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High school health fair offers free medical screenings, information



By **Deborah Sullivan Brennan**

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San Pasqual High School is hosting its first health fair to offer health information and screenings to North County families.

The fair will feature 46 exhibitors on topics ranging from preventative health to substance abuse, said Noemi Antonio, the bilingual parent liaison for San Pasqual High School.

“The goal of this event is to connect with and serve all the [Escondido Union High School District](#) families with resources, also providing a healthy community by providing awareness of services that are there to help them in their daily life,” Antonio said.

The health fair is open to the general public, and anyone can attend, she said. Organizers expect about 500 visitors including Escondido families and those from surrounding areas.

Among the services available are free blood-pressure screenings provided by North County Health Services, dental screenings by Vista Community Clinic and basic vision exams by UC San Diego. Health officials will offer information about health coverage programs and low-cost medical services, helping participants identify assistance they may qualify for, Antonio said.

A health educator from the University of California cooperative extension will talk about physical activity, fitness and nutrition, Antonio said. And Escondido Education Compact will provide information about drug and alcohol prevention for teens, Antonio said.

“They’re going to let parents know about the signs and red flags to look for for drug and alcohol abuse,” she said.

Mental Health Systems and Palomar Family Counseling will discuss treatment options for issues including anxiety, depression, stress or anger management, domestic violence, homelessness, parenting and family crisis.

The fair is geared toward the general public, but organizers are reaching out to Latino families, who may have financial or immigration issues that limit their access to healthcare.

“We as Latinos wait until the last minute until we’re completely sick to go to a doctor, rather than getting preventative care,” Antonio said.

The fair will also offer crafts for kids, sponsored by Home Depot, and performances by San Pasqual High School’s Ballet Folklórico, and its Marimba music team, she said.

The fair will take place from 8:30 a.m. to 1:30 p.m. on Saturday, Oct. 28, at San Pasqual High School at 3300 Bear Valley Pkwy in Escondido.

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