March 14, 2013

**Preconception Health: A healthier today for an enhanced tomorrow**

Edmonton – On March 18-20, MacEwan University will be hosting booths that educate the student body on the importance of preconception health. Booths will cover topics on sexual health, nutrition and eating, and environmental factors, in collaboration with community services such as the STI Clinic and MacEwan’s University’s Centre for Sports and Wellness Centre.

The idea for the event began with three, 4th year Bachelor of Science in Nursing (BScN) students who set out to answer what makes preconception health so important. They decided they needed to educate the student body about their findings.

“Preconception health encompasses a variety of factors and includes enough layers worthy of inquiry,” states student Wendy Owoo.

“Preconception health is about the lifestyle habits, the social relationships and the mental health of childbearing women and men,” says Mona Haimour, BScN faculty member and mentor for the students. “A lifespan approach has proven to be the best strategy to enhance the future perinatal outcomes of the individuals and their families. To achieve that, health promotion needs to be grounded in all services provided to students on-campus and in their surrounding community.”

The preconception health awareness project is part of MacEwan University’s Student-Led Initiatives Funding, which was set up in the Fall of 2012. This funding recognizes the importance of student activities that engage students and support their activities beyond the classroom.

The event will be held from **March 18-20, from 9 a.m. - 2 p.m.** at MacEwan University’s City Centre Campus. For more information on preconception health visit: [www.academic.macewan.ca/preconceptionhealth](http://www.academic.macewan.ca/preconceptionhealth)

**Founded in 1971, MacEwan University is a comprehensive university offering more than 65 programs including undergraduate degrees, applied degrees, diplomas, certificates, continuing education and corporate training. Its philosophy of inspiring minds, academic excellence, and providing career opportunities continues to be its guide as it serves the educational needs of students across Alberta, Canada and the world.**

**MacEwan University supports and fosters student-engaged research that is actively connected to faculty and the community.**

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