



Mayors Wellness Campaign
Put your community in motion.

Education & Health



HEALTH FAIR EVERYWHERE

GETTING THE (HEALTHY) WORD OUT

- Research suggests that health fairs can influence healthy behaviors like nutritious eating and active living.
- Your community can support nutritious eating and active living by providing information and materials to residents at local events.
- At a health fair, you can easily reach large audiences with information about healthy living.
- More reasons for hosting a community health fair can be found [here](#).

ACTION STEPS

Gather interested partners

- As you plan the steps needed to organize a successful health fair, consult the following resources:
 - [The American Heart Association's Health Fair Kit](#)
 - [Lourdes Health Fair Manual](#)
 - [Challenges and Failures of Health Fairs and Community Screenings](#)

BE THE FIRST!

Tell the Mayors Wellness Campaign what you did so we can spotlight your work here!

Develop materials

- Think about what type of information you want to hand out (e.g., healthy food flyers, exercise plans, healthy heart tips, mental health supports, local health clinic information, etc.).
- Partner with local health care professionals, clinics or hospitals, and fitness organizations that have these materials; or design your own. Here are some free resources:
 - [Healthy NJ's information on "Diet Food and Nutrition"](#)
 - [Healthy NJ's information on "Exercise and Fitness"](#)
 - [Chose My Plate's "10 Tips Nutrition Education Series"](#)
 - [Resource guide for health fairs, with focus on minority health](#)

Build Support

- Tap local hospitals, gyms, and businesses to provide the materials or subsidize your printing costs.
- Allow them to be sponsors and supporters. Add their logos to any materials you develop.

Get Help

- Get a group of volunteers to promote the message at various town events.
- Secure a location such as a school gym, a sports field, a house of worship, or a town hall.
- Recruit students, hospital volunteers, or service groups to pass out materials.
- Decide what incentives you will offer to guarantee attendance. Consider incentives like free dental services, health screenings and vision screenings.