Safety Month (through July 4)	5-12 Dystonia Awareness Week
National Scleroderma Awareness Month	6 National Cancer Survivors Day
National Aphasia Awareness Month	6-12 National Headache Awareness Week
Vision Research Month	14-20 National Men's Health Week
Myasthenia Gravis Awareness Month	20-26 Helen Keller Deaf - Blind Awareness Week

**July**

Hemochromatosis Screening Awareness Month	27-1 2004 U.S. Transplant: 50 Years of Transplantation
International Group B Strep Awareness Month	
Eye Injury Prevention Month	
11-17 National Therapeutic Recreation Week	

**August**

Spinal Muscular Atrophy Awareness Month	1 National Minority Donor Awareness Day (NMDAD)
Cataract Awareness Month	
National Immunization Awareness Month (NIAM)	1-7 World Breastfeeding Week
Psoriasis Awareness Month	29-4 Hearing Aid Awareness Week

**September**

Baby Safety Month	National Alcohol and Drug Addiction Recovery Month
Gynecologic Cancer Awareness Month	Children's Eye Health and Safety Month
Healthy Aging Month	5-11 Suicide Prevention Week
Leukemia & Lymphoma Awareness Month	19-25 National Rehabilitation Week
National Cholesterol Education Month	19-25 National Reye's Syndrome Week
National Food Safety Education Month	21 Take A Loved One to the Doctor Day
National Sickle Cell Month	24 National Women's Health and Fitness Day
Ovarian Cancer Awareness Month	27 Family Health and Fitness Day USA
Prostate Cancer Awareness Month	
National Pediculosis Prevention Month/ Head Lice Prevention Month	
National Osteopathic Medicine Month	

**October**

Halloween Safety Month	World Blindness Awareness Month
Celiac Sprue Awareness Month	Let's Talk Month
Domestic Violence Awareness Month	3-9 Mental Illness Awareness Week
Healthy Lung Month	4 National Child Health Day
National Breast Cancer Awareness Month	4-8 Drive Safely Work Week
National Dental Hygiene Month	5-11 National Fire Prevention Week
National Family Sexuality Education Month	7 National Depression Screening Day
National Lupus Awareness Month	10-16 National Adult Immunization Awareness Week
National Physical Therapy Month	11-15 National School Lunch Week
National Spina Bifida Awareness Month	13 SAVE (Stop America's Violence Everywhere) Today
Rett Syndrome Awareness Month	15 National Mammography Day
"Talk About Prescriptions" Month	16 World Food Day
National Liver Awareness Month	19-25 National Radon Action Week
National Orthodontic Health Month	23-31 National Red Ribbon Celebration (Campaign to keep kids off drugs)
National Medical Librarians Month	
Health Literacy Month	
National Brain Injury Awareness Month	
Cold and Flu Campaign	
National Down Syndrome Awareness Month	

**November**

Diabetic Eye Disease Month	Pancreatic Cancer Awareness Month
National Alzheimer's Disease Awareness Month	Lung Cancer Awareness Month
American Diabetes Month	National Hospice Month National Adoption Month
National Epilepsy Month	Jaw Joints – TMJ Awareness Month
National Marrow Awareness Month	7-13 National Allied Health Week
National American Indian and Alaska Native Heritage Month	18 Great American Smokeout
National Healthy Skin Month	21-27 GERD Awareness Week (gastroesophageal reflux disease)

**December**

National Drunk and Drugged Driving (3D) Prevention Month  
Safe Toys and Gifts Month  
1-7 National Aplastic Anemia Awareness Week  
5-11 National Hand Washing Awareness Week