

**APILab**  
**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 fact cookies for trainees in the School. Promotional materials were costed at ~\$C900. 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 fact-wrapped 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

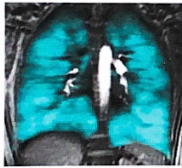


- Share facts and stories of people who have overcome the virus

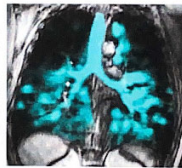


- Be **KIND**, show solidarity with affected people!

Healthy



COVID-19



#### 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.



ERS ELF

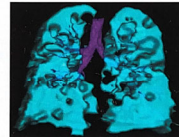


### Vaping



#### 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 68 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.



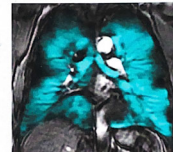
### Smoking



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

Know a friend who wants to quit smoking?

Western  
Resources for  
Quitting:



#### 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***



apilabrobertswestern

Edit Profile



0 posts

0 followers

0 following

**API Lab**

Advanced Pulmonary Imaging Laboratory at Robarts Research Institute, Western University.

[apilab.ca](http://apilab.ca)



apilabrobertswestern

Edit Profile



7 posts

62 followers

20 following

**API Lab**

Advanced Pulmonary Imaging Laboratory at Robarts Research Institute, Western University.

[apilab.ca](http://apilab.ca)



HealthyLun...



free cookies  
swag  
and more

# YOUR LUNGS YOUR HEALTH YOUR LIFE

**Friday, September 24**  
8am-12pm

Medical Sciences Building Lobby

#WorldLungDay

Schulich  
MEDICINE & DENTISTRY

robarts  
RESEARCH

HEALTHY LUNGS FOR LIFE

APILab

Western  
UNIVERSITY - CANADA

Visit the COVID-19 Information Center for vaccine resources.



apilabrobartswestern  
Western University



apilabrobartswestern In celebration of World Lung Day 2021, the APILab 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. Join us on Friday, Sept 24th in the lobby of MSB from 8am-12pm for free cookies, cool swag, fun trivia, and information on how to care for your lungs!

@european\_lung  
#WorldLungDay #HealthyLungsforLife  
#BeSmokeFree #Vaccinate #westernu  
#APILabWestern #lunghealth  
#respiratoryhealth #raiseawareness

2w



Liked by wilsona65 and 22 others

SEPTEMBER 20



Add a comment...

Post





apilabrobertwestern  
Western University



apilabrobertwestern Thank you to everyone who came and celebrated World Lung Day with us!! ☐

#WorldLungDay #APILabWestern  
#westernu #lunghealth  
#respiratoryhealth #BeSmokeFree  
#SayNoToVaping #Vaccinate

1w



bmsawestern Thank you for the cookies & fun stuff!! ❤️



Liked by wilsona65 and 15 others

SEPTEMBER 24

For information about vaccines, visit [canada.ca](https://canada.ca).



Add a comment...

Post



apilabrobertwestern  
Western University



apilabrobertwestern Happy #WorldLungDay! ☐

#APILabWestern #westernu #lunghealth  
#respiratoryhealth #BeSmokeFree  
#SayNoToVaping #Vaccinate  
#BreatheCleanAir

1w



Liked by rachyeddy and 23 others

SEPTEMBER 25

For information about vaccines, visit [canada.ca](https://canada.ca).



Add a comment...

Post





Visit the COVID-19 Information Center for vaccine resources.



european\_lung • Following



european\_lung We are looking forward to the beginning of the Healthy Lungs for Life #WorldLungDay events today!

Starting with:

@apilabrobartswestern'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



Liked by assoc\_respiriamo\_insieme and 37 others

SEPTEMBER 24



Add a comment...

Post



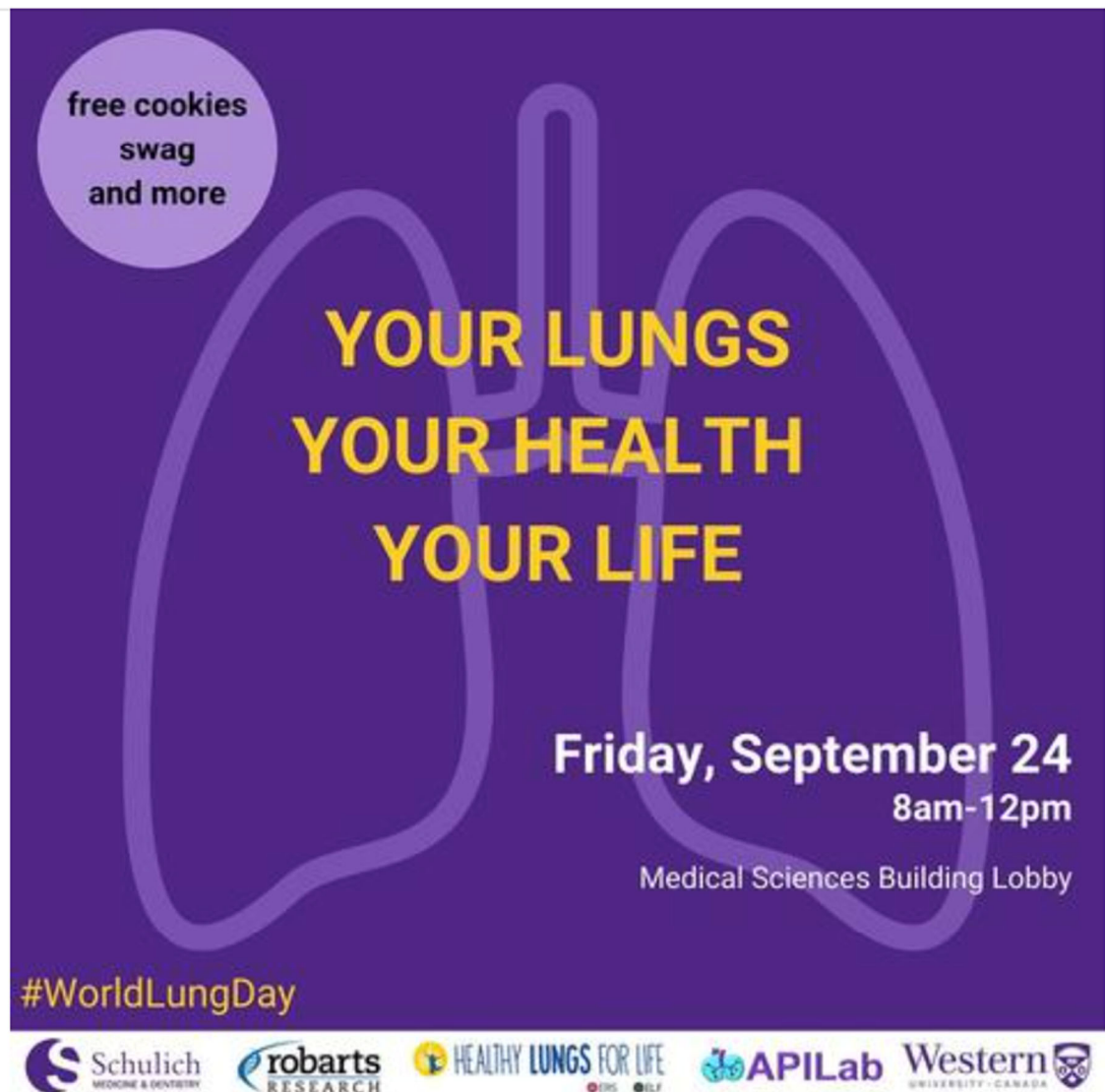
## Western Biophysics Network of Students - BONeS

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/CUC0zfkgwPr/>




INSTAGRAM


free cookies  
swag  
and more


# YOUR LUNGS YOUR HEALTH YOUR LIFE


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


#WorldLungDay

 Schulich  
MEDICINE & DENTISTRY

 robarts  
RESEARCH

 HEALTHY LUNGS FOR LIFE  
ERS ELF

 APILab

 Western  
UNIVERSITY - CANADA



robarts\_rats • Following



**robarts\_rats** 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!

2w



Liked by h.kooner and 9 others

SEPTEMBER 21



Add a comment...

Post

free cookies  
swag  
and more

YOUR LUNGS  
YOUR HEALTH  
YOUR LIFE

Friday, September 24

8am-12pm

Medical Sciences Building Lobby

#WorldLungDay

medicalbiophysics\_ε • Following ...  
Medical Sciences Building

medicalbiophysics\_gsa MBP Grads, the Advanced Pulmonary Imaging Lab is hosting a Healthy Lungs for Life event on 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 customized lung cookies and t-shirts. Be sure to stop by and encourage students to care for their lungs! 🍪

2w

Liked by wilsona65 and 5 others

SEPTEMBER 22

Add a comment...

Post



***APPENDIX EVENT Photos***















Did you know?  
200,000 Canadian die each year because of lung disease. Most are due to the use of tobacco.

Did you know?  
Smoking cannabis/marijuana is NOT safer than smoking tobacco, especially when used for a long time.

Did you know?  
Vape industry claims vaping will help you quit smoking, but research shows it's not true.

Did you know?  
Vaping batteries have caused several fires and explosions, a few of which have resulted in serious injuries!

API Lab

API Lab

API Lab

API Lab

API Lab

API Lab

Did you know?  
Approximately 10 million JUUL users are expected to reach the age of 18 by 2025.

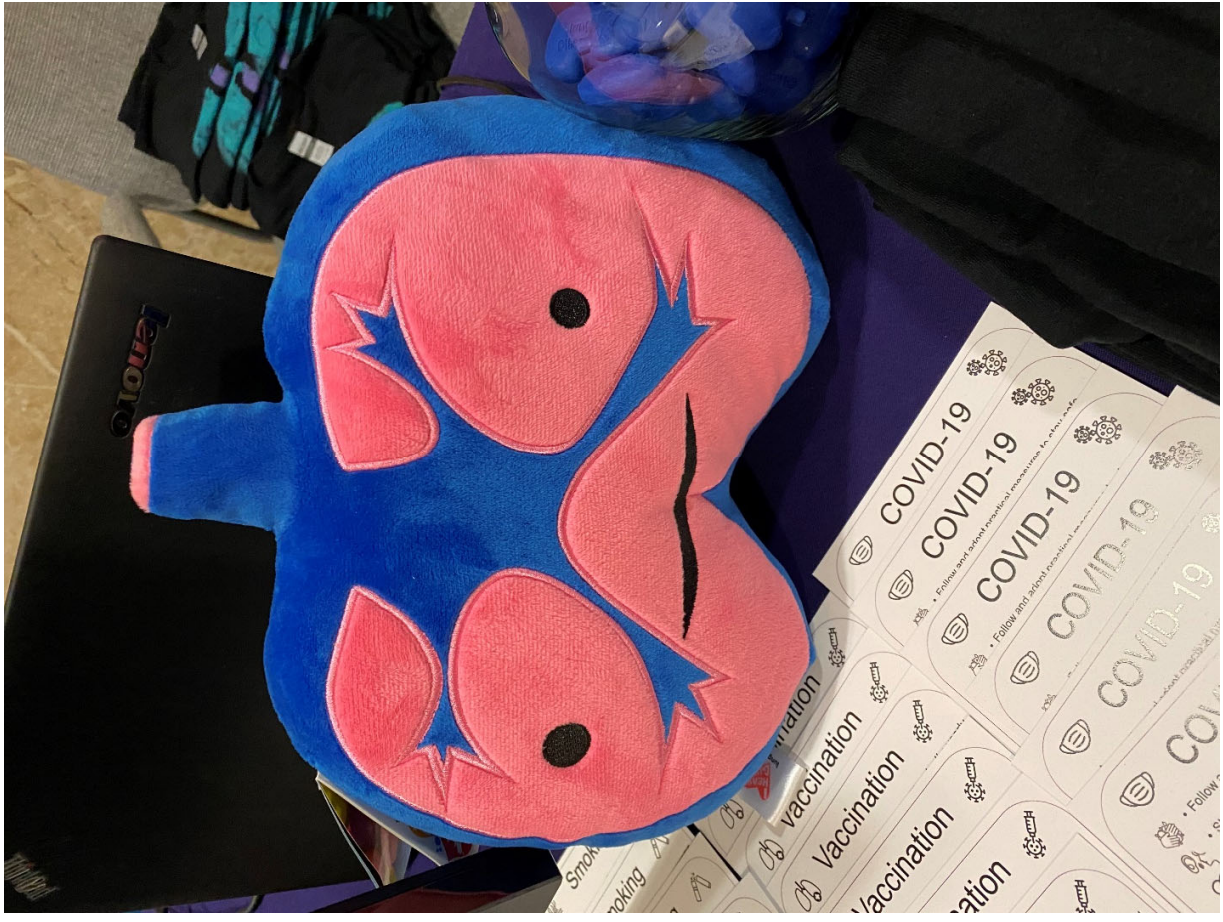
Did you know?  
Asthma is worse with high air pollution. Vaping increases the risk of asthma.

Did you know?  
Both vapes and regular cigarettes contain nicotine, which research suggests may be as addictive as heroin or cocaine.

Did you know?  
In 2018, there were 41 million vape users worldwide, and that number is expected to reach well over 55 million by the end of this year!

Did you know?  
Both vapes and regular cigarettes contain nicotine, which research suggests may be as addictive as heroin or cocaine!













Scientific Mind

satiable enough to catch the resemblance at the chief point, and at the same time their subtle differences; endowed by patience to doubt, fondness to miss to reconsider, carefulness to set it at is new nor admiring what is sure.

Francis Bacon





































#WorldLungDay

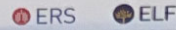


Your Lungs

Your Health

Your Life

HEALTHY LUNGS FOR LIFE



CS





