

NUTRITION WORKSHOP

REPORT

“How to Make Healthy Choices”

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HPO’s Fall 2011 Nutrition Workshop was held on Thursday September 22nd from 12:30pm – 2:00pm. The workshop lead by Amerigroup Community Care representative, Ronzetta Robinson, took place in the State Lounge of the Student Center. Twenty-six attendees were able to receive important nutritional information.

Ms. Robinson began the workshop by asking her audience to raise their hands if they drank soda regularly. As expected, almost everyone in the room indicated that they did. The speaker then proceeded to fill a cup with granulated sugar that was equivalent to the amount contained in many 20oz bottles of soda. This immediately set the tone for the rest of the workshop. The students gasped at the new information they were receiving and were fully engaged throughout the proceedings. Ms. Robinson brought along a number of props to help convey her points and also referred to posters provided by the Health Programs Office.





Ms. Robinson conducted the workshop in a slightly informal manner which encouraged students to make comments and ask questions frequently. There were some whose personal stories she indulged and responded to for the benefit of the rest of attendees. The workshop ended with a review of the risk of diabetes and the symptoms associated with it. The Amerigroup representative urged her listeners not to hesitate to get a blood test in order to be on the safe side. The comfortable setting, coupled with the speakers' willingness to share stories of her own personal endeavors related to nutrition, allowed for one of our most interactive sessions yet.

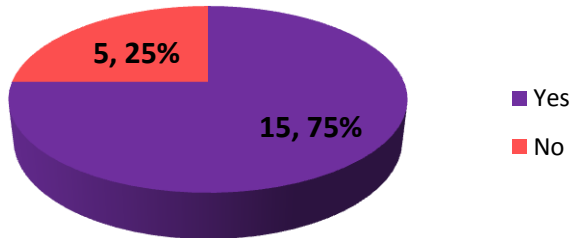


Overall the Nutrition workshop was a huge success. At the end, students were invited to take as many pamphlets and giveaways as they liked. This literature was sponsored by the Health Programs Office as well as Amerigroup. The attendees also helped themselves to water and a fruit plate sponsored by the Barnes & Noble Student Affairs Fund. Twenty people filled out feedback cards and each of them indicated that they were very satisfied and learned a lot at the event. Ms. Robinson stuck around to answer the private questions of students that approached her after the workshop.

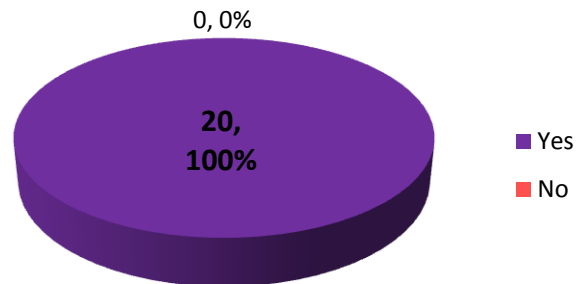


FEEDBACK & PLANNING

Do you have health insurance?



Were you satisfied?



When asked what they learned at the workshop, some students responded:

“The excessive intake of sugar can increase your chances of developing diabetes” (female, staff)

“One should drink water at room temperature” (female, senior)

“About diet soda and so much more. It was great!” (female, senior)

“A great amount of information on how to improve my health” (female, sophomore)

“To have an objective (health-wise) to live for at an older age” (female, sophomore)

“Portion size of meals and type of meals” (female, senior)



Methods used to inform students of the event included:

- Emails to health-related clubs
- Grape-vine project - distribution of flyers at the Info Booth
- Facebook publications
- Posting on closed bulletin boards
- Flyer postings on campus-wide open bulletin boards
- Publications on BCNN
- Brooklyn college calendar of events
- Recognition in B.C. News& Events
- Outreach to Prof. Koizumi's Health & Nutrition class



HPO would like to thank all those that made this event a success!