

Health Fair Planning Guide

Gwinnett Coalition for Health and Human Services

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Acknowledgements

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Creation of this Gwinnett County Guide was a collaborative effort by the members of the Health and Wellness Committee of the Gwinnett Coalition of Health and Human Services.

Buford Human Services Center
Children’s Healthcare of Atlanta
Eastside Medical Center
Georgia Department of Behavioral Health and Developmental Disabilities
Georgia Gwinnett College
Gwinnett Coalition FOR Health and Human Services
Gwinnett County Health and Human Services
Gwinnett County Parks and Recreation
Gwinnett Medical Center
Gwinnett, Newton, and Rockdale County Health Departments
Gwinnett United In Drug Education (G.U.I.D.E)
JM Tull YMCA
Kaiser Permanente
Star Neuroscience Foundation
View Point Health

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Overview

This Health Fair Planning Guide provides strategies and information for organizations to plan, implement and evaluate a successful health fair. Some health fairs are complex events with food vendors, activities and multiple partner agencies, while others may simply offer a health screening or flu shot.

Whatever the scope of your health fair, the contents of this guide can be modified to ensure a quality event that benefits the health of your community.

Objectives

A health fair may be an event that:

- Increases health awareness by providing health screenings, activities, materials, demonstrations, and information
- Increases awareness of Gwinnett County health services and resources
- Motivates participants to make positive health behavior changes
- Provides immunizations for children and adults
- Teaches self-care practices
- Identifies topics and participants for future educational health programs

Planning

Successful health fairs often require a great deal of planning. Depending on the size and nature of the events, a health fair may require six months to one year of preparation time.

The first task in planning a health fair is to identify the health fair leadership, a chair or co-chairs that will guide the planning and implementation process. Forming the planning/coordinating committee a year in advance may not be necessary if this is not the first health fair you've conducted or if the health fair is going to be a small event. The size and number of committees will vary depending on the expected number of participants.

Committees

Chairs

Your health fair team may have a single chairperson or that responsibility may be shared between co-chairs. A chairperson must have sufficient time to dedicate to the project.

Planning Committee

Members of the Planning Committee guide the planning phase of a health fair. They identify individuals to serve on subcommittees and provide leadership and coordination to subcommittees. Planning Committees vary in size according to the nature and scope of a health fair.

- Planning Committee Members may represent the following groups:
 - Health Professionals: physicians, nurses, public health
 - Healthcare Organizations: hospitals, home health agencies, clinics, nursing homes, retirement centers, emergency medical services
 - Schools
 - Faith Groups
 - Employers
 - Media
 - Members of your target audience
- A broad based community planning committee should provide:
 - Widespread support and better attendance
 - Ideas that better meet the unique needs of people in the community
 - Limited time and location conflicts with other community activities
 - More people to share the work
 - More media promotion and community attention

Duties

- Identify the target audience
- Develop a theme, such as “Family Health Affair” or “Spring into Health”

- Select the activities, education and information best suited to your audience
Note: Avoid vendors that present health messages that are not research-based. Also, make sure the subcommittees stay within budget.
- Select a date
- Identify possible locations
- Develop a timeline
- Recruit subcommittee members and provide oversight to subcommittees
- Identify potential donors, sponsors and vendors
- Coordinate contact of all donors, sponsors, vendors and booth participant

Ensure That Planning Committee Members are available the day of the fair to welcome vendors and visitors, thank volunteers, assist in the general management of events and “put out the inevitable fires.”

- Set and manage the budget. Consider:
 - Publicity and promotion costs
 - Rentals of equipment, tables, chairs, audiovisual, etc.
Note: Outdoor locations may require rental of portable bathroom facilities
 - Decorations
 - Refreshments and lunches for participants, volunteers, and people in booths
 - Printing and mailing
 - Permits and insurance requirements
- Set policies for budget management and reimbursement of expenses.
- Identify the person responsible for writing and signing checks. Consider:
 - How will deposits for equipment, tables, etc. be handled?
 - How will records of expenditures be maintained?
 - What are the policies regarding handling cash?
- Create a schedule, including opening and closing times, lunch, dinner, etc.

Subcommittees

Clinical Subcommittee

Health professionals on the clinical subcommittee can help determine what is appropriate to include in a health fair for their 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.

Duties

- Identify key health topics and booths for the target audience.
- Determine the appropriate kinds of screenings/services, if any, 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 care
- Plan and arrange for booths from agencies, such as the American Heart Association, American Cancer Society and the Arthritis Foundation, etc.
- Plan and arrange for types of clinical staff.
- Plan for meeting universal precautions if drawing and handling blood, etc.
- Plan for the delivery of results to 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.
- Plan for immunizations that are appropriate for the target audience.
- Plan for obtaining consent forms for all individuals having any screening procedure or immunizations. *A parent or legal guardian must sign for children under 18 years of age.*
- Plan and arrange for “Ask a Doctor,” “Ask a Nurse,” “Ask a Podiatrist,” “Ask a Pharmacist,” etc. booths to provide information about the types of services these specialists provide. *These booths are not designed to provide services or specific health advice.*
- Plan for equipment needs, such as blood pressure cuffs, including children’s.
- 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 the confidentiality of participants regarding results.
- Results must only be given to the individual participant – not to the individual participant’s employer at a worksite health fair or to an insurance company.
- Do not use sign-up sheets that identify participants’ blood pressure, lab results, etc.
- If height and weight measurements are taken, for example, the measurements must be taken 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 the person’s BMI, and explain the meaning of the results. To calculate BMI, go to the Centers for Disease Control and Prevention’s calculator at <http://www.cdc.gov/healthyweight/assessing/bmi/>.

Not all health fairs require screenings.

Screening for blood pressure, cholesterol, blood glucose, etc. may be offered if it is appropriate for the target audience. If screenings are provided, the clinical subcommittee can assist in finding the appropriate providers, ensuring universal precautions are followed and results are accurate.

Remember to prepare for a person to be found with dangerously high blood pressure or glucose during the health fair.

Administrative Subcommittee

Depending on the size of the health fair, this subcommittee might need to be broken into smaller subcommittees. For example, the facilities subcommittee might be in charge of finding an appropriate location, developing a floor plan and map, and decorating. Another subcommittee might be needed to take care of food, while an additional subcommittee might be in charge of procuring door prizes, entertainment, decorations, games, and incentives. Another subcommittee might take care of the clerical duties, such as creating forms and signs. These assignments may be given within the Planning Committee.

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 rentals of portable bathrooms required and has this been budgeted?***
- Are drinking water and refreshments available?
- Parking: Is it adequate? ***Have volunteers directing fair visitors on where to park.***
- What type of cleanup is required? ***Have volunteers assigned to this task before the fair.***
- Is the location easy to find?
- Is the location near transportation?
- Is the location easily accessible for the target audience? For example, is there a safe place for school children on a bus to load and unload?
- Plan for security. ***Where can purses and other personal items of the Fair Volunteers and Exhibitors be kept safely during the fair?***
- Plan locations for exhibit booths (competing agencies do not like being right next to one another).
- 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 created by the clerical subcommittee.

Procurement Subcommittee

The duties of the procurement subcommittee include:

- Plan for and obtain incentives, giveaways, brochures, promotional items, bags to collect fair brochures and giveaways, and door prizes.
- Secure decorations, and decorate the day of the fair.
- Plan for and obtain supplies, including:
 - Garbage cans
 - Garbage bags
 - Velcro
 - Tablecloths
 - Pens, pencils
 - Paper, notebooks
 - Extension cords
 - Surge protectors
 - 3-prong adapters
 - Tape
 - Scissors
 - Staplers

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
- Eating areas
- Food safety

Consider cooling and refrigeration if food is involved in the health fair. Be sure that permit requirements are met.

Clerical/Staffing/Scheduling Subcommittee

Duties of the clerical/staffing/scheduling subcommittee include:

- Provide the necessary clerical support, including writing letters and invitations, and creating the following forms:
 - Sign-in or registration forms
 - Evaluation forms for participants and exhibitors (see Appendix for *Sample Participant Evaluation of the Health Fair* and *Sample Exhibitor's Evaluation* forms)
- Plan for setup and cleanup the day of the health fair; procure adequate staff and/or volunteers.

Marketing and Public Relations Subcommittee

Duties of the publicity/community relations subcommittee include:

- Develop and disseminate posters, flyers, and mailings (see *Sample Promotional Flyers and Tools* in the Appendix).
- Develop and disseminate 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, and other volunteers just prior to the health fair. These badges could have a slogan reading, “I’m Going to the Health Fair” or “See You at the _____ Health Fair!”
- Involve youth by asking them to make and display posters; have a poster contest.
- Include health fair information in county newsletters.
- Ask municipal leaders 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.

Health Fair Time Table

- STEP 1 Select chair or co-chairs. Select and meet with planning/coordinating committee.
- STEP 2 Form subcommittees and appoint subcommittee chairs.
- STEP 3 Select dates and times, and secure a location for the health fair.
- STEP 4 Send out a save the date to potential participants and exhibitors.
- STEP 5 Provide written confirmation of the event details to exhibitors.
- STEP 6 Order brochures from external agencies.
- STEP 7 Organize printed materials such as registration forms and flyers.
- STEP 8 Organize needed equipment such as chairs, tables, and first aid 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 Meet with subcommittee chairs one month before the health fair is scheduled and review their progress towards the implementation of plans.
- STEP 11 Set up tables, equipment, refreshments, etc. the night before the fair.
- STEP 12 Troubleshoot, and welcome participants, press, and special visitors.
- STEP 13 Clean up; return borrowed equipment.
- STEP 14 Tabulate evaluation results and submit newspaper articles.
- STEP 15 Write thank you letters to all who assisted in the health fair – volunteers, exhibitors, and donors.
- STEP 16 Follow-up on referrals from the screenings, evaluate the health fair and report accomplishments and in-kind volunteer donations.

Resources

Call 1-800-ASK-UGA1 to contact your local Extension Office for information about agencies that may be able to provide resources on many of these topics. The UGA Cooperative Extension extends lifelong learning to the people of Georgia through unbiased, research-based education in agriculture, the environment, communities, youth and families.

In addition, the Gwinnett Helpline has some resources that you might not find below. The Helpline number is 770-995-3339.

ALZHEIMER'S

- **Alzheimer's Association - Metro Atlanta Regional Office**

<http://www.alz.org/georgia> 24/7 Helpline: 1.800.272.3900

We provide caregivers and families with comprehensive online resources and information through our Alzheimer's and Dementia Caregiver Center, which features sections on early-stage, middle-stage and late-stage care giving.

Activities: [memory games, puzzles, games](#)

ARTHRITIS

- **Rheumatologist:** Contact a local rheumatologist (doctor who treats arthritis and other inflammatory illnesses of the muscles and joints) to demonstrate different types of apparatus that can help those with arthritis to function better in daily life.

- **Arthritis Foundation**
<http://www.arthritis.org/>

Activities: [massage, yoga and Tai Chi demonstrations](#)

BACK HEALTH

- **Orthopedists, Neurosurgeon, Chiropractor:** Ask a local medical professional to show a display of the backbone and discuss the importance of posture and having a healthy back.
- **UGA's How to Take Care of Your Back document**
<https://medlineplus.gov/ency/article/002119.htm> this resource shows the correct posture for standing, sitting, lifting, and sleeping, as well as some basic exercises to help your back.

Activities: stretching, chair massage, yoga and Tai Chi

CANCER

- **American Cancer Society**
www.cancer.org
- **National Cancer Institute, Cancer Information Services**
www.cancer.gov (800) 4-CANCER, 800.422.6237
Cancer Information Services (CIS) is a nationwide network of 19 regional field offices supported by the National Cancer Institute (NCI). It provides accurate, up-to-date information on cancer to patients and their families, health care professionals, and the general public. 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.
- **UGA Skin Cancer Prevention document**
<http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-173-6.pdf> The link offers information about applying sunscreen with the appropriate SPF, and wearing the right clothing when outside.

- **Susan G. Komen of Greater Atlanta**

www.komenatlanta.org

Komen of Greater Atlanta's website offers information on understanding breast cancer, ways to get involved in fundraising, community events and news.

Susan G. Komen Greater Atlanta Affiliate
3525 Piedmont Road
Building 5, Suite 215
Atlanta, GA 30305
Phone: 404-814-0052

Activities: cancer screenings, sunscreen vendors, food presentations, smoking and lung demonstration

CHILD HEALTH CARE RESOURCES

- **Health Care Provider:** Ask a local health care provider to present a short program on child health issues, such as:
 - How to care for a child with a fever
 - Preventing and treating colds and flu
 - Dealing with bed-wetting
 - Preventing ear infections and swimmer's ear

- **American Academy of Pediatrics**

www.aap.org

The American Academy of Pediatrics provides resources on a variety of child health topics, parent corner, and professional and educational publications from a reputable, reliable site.

- **Children's Healthcare of Atlanta**

www.choa.org

www.strong4life.org

- **Gwinnett Children’s Shelter**
www.gwinnettchildrenshelter.org
- **Gwinnett County Children and Family Services**
www.gwinnettcountry.com/portal/gwinnett/Services/ChildrenandFamilyServices

- **Gwinnett, Rockdale, Newton County Health Departments
Women's, Child & Adolescent Health Services**
www.gnrhealth.com/services/maternal-child-adolescent-health-services

Offers immunizations, health checks, and hearing, vision and dental screening for school entry. **The Children First Program** is the point of entry for Children’s Medical Services and referrals for Gwinnett.

- **KidsHealth**
www.kidshealth.org

- **Mason Pediatrics – Lawrenceville**
<http://www.gwinnettmedicalgroup.com/primary-care/locations/mason-pediatrics/about-mason-pediatrics>

This agency provides pediatric care to the uninsured, underinsured and insured children of our area. In our clinic, seven board-certified pediatricians have dedicated themselves to providing top-quality primary care and well-child care to children from birth to 15 years of age.

Activities: bingo, relays, coloring sheets, games, screenings

CPR & FIRST AID

- **Emergency Medical Services / Emergency Medical Technician:** Ask your local EMS, EMT, to demonstrate CPR, first aid techniques.

- **CPR/AED training classes:** Gwinnett County Fire & Emergency Services Headquarters Registration for all classes is mandatory. To register please send an email to fireprograms@gwinnettcountry.com or call 678.518.4850
- **Project Save – Children’s Healthcare of Atlanta**
<https://www.choa.org/medical-services/cardiac-care/project-save-program>
- **American Red Cross**
www.redcross.org
Find resources on where to take CPR, first aid and automated external defibrillator training classes.

Activities: CPR training, first aid presentations

DENTAL CARE

- **Dentist, Dental Hygienist, Orthodontist:** Ask a local dentist to provide an exhibit or booth on dental care.
- **American Dental Association**
www.ada.org

Activities: tooth brushing, dental giveaways, games

DIABETES

- **Endocrinologist:** Contact a local endocrinologist who works with diabetes patients to offer advice or a short program about some of the following: differences between type 1 and type 2 diabetes, medications, wound care, diabetes meters and other diabetes supplies, healthy diet for those with diabetes, etc.

- **UGA Diabetes Information**
www.fcs.uga.edu/ext/pubs/food.php?category=Diabetes
 You will find: Pre-Made Menus, Newsletters, handouts with general information, food selection and preparation, physical activity, medical management, prevention and complications, recipes, and Fast Food Frenzy: Making Healthier Choices.
- **American Diabetes Association**
www.diabetes.org
- **National Diabetes Education Program**
www.ndep.nih.gov
- **National Diabetes Information Clearinghouse**
www.diabetes.niddk.nih.gov
 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. NDIC maintains a database of patient and professional education materials.
- **Childhood Diabetes**
www.jdrf.org (Type 1 Diabetes)

Activities: cooking demonstrations, grocery shopping games, screenings

DISABILITY

- **disABILITY LINK**
www.disabilitylink.org
 disABILITY LINK a grassroots organization with goals, decisions and control of services led by people with disabilities. It is designed to increase independence, access and equal rights for everyone through the empowerment of people with disabilities.

- **Hi-Hope Center**

www.hihopecenter.org

Hi-Hope Center provides an extensive array of services and programs for adults with intellectual disabilities and other developmental disabilities.

- **Creative Enterprises**

www.ceisite.com

Creative Enterprises is a 501(c)(3) non-profit organization in Lawrenceville, GA dedicated to assisting adults with disabilities and others with barriers to employment in maximizing their potential.

- **Annandale Village**

www.annandale.org

Annandale Village is a nonprofit organization dedicated solely to providing progressive life assistance to adults with developmental disabilities and traumatic brain injuries so that they can maximize their abilities and maintain their independence in the least restrictive environment.

- **Georgia Vocational Rehabilitation Agency.**

www.gvra.georgia.gov

At the Georgia Vocational Rehabilitation Agency, it is about the people we serve. Our goal is to make Georgia the very best State in the Union for persons with disabilities regarding employment and independence.

- **Council for Disability Awareness**

www.disabilitycanhappen.org

Find publications on how to reduce your chances for disability, prepare for disability, as well as information about how to handle disability financially and otherwise.

- **Center for Parent Information & Resources**
<http://www.parentcenterhub.org/>
The NDCCD provides materials on children and youth with disabilities.

Activities: service dogs, therapeutic recreation, Braille bingo, beat ball, wheelchair tennis

ENVIRONMENTAL

- **Cooperative Extension Service**
www.gwinnetttextension.com
Robert L. Brannen or Ines Beltran
750 S. Perry Street, Suite 400
Lawrenceville, Ga. 30046
Phone: 678-377-4010
Email: Robert.brannen@gwinnettcountry.com or Ines.beltran@gwinnettcountry.com
- **Department of Water Resources - Water Conservation**
Heather Moody, Water Conservation Coordinator
Gwinnett County Department of Water Resources
684 Winder Highway
Lawrenceville, GA 30045
Office: 678-376-6722 or Cell: 678-983-7209
Email: heather.moody@gwinnettcountry.com
- **Department of Water Resources – Storm Water/Stream Protection**
John Butler
Gwinnett County Department of Water Resources
Phone: 678-376-6914
Email: John.butler@gwinnettcountry.com

Activities: cleanups, scavenger hunts, games

FIRE PREVENTION & SAFETY

- **Fire Department:** 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.
- **Centers for Disease Control and Prevention, the Consumer Product Safety Commission, and the U.S. Fire Administration**

<https://www.usfa.fema.gov/>
<https://www.usfa.fema.gov/prevention/outreach/children.html>

Here, you'll find resources for adults and kids on home fire safety, smoke alarms, escaping from fire, etc.

- **Gwinnett County Fire and Emergency Services Headquarters**
 Registration for all classes is mandatory. To register please send an email to fireprograms@gwinnettcounty.com or call 678.518.4850.

Activities: [Gwinnett EMT demos](#), [American Red Cross demonstrations](#), [smoke house](#), [tour fire truck](#), [service dogs](#)

HAND WASHING

- **Health Care Provider:** Ask a local health care provider to donate bottles of hand sanitizer to your health fair. Allow the provider to promote/advertise their business on the labels or next to each hand-washing station.
- ***Wash Your Paws, Georgia!*** is a hand washing education program developed by the UGA Extension. The program teaches proper technique and helps educate families, educators and children. Small posters (8.5x11 inch size) can be printed from this link:
http://spock.fcs.uga.edu/ext/docs/2012_impact/Wash%20Your%20Paws,%20Georgia!%20Handwashing%20Education%20Program.pdf
- **Glo Germ, Inc.**

www.glogerm.com

This company offers kits that show if hands were washed properly.

- **American Cleaning Institute**

www.cleaninginstitute.org

This institute provides resources and activities to teach hand-washing.

- **National Foundation for Infectious Diseases**

www.nfid.org

Find fact sheets on immunizations to prevent infectious diseases.

- **Gwinnett, Newton and Rockdale County Health Department** has a link for printing Hand Washing posters in English

http://www.gnrhealth.com/wp-content/uploads/2018/03/Handwashing-Poster_English_Legal_2018.pdf

Activities: [hand washing demonstrations](#)

HEART DISEASE & STROKE: PREVENTION & EARLY DETECTION

- **Internist, Cardiologist, Neurologist, Family Practice:** Ask a local health care provider to conduct a presentation on blood pressure, early detection of heart attack or stroke.

- **American Heart Association**

www.americanheart.org

The American Heart Association has handouts and other program materials that are downloadable on a variety of topics, including recognizing early symptoms of a heart attack and stroke.

- **National Heart, Lung, & Blood Institute**

<https://www.nhlbi.nih.gov>

This institute has resources for the public on heart disease, high blood pressure, cholesterol, etc.

- **National Institute of Neurological Disorders & Stroke**
www.ninds.nih.gov

Find information on the causes, prevention, diagnosis, and treatment of neurological disorders and stroke.

- **National Stroke Association**
www.stroke.org

Here you will find resources addressing stroke prevention, rehabilitation, research, and survivor support. It also has a wide selection of materials including videotapes, audiotapes, journals, brochures, and booklets for continuing education, staff training, and the public.

- **Glancy Rehabilitation Hospital**
3215 McClure Ridge Road
Duluth, GA 30096
Phone: 678-312-6000

Activities: dancing, screenings, walking, yoga, belly dancing

MEN'S HEALTH

- **Health Care Provider:** Contact a local health care provider to field questions or present a short program on men's health issues, such as, healthy prostates, sexual function and dysfunction as we age, skin, bone, and muscle health.
- **Centers for Disease Control & Prevention**

<https://www.cdc.gov/nchs/fastats/mens-health.htm>

Locate men's health information, tips, and research from the Centers for Disease Control and Prevention.

- **Mayo Clinic**
<https://www.mayoclinic.org/healthy-lifestyle/mens-health/basics/mens-health/hlv-20049438>
The Mayo Clinic has resources on the leading health risks in men and is an excellent source for answers to men's health questions.

MENTAL HEALTH

- **Psychologist, Psychiatrist, Behavioral Health Professional**
- **Behavioral Health Hotline – CHOA**
- **Mental Health Facility**
www.viewpointhealth.org
Contact your local mental health facility. Some facilities have stress monitors or other equipment which they may be willing to provide during your health fair.
- **National Alliance on Mental Illness (NAMI) Regional Representative**
www.namigwinnett.org
- **Georgia Crisis & Access Line- 1-800-715-4225**
GA has Mobile Crisis Teams who are sent to those who call.
- **Substance Abuse & Mental Health Services Administration**
www.samhsa.gov
This administration provides resources on alcohol, drug abuse, and mental health. It offers the latest information on alcohol, tobacco, and other drugs in a variety of formats, including printed material and videos.

STRESS MANAGEMENT

- **Psychologist/Counselor:** Contact a local health care provider for information on stress management and stress related health risks.

- **HelpGuide.org**
www.helpguide.org/mental/stress_management_relief_coping.htm

This non-profit organization has a variety of resources on stress management and other mental health issues.

- **Mayo Clinic**
www.mayoclinic.com/health/stress-management/MY00435

Locate resources describing the health risks of stress and strategies for stress management.

Activities: yoga, meditation, deep breathing, stress management classes

MULTICULTURAL

Numerous agencies throughout Gwinnett County can provide community engagement opportunities, English as a second language classes, increased understanding of cultural and international customs and much more. For more information on multi-cultural organizations, please contact the **Gwinnett Helpline 770-995-3339**.

NUTRITION

- **United States Department of Agriculture - Center for Nutrition Policy and Promotion**
www.cnpp.usda.gov/DietaryGuidelines.htm

This Dietary Guidelines for Americans, jointly issued by USDA and the Department of Health and Human Services, are the cornerstone of Federal nutrition policy and nutrition education activities.

- **UGA Extension**

www.extension.uga.edu/food/nutrition-health/

UGA Extension offers extensive curricula that can be used to educate adults who are trying to improve their eating habits and that wish to become more fit by becoming more physically active. This curriculum also educates consumers about preventing or controlling a chronic disease like obesity, cancer or diabetes.

- **Food & Drug Administration**

www.fda.gov

Find resources regarding nutrition and food and drug safety on this website.

- **United States Department of Agriculture Food & Nutrition Information Center**

www.nal.usda.gov/fnic/

This website provides resources on food groups, dietary guidelines, foods to increase/reduce, diet and disease, healthy meals, nutrition for kids, etc.

- **WIC locations for Gwinnett County:**

Buford Health Center

2755 Sawnee Ave.
Buford, GA 30518
Phone: 770-614-2401

Lawrenceville Health Center

455 Grayson Hwy
Lawrenceville, GA 30046
Phone: 770-513-9738

Lilburn WIC Clinic

5342 Lawrenceville Hwy.
Lilburn, GA 30047
Phone: 770-513-9738

Norcross Health Center

5030 Georgia Belle Court
Norcross, GA 30093
Phone: 770-513-9738

Activities: [cooking demonstrations, exercise activities such as Zumba, ballroom dancing](#)

OLDER ADULT HEALTH

- **Gwinnett Senior Services**
www.gwinnettseniorservices.com

Invite a representative from your local senior center to have a table or booth with handouts about upcoming events for older adults.

- **Gwinnett Council for Seniors**
www.gwinnettcouncilforseniors.org

- **Gwinnett Parks and Recreation**
www.gwinnettparks.com

- **American Association for Retired Persons (AARP)**
www.aarp.org

Contact AARP for information on older adult health as well as benefits available to seniors country wide.

- **National Council on Patient Information & Education**
www.talkaboutrx.org

Activities: Invite a representative from your local senior center to have a table or booth.

PHYSICAL ACTIVITY

- **Exercise Physiologist, Physical Therapist, Sports Trainer**

- **Centers for Disease Control – Physical Activity Information**
www.cdc.gov/physicalactivity/everyone/health/index.html

This website describes the benefits of physical activity. Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases.

- **American Heart Association - Jump Rope**
Ask the local American Heart Association (AHA) to promote the “Jump Rope for Heart” fundraiser activity. Provide information on the importance of physical activity, and involve participants. AHA have ropes available since they use them during their “Jump Rope for Heart” fundraiser. Youth volunteers can demonstrate jump-roping techniques and encourage adults and children to participate.

- **The Right Exercise Equipment:** Ask a local exercise professional.

- **Welcome to Walk Georgia!**
www.walkgeorgia.org

The goals of this program, which is sponsored by the University of Georgia Cooperative Extension and its partners, are to help you: Develop regular physical activity habits, get healthier and more physically fit, and have fun!
Call 1-800-ASK-UGA1 to contact your local Extension Office.

- **Fitness Centers, Recreational Centers, YMCA**
J.M. Tull-Gwinnett Family YMCA
Email: tgy@ymcaatlanta.org
Phone: 770-963-1313

- **Robert D. Fowler Family YMCA**
Email: fpv@ymcaatlanta.org
Phone: 770-246-9622

- **Fun in the Gym**
 Ask local fitness or recreational centers (aerobics, fitness, or karate experts) to provide free, hands-on activities, such as beginning step aerobics, beginning zumba steps, a bike for spinning, kick-boxing, or information on the benefits of strength training, flexibility exercises, resistance bands, stability and balance balls, strengthening the core muscles, etc. A large area is required for this exhibit, and many volunteers should be available to assist participants. Rope off the area, and have a designated entrance/exit.

- **Hula Hoops:** Invite your local YMCA or other recreational facility to the health fair to promote their programs. To get attention and physical activity involvement, ask youth volunteers to demonstrate how to hula hoop and ask for audience participation. Most YMCAs and recreational departments (city, county, college, university, etc.) have hula hoops. If necessary, check with local discount stores for hula hoops and ask them to donate the hula hoops for your event. (The requests for donations may need to be in writing.)

- **Gwinnett Parks and Recreation**
www.gwinnettparks.com

- **Gwinnett County Fitness Centers**
www.Anytimefitness.com/
www.lifetimefitness.com
www.knockout-crossfit.com
www.lafitness.com
www.goldsgym.com
www.trainwithpain.com

- **Centers for Disease Control & Prevention**
www.cdc.gov/physicalactivity/everyone/health/index.html
 This resource describes the benefits of physical activity: weight control, health risk reduction, improved mood, etc.

- **President’s Council on Fitness, Sports, & Nutrition**
www.fitness.gov

Here, you’ll find the Physical Activity Guidelines for Americans, as well as motivational strategies to get physically active.

- **Wellness Council of America**
<https://www.welcoa.org/resources/>
- **Georgia SHAPE**
<http://www.georgiashape.org/>

Activities: sports activities, running 5K

POISON PREVENTION

- **American Association of Poison Control Centers**
www.aapcc.org Poison HELPLINE: 1-800-222-1222
This website provides resources on poison prevention, treatment, and emergency help.
- **Indoor Air Quality Information Clearinghouse**
www.epa.gov/iaq
These specialists provide information, referrals, publications, and database searches on indoor air quality. Their information includes pollutants and sources, health effects, control methods, commercial building operations and maintenance, standards and guidelines, and federal and state legislation.

Activities: prescription drop-offs, teen guide programs, pharmaceutical community organizations

PRENATAL CARE

- **Nurse Practitioners, Midwives, Obstetrician, and Other Health Care Providers (TP, AP)**
These professionals can be excellent speakers on a variety of topics surrounding prenatal care. The best web site for information about this subject is

<http://fnic.nal.usda.gov/lifecycle-nutrition/pregnancy> it links you to many other sources like <http://www.womenshealth.gov/pregnancy/> with information and news about pregnancy preparation, what happens during each of the three trimesters of pregnancy, fertility, labor and more.

- **March of Dimes**

www.marchofdimes.com

The March of Dimes site has excellent handouts and topic ideas for prenatal care. Consider pairing your event with a March of Dimes Walk for Baby event.

- **National Center for Education in Maternal & Child Health**

www.ncemch.org

This organization's resources address the health and well-being of the nation's children and families, including physical, behavioral, emotional, mental health, etc.

Activities: baby safety challenge activities, baby races, diapering, games etc.

SAFETY

- **Consumer Product Safety Commission:**

www.cpsc.gov

This commission's resources address product safety and consumer health, as well as product recalls.

- **Child Safety information:**

www.fcs.uga.edu/ext/pubs/hace/HACE-E-79-5.pdf

UGA offers information about Injury Prevention and Control.

- **Traffic Safety - Georgia Traffic Injury Prevention Institute (GTIPI)**
GTIPI is an educational outreach unit of The University of Georgia. GTIPI works in close collaboration with organizations such as Safe Kids Georgia, DHR's Injury Prevention Section, private industry, the Georgia Motor Trucking Association, law enforcement agencies and other safety educators.

GTIPI
1070 Culpepper Drive, Suite 300
Conyers, Georgia 30094
Telephone: (678) 413- 4281 or toll free (800) 342-9819
Facsimile: (678) 413-4293
Email: gtipi@uga.edu
Web: www.ridesafegeorgia.org

- **National Highway Traffic Administration (NHTSA)**
www.nhtsa.dot.gov

Public information and education on safety belts, car seats, pedestrian, bicycle and motorcycle safety and impaired driving.

DOMESTIC VIOLENCE

- **Partnership Against Domestic Violence**
Provides information on relocation, legal advice, court escorts and more. Confidential Helpline: 770-963-9799.

- **Gwinnett Sexual Assault Center and Children's Advocacy Center**
www.gsac-cac.org/home.asp Crisis Hotline: 700-476-7407

Provides 24/7 services for rape and child sexual abuse survivors.

P.O. Box 1329
Duluth, Georgia 30096
Office: 770-497-9122 Fax: 770-623-4218

Activities: [personal safety training](#)

TOBACCO USE PREVENTION

- **American Cancer Society**
www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/index
- **Federal Drug Administration and Tobacco**
www.fda.gov/TobaccoProducts/default.htm
- **American Cancer Society**
www.cancer.org/Healthy/StayAwayfromTobacco/index
Phone: 1-800-227-2345.
- **American Lung Association**
www.lungusa.org

SAFE DRIVING

- **Mothers Against Drunk Driving (MADD)**
www.madd.org/local-offices
Phone: 1-800-GET-MADD

Contact MADD for handouts and other resource information, including speakers
- **Georgia's Governor's Office of Highway Safety**
www.gahighwaysafety.org
- **Safe Kids Georgia**
www.safekidsgeorgia.org

Safe Kids Georgia provides information and education on child passenger safety.

WILDLIFE

- **Venomous Snake and Spiders**

<http://srelherp.uga.edu/snakes/caramo.htm>

<http://georgiawildlife.com/node/497>

<http://www.georgiawildlife.org/GeorgiaSnakes>

<http://www.spiders.us/species/filter/georgia/>

http://www.venombyte.com/venom/spiders/venomous_spiders_by_state.asp

<http://www.insectidentification.org/insects-by-state.asp?thisState=Georgia>

- **Poisonous Flora**

<http://www.poisonoakandpoisonivy.com/Resources/Sure-Fire.%20ONLINE%20%20with%20cover%20copy.pdf>

<http://www.poison-ivy.org/>

http://www.caes.uga.edu/publications/pubDetail.cfm?pk_id=7647

- **Wildlife – General**

<http://www.fws.gov/migratorybirds/>

<http://naturalhistory.uga.edu/>

<http://fishesofgeorgia.uga.edu/>

<http://fishesofgeorgia.uga.edu/gawildlife/index.php>

<http://georgiainfo.galileo.usg.edu/topics/wildlife>

<http://georgiawildlife.com/>

- **Wildlife Education**

<http://www.eealliance.org/>

<http://www.gadnr.org/education>

<http://www.wildlife.org/georgia/>

- **Water Fowl**

<http://www.fws.gov/migratorybirds/>

<https://www.npwrc.usgs.gov/node/2340>

<http://www.ducks.org/conservation/waterfowl-biology/amazing-waterfowl-facts>

- **Rabid Wildlife**

<https://dph.georgia.gov/rabies>

<http://www.cdc.gov/rabies/>

http://agr.georgia.gov/Data/Sites/1/media/ag_animalindustry/animal_health/files/ADES_Rabies_Manual_2015.pdf

- **Mosquitoes**

<http://www.gamosquito.org/>

<https://www.cdc.gov/niosh/topics/outdoor/mosquito-borne/default.html>

<http://www.caes.uga.edu/departments/entomology/extension/controlling-mosquitoes.html>

WOMEN'S HEALTH

- **Health Care Provider:** Contact a local health care provider to field questions or present a short program on preventing osteoporosis, early detection of breast and cervical cancer, controlling menopausal symptoms.

- **Office of Women's Health, U.S. Department of Health and Human Services**
www.womenshealth.gov

- **National Institute of Health, U.S. National Library of Medicine**
www.nlm.nih.gov/medlineplus/womenshealth.html

- **Planned Parenthood**

www.plannedparenthood.com

Planned Parenthood delivers vital reproductive health care, sex education, and information to millions of women, men, and young people worldwide.

798 Lawrenceville Suwannee Road
Suite 300, Cross Creek Village
Lawrenceville, GA 30043
Phone: 404-688-9300
Fax: 678-985-8093

- **Pregnancy Resource Center**

www.prcg.org

The Pregnancy Resource Center strives to meet the needs of women at risk of an unintentional or crisis pregnancy. Their programs include One-on-one mentoring, pre-natal development education, complete emotional counseling, material assistance for the mother and infant, until the infant reaches the age of 12 months, parenting and child development skills as well as community resources and referrals.

565 Old Norcross Rd
Lawrenceville, GA 30046
info@prcg.org
Phone: 770-338-1622
Fax: 770-338-7329

- **Gwinnett, Newton, Rockdale County Health Department**

www.gnrhealth.com