

How to Host a Health Fair

Hosting a health fair in your community is a great way to attract community members and provide them with a wealth of health information. In order to get started, consider contacting a number of the community partners listed below. Most often, they will be honored to be a vendor at your fair.

1. Contact your local hospital:
 - A. Health Promotions, Community Outreach and/or Marketing Department—May perform health screenings at little to no cost and offer brochures of hospital-based programs and services
 - B. Foods and Nutrition Department—May provide materials and/or a dietitian to work a booth
2. Contact your local Dairy Council—May provide nutrition education resources, especially calcium related and informative duplicating masters
3. Contact a local chapter of the American Heart Association, American Lung Association, American Cancer Society, Alzheimer's Association, American Diabetes Association, etc.—May perform health screenings and/or wellness information
4. Contact your county and state health department:
 - A. Chronic Disease department (may be called something different)—May perform screenings and/or provide information about services
 - B. Immunizations – could be offered for students and parents (i.e. flu shots, etc.)
 - C. Office for Women's Health—May perform screenings or provide information about services
 - D. Clinics/Insurance – provide information on where to receive care and/or health insurance
5. Contact local healthy food or grocery store vendors:
 - A. Examples include: Kroger's, Marsh, Meijer, Trader Joe's, other health food store, Payless, etc.—May provide healthy treat samples
6. Contact local fitness vendors:
 - A. Large and small sporting goods stores (i.e., Dick's Sporting Goods) may be willing to appear at a booth displaying the latest fitness clothing, shoes, and apparel.
7. Contact local Fitness Centers—May be willing to display information about memberships, services, programs, etc. Some may perform a fitness screening, as well.
8. Contact a Massage Therapist—Go to the American Massage Therapy Association's web page at www.amtamassage.org. Enter zip code to find a massage therapist in your area to perform 5-minute chair massages at your fair. Note: Some therapists might expect reimbursement for this service.
9. Contact a local Occupational Clinic—May be willing to display information about services, programs, and how to avoid injury information, etc.
10. Contact local Businesses/Companies—May be willing to donate goodies (pens, pads of paper, etc.)
11. Contact local fire and/or police departments— May be willing to demonstrate car seat safety and provide a wealth of safety information and tips for the family.
12. Contact local universities/colleges to see if students could provide demonstrations, resources and/or volunteers for particular health booths. (i.e. massage therapy, taste tests, physical activity booths and/or general nutrition)

