Healthy By Design Event Planning Checklist & Resources

What makes a quality Prevention & Overall Wellness section?

- Resources are provided to prevent or treat a disease/medical condition
- Emotional, spiritual, and mental well-being of participants is supported

Frequently Asked Questions*

How can resources be provided?
- Health screening/evaluation (i.e. blood pressure check, mental health screening, BMI evaluation)
- Direct service (i.e. flu shot, chair massage, mobile mammography bus)
- Educational materials (i.e. tobacco cessation information, sunscreen, hand sanitizer station, personal emergency preparedness information)

Where can resources be provided?
- At registration, breaks, lunch
- On bathroom stalls, doors, tables
- Through posters, registration packets, table tents, newsletters

How can emotional, spiritual, and mental-well being be supported?
- Play music
- Schedule breaks
- Incorporate humor
- Provide accommodations for breast feeding mothers

Note: This section is an opportunity to do something additional for participants and incorporate health-related education/service

Need more resources?
- Mental Health Screening: http://www.mentalhealthscreening.org/.
- Tobacco Cessation: http://tobaccofree.mt.gov/quitlinefactsheet.shtml

*Note: These are examples to help guide event planners, lists are not comprehensive.