

Creating an Effective Handout for Health Fair Topics

You can help attendees remember what they learned and what goals they made at your health fair booth by giving them a handout to take home. Effective handouts contain basic information on the topics covered during the fair. They also provide room for attendees to write down the goals that they have made because of what they have learned. Encourage your attendees to place their handout in a place that will remind them daily of their plan.

Here are some tips to creating an effective handout for your health fair topic:

- **Keep it applicable.**
 - Think about your audience when you are creating your handout. For example, when presenting to the Relief Society of your ward on general women's health, be sure to consider the specific needs of the individuals present.
- **Keep it simple.**
 - Don't include every detail of what you will present. Instead, list the main highlights of your message. Many times a document with only simple words or pictures will portray your message best.
- **Keep it organized.**
 - Use an outline form, such as this one, to organize your message. Place the important topics on the left and indent any other details you wish to include.
- **Keep it useful.**
 - Only include information that will help your attendees remember what they have learned along with the goals they have made.
- **Keep it personal.**
 - Leave enough room on the worksheet to allow for the attendees to take notes of what they have learned. Most importantly, leave room for them to write down the goals they have made during the health fair.

The following document is an example of an effective handout. Notice the basic information, the space to keep notes, and the space designated to write down goals.

Healthy Weight – Fighting Obesity

Do I have a healthy weight?

- My body mass index (BMI) is_____ Use the nutrition calculator at the healthy weight station to determine your BMI, or visit *health.lds.org* and use the nutrition calculator located on the site.
- I have a healthy weight if the number is between 18.5 and 25. I am obese if the number is over 30.

How will maintaining a healthy weight make me feel better? I will have:

- More energy for daily activities.
- More energy for exercise.
- More mobility.
- Less loss of breath.
- Less sweating.
- Less pain in my back, legs, knees, feet, and ankles.
- Less immediate and long-term disease.

What can I do to lose weight or maintain a healthy weight?

- Get up and move for 30 minutes every day.
- Walk during my lunch break.
- Park further away and use the stairs.
- Replace high-calorie foods with nutritious low-calorie foods for meals and snacks.
- Limit soda and other sugary beverages to less than 1 ½ cups a week.
- Eat appropriate portion sizes; avoid second helpings.
- Use *health.lds.org* to calculate how many calories I need to eat each day, how many I need to burn, and how I can eat the right amount of nutritious foods.

What will I do?

Change #1	I will...
Change #2	I will...
Change #3	I will...