







Proiect cofinanțat din Fondul Social European prin Programul Operațional Sectorial Dezvoltarea Resurselor Umane 2007-2013. "Investește în oameni!"

Health Fairs: a brief overview

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• A Health Fair is an innovative approach to reach out to people and encourage them to come for health checks.

Health Fairs are:

- open to ALL members of the community
- held in an environment where people feel comfortable and relaxed, such as cultural centres
- supported by the local medical and nursing team
- open to other organisations that can provide relevant health information useful for the community





















What happens at a Health Fair?"

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• In the Health Fairs run by the PSCR:

- each participant underwent a series of free health screening tests that included: height/weight; blood pressure reading; tests for cholesterol, blood sugar levels etc
- the tests were carried out by local medical & nursing personnel
- the team doctor interpreted the test results & provided individualised advice to each participant
- each participant was given a copy of their test results/health profile to take home with them
- other health organisations were available to provide relevant health information



















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- While the adults participated in the medical screening activity, there was also a planned programme for their children. The range of activities varied from place to place but included:
 - Drawing & painting sessions
 - First aid quizzes
 - Judo
 - Dancing
 - Musical entertainment, etc.























• Steps in running a successful Health Fair include:

- Introducing the concept & gaining support locally
- Forming an organising group
- Involving medical & nursing personnel
- Identifying and training a team of volunteers
- Inviting other relevant organisations to participate
- Inviting the public to attend
- Organising the publicity
- Arranging for and setting up the venue
- Coordinating all the personnel & activities on the day.



















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- All of the Coordinators (!) and they succeeded very well as was evident by the:
 - high turn-out by members of the public
 - commitment shown by the medical and nursing teams
 - participation of other organisations and the
 - active teamwork of the volunteers.

• So, I'll end by saying « Well Done! » and hand over to them.











