

Justify your health

by Debbie Sarson
and Joanne Wood

During the past seven months Community Nursing students, Debbie Sarson and Joanne Wood, have been involved in developing health promotion strategies in relation to the role of nutrition in the development of chronic diseases (Cancer and Heart Diseases).

In association with the Canadian Cancer Society and the Nova Scotia Heart and Stroke Foundation, they developed a questionnaire to assess the knowledge and attitudes of university students regarding healthy eating and disease prevention. Findings revealed the need for further information for Dalhousie students pertaining to foods low in dietary fat and high in fibre. Resulting from this assessment, a health promotion strategy was implemented culminating in an education display in the Tupper Link entitled "Justify Your Health". This display pro-

vided useful information to a wide variety of students, utilizing a co-authored song, on the need for good sources of fibre and limited sources of fat in the university student's diet. The tune was readily identified by the student population, but the words were a surprise in their teachings on how to take care of their bodies' nutritional needs for both now and the future. A wide variety of pamphlets from government agencies and the Cancer and Heart Associations were distributed and the importance of selecting high fibre foods and reducing fat to only 30 per cent of the total daily energy intake with only 10 per cent coming from saturated fat was discussed with everyone who would listen. Many did listen as the display was highly attended with interest generated by the students and much verbal interaction. Some students claimed they were going to change their food choices that day as recommended!



Dr. Stairs has a big knife and he knows how to use it.

Happy anniversary

by Seleta Cromwell
and Natalie McConnell

On Wednesday, March 27 the students of the Transition Year Program with the assistance of two instructors, Janet Chute, Percy Paris, and the Black Student Ad-

visor, sponsored a day-long information booth and display.

The event was prompted in large part by the fact that this year marks the 20th anniversary of the program. The Transition Year Program is this university's recognition of the years of biased and in-

sensitive treatment towards Black and Native students through the public school system. The program provides an opportunity to undo some of the wrongs that have prohibited these students from accessing higher education. While racism, inadequate financial support and the lack of cultural sensitivity in many areas cannot be all dealt with through one program in one year; much is accomplished. A primary aim of the information booth was to depict the cultural diversity which is part of the program. In addition, the booth was set up to inform the general campus community about the program.

Included in the day's events was cutting of the anniversary cake. Dr. Denis Stairs (Vice-President, Academic & Research) along with Dr. Peter Rans (Director, TYP) performed the honours and over two hundred pieces of cake were distributed. Students handed out information sheets and answered questions throughout the day. Feedback was positive.

The information booth and display was the first phase of the anniversary celebration; a reunion is being planned for the fall.

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