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Providing Monthly Health and Wellness Presentations in a Patient Library: Program Development and Brief Assessment

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Providing Monthly Health and Wellness Presentations in a Patient Library: Program Development and Brief Assessment
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**Background and Objective:** To describe the development, implementation, and brief assessment of a lunch time health and wellness series of presentations on a variety of consumer health related topics. The presentations were held in the Community Health Education Center (CHEC), a patient library located inside a large academic medical center. Presentations were open to anyone.

**Method:** We collaborated with marketing to identify topics and speakers. Topics included: stress relief with the dogs on call, diabetes, healthy eating, caregiving, depression, cancer, and others. Presentations were advertised via mass mail and flyers. Health displays were created for each topic and attendees were provided with a packet of health information. Lunches were provided to facilitate attendance. Participant attendance at each program was recorded. Attendees were asked to complete a short paper-based survey at the end of the presentation.

**Results:** There were 39 presentations from 2010 to 2014 with a total of 974 attendees. The majority of the attendees were either hospital or academic employees (80%); followed by other (8%), students (6%), and patients (5%). The majority of attendees were made aware of our programs through mass mail (49.9%). Attendees rated the programs very highly. On a scale of 1 (worst) to 5 (best), 69.6% rated the programs a 5; 24.9% rated 4; 4.7% rated a 3; .17% rated a 2; and .67 rated the programs a 1. Attendees responded that they were likely or very likely to attend another library program (99.5%) while only .5% responded that they were unlikely to attend another program.

**Conclusion:** The programs were very well attended by academic and hospital employees who reported finding out about the programs through mass mail. Other means of attracting community members and patients/family members will need to be assessed. The programs were rated highly by attendees and the majority of attendees responded they are likely to attend another program. More needs to be done to attract community members and patient participants but overall the health and wellness programs are very successful.