

Health Education defines Health Fair

By Susanna Jaeger

Health Educator

Hoya, (Hello),

This is the Olympic season, and though the United States has not won many medals, the meaning of the Olympics still drives home to me.

It is just good to think of so many nations gathering together in a peaceful event! And, when I look at the faces of the individuals, then it does not matter what nationality they are, just that they are there competing in a unified world of nations.

Health Education has indeed had a busy month and a half, yet this has been good. In early January, I attended a seminar on the organization of Health Fairs in Alaska.

What is a Health Fair? A Health Fair is a fair-like place that offers people a variety of activities centered around health including screening in various health areas and participation in learning centers.

The organizers may be able to offer some or all of the following: screening for anemia, blood pressure, hearing, visual acuity, height and weight. There might also be oral screening, a healthy foot-check, testing for glaucoma. All of these are free.

An additional test might be a 24-panel blood test. This is a general test that screens for possible health problems in a variety of areas, such as testing for glucose levels, sodium, etc.

A Health Fair may also have learning centers. These may be

booths where demonstrations are held, and there would be some learning centers where people could actually participate.

Examples of possible learning centers in Barrow might include: a booth by Emergency Medical Services on hypothermia; a booth where the Fire Department could teach the Stop, Drop and Roll method; a Search and Rescue booth; a booth on Nutrition and/or preparation of traditional foods; a learning center for exercise and fitness . . .

As you can see, there are many possible ideas for a Health Fair. There may be door prizes awarded; also refreshments. The last booth in the Health Fair would be for Summary and Referral. Trained health care professionals would be at this booth to answer questions, discuss personal health concerns, and review test results.

Health Fair participants would be appropriately referred to local health care facilities if needed. After the Fair, volunteers would perform follow-up, such as would be needed for the 24-panel blood chemistry test, or just to see how participants were doing.

Of course, to get this Health Fair off the ground, a lot of community support would be needed: volunteers (both medical and non-medical) to assist in the actual Fair and in follow-up, community people to help in planning for the Fair, agencies and/or businesses to contribute resources, exhibits, and activ-

ities!

There you have it in a nutshell. A Health Fair consists of a lot of work, yet there is lots of fun involved in the process, too! As things look right now, we would hope to sponsor a Health Fair in November 1984, or perhaps January 1985. With com-

munity involvement, we can do it. Support your local Health Fair!

Other happenings in Health Education include setting up times for businesses to have screening 'clinics' for Hepatitis B. By the way, Hep B Screening is going very well in the villages — which should be completed by the time you read this.

The Barrow community may come to Stuaqpak on either Saturday or Sunday, March 1st/

2nd, to be screened for Hepatitis B. Public Health Nurses will be having a community clinic on those two days. So, come and be

screened — just a quick blood test — for Hep B!

Many thanks to the School District for bringing Peter Alsop to Barrow, and for lending him to the Health Department! Mr. Alsop is a performer who talks and sings about the human condition. He has a Ph.D. in Educational Psychology and has worked in a variety of areas, including a school for emotionally disturbed children, television, lecturing, workshops . . .

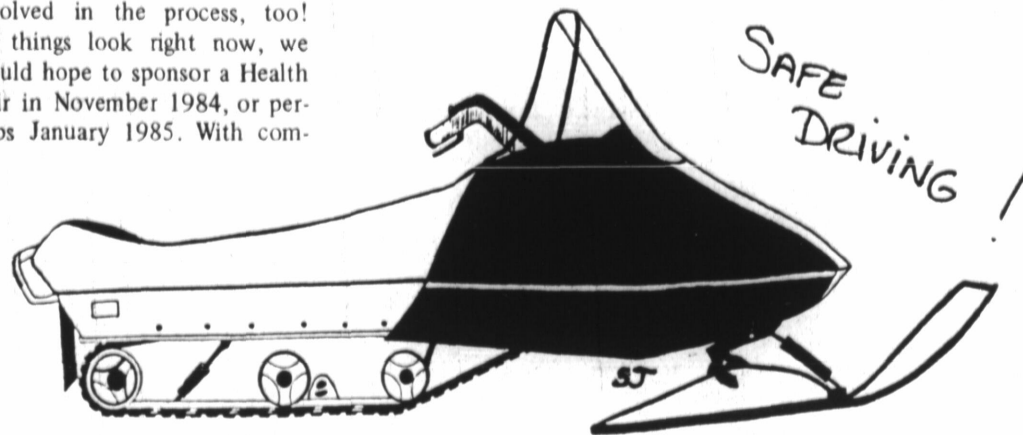
Among the issues he deals with are self-esteem, single-parenting, women's and men's roles, child sexual abuse, open-mind-

edness, grief, older people, social issues . . .

Peter spent Monday and Tuesday (February 6 and 7) with the school, and Monday night gave a community concert in the High School Auditorium. Tuesday night started his 'tour' with the Health Department; he gave a mini-concert at the Friendship House.

The room was filled to capacity, and he was well received.

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Both children and adults seemed to really enjoy themselves. Thanks to Margie and SATS for their part in the concert!

Wednesday morning found Peter doing an in-service at the Health Department Staff Meeting. This really was another 'concert,' yet the issues he touched upon in his short discussions and his singing centered on social health issues we should all be aware of. Topics included self-esteem, substance abuse, Elders, and domestic violence.

After his stint at the Health Department, Mr. Alsop went to the Arctic Women-in-Crisis Shel-

ter to meet with women and staff from the Shelter and Children's Receiving Home Staff. From the sound of it, everything went well there.

Again, thank you to all who helped make Peter Alsop's visit an enriching one for those who listened!

Lastly, Safety Campaign bumper stickers and buttons are available at the Health Department — FOR FREE! The purpose of this Safety Campaign is to help make all of us more aware of safety when driving or riding on three-wheelers or snowmachines. The stickers are fluorescent orange on white. So come on down and pick one up!