

# Cardinal Health Fair

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**Background**  
The Cardinal Health Fair (February 13, 2026) was a student-led wellness event hosted at SJF. Organized by the CPFI student chapter with community partners, the fair provided low-barrier preventive services and health education to a college population that often faces limited health literacy, inconsistent primary care access, insurance gaps, and stigma around mental health. The event combined clinical outreach with faith-centered materials and community resources.

**Objective**

- Deliver accessible, evidence-based preventive services to college students.
- Equip student pharmacists with hands-on patient education and outreach experience.
- Connect students to campus and community health resources while integrating compassionate, ministry-minded service.



**Methods**

- Services provided: blood pressure screening; hypertension education; diabetes/cholesterol risk information; nutrition counseling (DASH/Mediterranean); vaccine information; antibiotic stewardship; mental health resources; organ donation enrollment; vision screening referrals; Wegmans Pharmacy outreach; printed flyers and snacks; faith resources (Bibles, spiritual literature).
- Supplies and printed materials provided by CPFI Hands and Feet Grant and community partners; volunteer team of ~45 student pharmacists and 12 faculty/staff; no cost to participants.

**Conclusions**

- The Cardinal Health Fair is a scalable model for campus health equity and faith-integrated outreach.
- Key lessons: prioritize visible, low-barrier services; partner with community organizations for supplies and promotion; recruit a core volunteer team for continuity.
- Other schools can replicate this model with modest resources to reach underserved student populations. Ongoing program evaluation is in progress to measure longer-term impact and inform future iterations.



**Results**

- Engagement: ~80 students actively attended staffed tables; many additional students circulated through the fair and visited multiple booths.
- Materials distributed: approximately 20 diet and nutrition flyers (DASH/Mediterranean) handed out.
- Snacks: roughly 100 students picked up healthy snacks while moving between classes.
- Clinical checks: about 10 students received on-site blood pressure screening and brief counseling.
- Faith resources: approximately 5 free Bibles and many faith-related pamphlets were taken by attendees.

**Acknowledgement**  
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