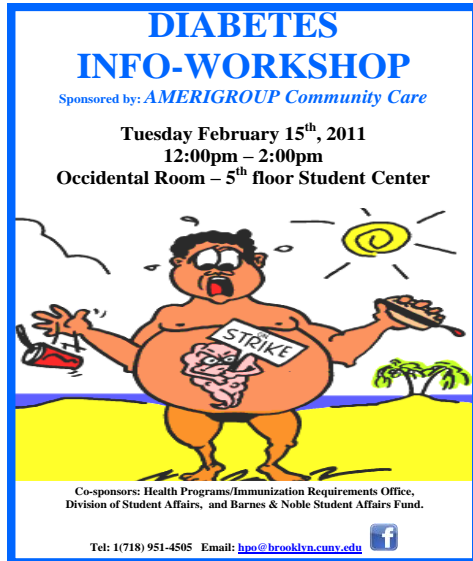


# Health Programs Immunization Requirements Office

## Diabetes Info-Workshop Report

Prepared by: *Latricia Davidson (student staff)*



**Host:** Health Programs Office

**Co-Sponsor:** AMERIGROUP Community Care.

**Speaker:** Ronzetta Robinson

**Date:** Tuesday February 15<sup>th</sup>, 2011.

**Time:** 12:00pm – 2:00pm

**Location:** Occidental Room – Student Center.

**No. of Attendees:** 30

### Overview

The workshop accomplished even more than anticipated. Undoubtedly, it successfully fulfilled its aim to increase students' awareness of the risk of diabetes. However, it also informed students about proper eating habits. The speaker, Ronzetta Robinson, created an informal atmosphere by sharing her own personal eating practices, which in turn encouraged students and staff to actively engage in her presentation. There were many questions and comments as attendees expressed their eagerness to gain more knowledge on the topic.

Ms. Robinson came equipped with props which made her presentation even more interesting. Displaying a number of common beverages, she spontaneously inquired the number of students that drank some of these tasty items before shocking them with the nutritional facts contained in the beverages.



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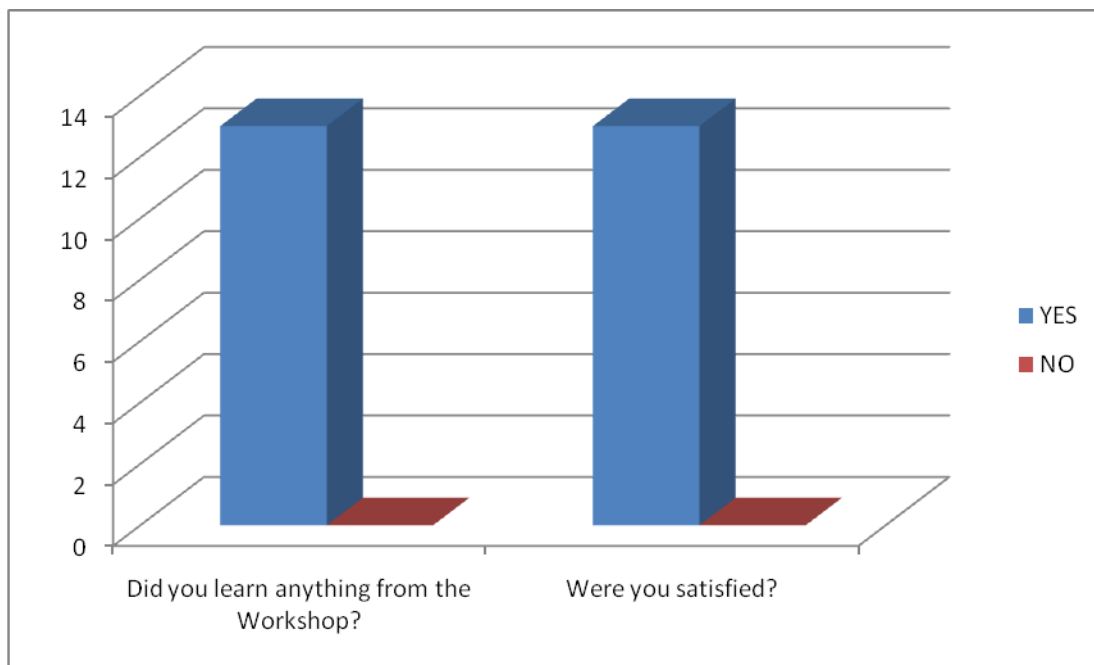
The AMERIGROUP Community Care representative went even further to emphasize the amount of sugar in these beverages by carefully scooping out the respective number of teaspoons of sugar from a separate container into a cup. This helped students and staff to visualize just how much concentrate they were consuming. The widened eyes and gasps that resulted was exactly what Ms. Robinson needed to confirm that her point was getting across effectively.

To top things off, attendees were given free pens courtesy of HPIRO along with bag packs containing useful stationery and information from AMERIGROUP Community Care. Pamphlets and brochures were also available for students to take as desired. By the end of the workshop some attendees willingly filled out feedback forms, indicating their positive experience (see results below).



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## Results



As indicated above, there were no negative remarks about the workshop. The general consensus proved that the event successfully enlightened students and staff on the risk of diabetes and revealed tips for eliminating unhealthy eating habits.

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## Some additional comments included:

“I learned how to calculate the amount of teaspoons in a beverage”

“How little amount of sugar everyday can lead to many disorders”

“4 grams of sugar is about a teaspoon”

“The can of soda contains 10 teaspoon of sugar. Phosphoric acid dissolves bone”

“Drinks that have lots of sugar”

“Different ways of getting diabetes”

“Proper meal recommendations per serving, among other things”

“Sugar content in soda”

“The illustration is very enlightening”

“Diet soda can lead to cancer (the artificial sugar)”

“About artificial sweetness, stats, the onset, prevention, signs”

“Ways to manage diabetes”

“Importance of controlling portion size and maintaining healthy weight and reduce sugar intake”

## **Conclusion**

The Health Programs Office looks forward to hosting more workshops of this nature in the future. We hope to gain more student club participation in order to expand awareness on the Brooklyn College campus.