

PRESS RELEASE



CÉGEP
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Second Annual Vanier Health Promotion Fair visits a Montreal East high school

Once again this year, Vanier College Nursing students are bringing their training and knowledge into the community through a Health Promotion Fair at John F. Kennedy High School, on February 13-14, 2008. This is part of the Vanier Nursing Program's collaboration with East End Montreal Health and Social Services to provide English language health care information to adolescents, and is one of several projects subsidized by McGill University Training and Human Resources Development Project which is funded by Health Canada. The project aims to improve access to English language health and social services in communities where healthcare institutions provide services mostly in French.

Through the fair nursing students bring valuable information to high school students who tend to avoid health professionals and are often reluctant to talk about their health concerns. Presenting information during a Health Fair event is an ideal way of reaching adolescents and exposing them to information on healthy behaviors.

Some of the topics that will be presented include: Sleep Deprivation in College Students, Tattoos and Body Piercing, Suicide and Teens, Eating Disorders, Diabetes, HPV, and Risky Sexual Behavior. The Health Fair runs for two days to allow the 420 students (Sec III, IV and V) adequate time to visit all the display booths and speak with the Nursing students about healthy living practices.

“Vanier Nursing held its first Health Fair at Laurier MacDonald High School, last year,” indicates Rivka Guttman, Coordinator of the Vanier Nursing Program and one of the managers of the project. “That Fair was so successful John F. Kennedy High School requested the services for this year. We hope to continue bringing such services in the future.”

George Archer, Dean of Applied Technologies at Vanier College, puts the Vanier Nursing health promotion outreach initiative into a broader perspective. “The nursing shortage is a province-wide problem but within Quebec the Anglophone health care sector is doubly under stress given the competition for English speaking nurses from all areas outside Quebec. Cegep-level healthcare programs in English are critically important for the future of the Anglophone population of Quebec.” Clearly, through the Health Fair, Vanier Nursing students aren't waiting for the future to make their contribution to the English healthcare system. They are already doing what they can to help even before they graduate. See: www.vaniercollege.qc.ca/nursing/

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