Environmental Health of the Community.

Clinical Activity Overview Research has shown that consumption of fish is an important part of a healthy diet because fish contain protein and essential nutrients and omega-3 fatty acids, and are low in saturated fats. However, fish can also contain many environmental toxins, so there are limitations on how much fish a person can safely eat. You will be creating and presenting a health promotion poster at a local event such as a health fair, education/school fair, or another event approved by your instructor. You should develop an informational health promotion teaching poster focused on safe consumption of fish in the diet, balancing the health benefits of eating fish with the risks of toxins in various kinds of fish. Additionally, you should choose a population of focus such as pregnant women, children, and/or healthy adults, and discuss fish that are most commonly consumed in your region. The poster should be professional, creative, and compelling; it should also use current and evidence-based resources and target the intended audience. Basic epidemiologic principles should also be included. You should participate in the event with your informational health promotion poster, maintaining professional standards while at the event (e.g., hygiene, clothing, name tag, demeanor, etc.)Once you have participated in the event, you should submit a) a digital copy of the poster and b) a 2-page reflection paper (approximately 500 words) that addresses Competencies #1 and #6, detailing your perception of the poster presentation session. You should note such impressions as the overall response of the audience, what went well, what could have been done differently, and what changes did the poster need to make it more informative for your audience.Competencies#1 Applies the public health nursing process to communities, systems, individuals, and families.#6 Effectively communicates with communities, systems, individuals, families and colleagues.\*\* Please note you do not have to go to an event to present the poster. Due to covid you can "pretend" you went to a event