Healthy Lungs for Life Educational Booth  
September 24 2021 Atrium Medical Sciences Building 8am-12pm (EDST)  
Schulich School of Medicine & Dentistry  
Western University  
London Canada

Details of the activities held as part of the HLfL campaign, including the dates and locations
We created an information booth that was manned by graduate and undergraduate students FOR learners and other undergraduate and graduate students at the main entrance to the Schulich School of Medicine & Dentistry, Western University. We also created external awareness within the Dean’s office and the President of the University’s office and instigated a social media campaign.

The event was held from 8am-12pm on Friday September 24 – which coincided with approximately 500 student lectures in the building during that period of time. Approximately 300 learners dropped by as well as staff and faculty (roughly 50).

How we used the grant received
We used the funding to generate promotional materials including a large banner, handouts and packaged lung facto cookies for trainees in the School. Promotional materials were costed at ~$900. Fact-wrapped lung cookies and erasers were also given out for students who stopped by to review our slide show and these cost ~$500. We also gave out lung imaging tshirts funded under a separate budget. Each visitor left with lung health fact sheets “did you know” related to COVID, vaccination, vaping and smoking.

People who benefited from the project and took part in activities: Impact and evidence
Medical students, undergraduate medical sciences students, staff and faculty joined us at the booth to participate in sharing of facts via factwrapped lung cookies, power point presentation and undergraduate outreach. The booth was manned by 5 graduate students and 5 undergraduates across a diverse sampling of backgrounds and expertise (engineering, medicine, health physics, physiology, biophysics). At least 300 different learners dropped by and enjoyed socially distanced presentations about lung health.

How this project supported Healthy Lungs for Life topics
Our booth focused on 2 major topics: Smoking and Vaping as well as COVID and Vaccination. Please see handouts and ppt presentation attached.

Details including photos and screenshots of activities: online articles, social media activity 
Please see appendices attached.
APPENDIX Sample Handouts

COVID-19

- Follow and adopt practical measures to stay safe
- Share facts and stories of people who have overcome the virus
- Be KIND, show solidarity with affected people!

Did you know?
The virus can live up to 24 hours on cardboard and between 2 to 7 days on plastic and stainless steel.

Vaccination

- Immunization currently prevents 4-5 million deaths yearly
- ALL approved COVID-19 vaccines reduce the risk of hospitalization and illness
- Almost one third of the world is fully vaccinated against COVID-19

Did you know?
Vaccines are one of the oldest known medical treatments, older than antibiotics or anesthesia, and currently there are 29 different diseases for which vaccines are available.

Vaping

Vaping in numbers:
- In 2011 → 7 million users worldwide
- In 2018 → increased to 41 million users
- 30% of teens who vape begin smoking tobacco products in 6 months
- 2,807 hospitalized cases of serious lung injury associated with vaping products, resulting in 86 deaths as of Feb. 2020

Did you know?
Nearly all independent research has revealed some negative health effects of vaping, this damage will have lasting effects and may lead to lung disease.

Smoking

No matter how old you are, you can still extend your life by giving up smoking!

Did you know?
There are over 7,000 chemicals in tobacco smoke; more than 250 are known to be harmful and more than 69 are known to cause cancer.
APPENDIX: Social media
YOUR LUNGS
YOUR HEALTH
YOUR LIFE

Friday, September 24
8am-12pm
Medical Sciences Building Lobby

#WorldLungDay

Visit the COVID-19 Information Center for vaccine resources.
Visit the COVID-19 Information Center for vaccine resources.

Our booth is set up in the Medical Sciences Building Lobby! Come celebrate WorldLungDay with the APILab, and get a free cookie t-shirt and more.

#WorldLungDay #HealthyLungsForLife #APILabWestern #westernu #BeSmokeFree #Vaccinate #SayNoToVaping #Vaccinate #lunghealth #respiratoryhealth
For information about vaccines, visit canada.ca.

For information about vaccines, visit canada.ca.
We are looking forward to the beginning of the Healthy Lungs for Life #WorldLungDay events today!

Starting with:

@apilabroartswestern’s event where they are raising awareness of the effects of smoking, vaping and COVID-19 infection on lung health. Go and see them on campus at The University of Western Ontario (they have cookies!)

And

@vaccina_to will be demonstrating and visualizing the impact of vaccines in a clever game they have developed!

#WorldLungday #WorldLungDay2021 #HealthyLungsForLife
Western Biophysics Network of Students - BOnES

September 23 at 2:44 PM - ⌚️

The APILab is hosting a Healthy Lungs for Life event this Friday, September 24th at the Medical Sciences Building lobby to raise awareness about the effects that smoking, vaping, and COVID-19 infection have on lung function decline. They will have a booth with pamphlets, a slideshow, videos, trivia, and will be handing out FREE customized lung cookies and t-shirts. Be sure to stop by!

https://www.instagram.com/p/CUC0zkGwPr/
In celebration of World Lung Day 2021, the APILab at Robarts will be hosting a Healthy Lungs for Life event to raise awareness of the effects of smoking, vaping and COVID-19 infection on lung health. Check out their Instagram page @apilabrobartswestern to learn more about the event and how to care for your lungs!
YOUR LUNGS
YOUR HEALTH
YOUR LIFE

Friday, September 24
8am-12pm
Medical Sciences Building Lobby

#WorldLungDay
APPENDIX EVENT Photos