

### **3.2. The healthy Campus Initiative Campaign**

The Nutrition Department at the *Faculty of Allied Medical Sciences* launched “Healthy Campus Initiative” on Tuesday, 9 April, 2019. This initiative aimed at highlighting the profound impact of nutritional knowledge in eradicating health illiteracy. According to the findings of the researches conducted last year which showed low health and nutrition literacy, the main objective of this study is to raise the students’ nutritional and health awareness through informing the students the basic nutrients, their sources and functions as well as promoting conscious eating habits by using models of dietary guidance systems and healthy eating; traffic light system and healthy eating pyramid.

The Faculty of Pharmacy held an awareness campaign on Blood pressure and heart diseases, and Osteoporosis among students of Pharos University on 5/3/2019, 22/11/2019 and 30/11/2019 respectively. Blood pressure and Blood sugar levels were measured during the campaign and used to serve the awareness activity.

<https://www.pua.edu.eg/the-faculty-of-allied-medical-sciences-launched-a-healthy-campus-initiative/>