

# Working for a healthier UPEI

By ERIN FAGAN

The sixth annual UPEI Health Fair was held last week in the Robertson Library, offering a wide range of information concerning student and faculty health issues.

A joint initiative of the nursing and nutrition departments, faculty, and various on and off campus organizations, the creatively planned event attracts large numbers in the hopes of passing on vital information.

"We work on providing an educational experience, information and awareness in a concise and interesting manner," explained Sheila Dresen, Dean of Nursing and coordinator of the fair.

According to Dresen, students often don't have the opportunity to attend public lectures and outside events due to the lack of time.

"With this event, students can [on their way to classes] walk through, stop and look, and take in some good information. This can impact a lot in a good way, giving students something to take away with them."

Dresen added that the large committee was "very

appreciative" of the support offered by various organizations and sponsors which have enabled the fair to have such a strong presentation.

The event offers opportunities for nutrition and nursing students at various levels in "learning to educate and promote health to people," according to Melanie Blanchard, president of the nursing society.

"A big part of nursing is teaching health education. . . nursing is greatly changing [to that focus]."

First year students are assigned "clients," or volunteer subjects, with whom they meet three times before the fair. Their task is to help the clients access health information on established themes, and the final stage of the project as to take the client on a tour of the exhibits.

Third year nursing students, as part of a Health Teaching course, are involved with planning and presenting exhibits of their own at the fair.

"It offers a natural progression in what your skills are, throughout the program," Blanchard says. "The challenge [for the 3rd year students] is to make their displays

applicable to the community."

Julie Smith, one of the 3rd year presenters, explained the value of the experience. "Everything helps you to learn."

Smith co-presented an exhibit concerning alcohol and students, which was entitled the "Ripple Effect"

"Alcohol does affect everything and everyone, not just one person," described Smith as she pointed out a video on drinking and driving.

The title also derives from the idea that excessive

drinking affects a wide range of physiological systems. One portion of the display included three preserved livers, showing the strong difference in appearance between a healthy liver, the "fatty liver" of a binge drinker, and the cirrhosis liver of a long-term alcoholic. Smith felt that this element in particular helped students to see physical evidence of the information they were presenting.

One surprising aspect was that of a survey conducted of forty subjects within the Breezeway. Results showed

that 15 per cent of those surveyed were at high risk for alcoholism, 16.2 per cent of the males had been arrested for drunken behaviour and 69 per cent of the females polled had been involved in fights while under the influence. The exhibit also looked at alcohol and risky sexual activity.

Other exhibits dealt with other relevant student health topics, such as STDs.

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## UPEI hosts speaker on Quebec nationalism

The Canadian studies program at the University of Prince Edward Island is pleased to welcome Dr. Daniel Salée - a well-known scholar and public speaker on the issue of Quebec nationalism - to the campus. Dr. Salée will address "The Many Faces of Quebec Nationalism" at a

public presentation on Monday, February 8, 1999 at 7:00 pm, in Room 130, Main Building, UPEI.

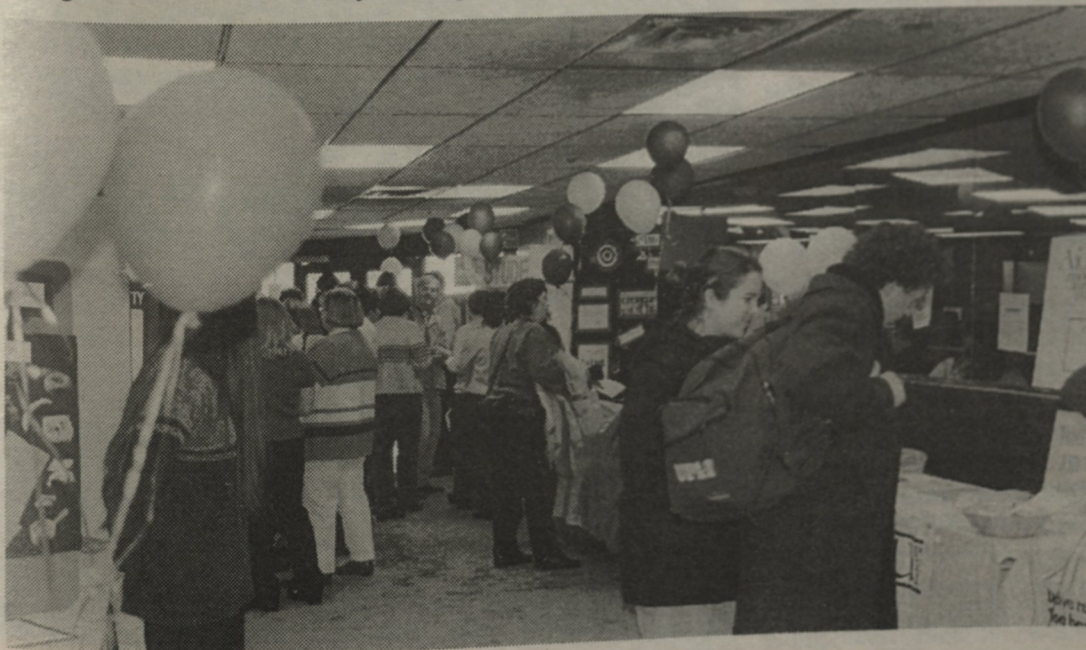
Salée has conducted research on inter-ethnic relations in Quebec, the definition of citizenship in Canada, the Aboriginal question in Quebec and identity politics. He is a noted expert in Canadian affairs and the political economy of Canada. Currently, he is a professor and principal at the School of Community and Public Affairs, Concordia University.

"Dr. Salée's visit is a great opportunity for UPEI's students, faculty and the greater community," says Dr. David Morrison, Acting Director of the Canadian Studies Programme. "Quebec nationalism is a very topical issue with real implications for Canadians. We are very pleased to have a speaker of

Dr. Salée's calibre on our campus."

In his lecture, Salée will discuss how, contrary to what is often thought outside Quebec and by opponents of Quebec sovereignty, Quebec nationalists do not all share the same opinions and agenda. As a politically objective analyst, he is able to present an un-biased account of the mood and actions of both the political leaders and average citizen.

Dr. Salée is a regular contributor on local, national and international electronic and print media and is willing to conduct interviews in both English and French. Appearance's include CBC's Morningside, Home Run, Commentary, CBC-NewsWorld and Radio-Canada's RDI, CTV, Independent Satellite News, and Reuter Financial Television.



The health fair in the Breezeway offered loads of resources to passing students.

-photo by R.Haines