

Know Your Numbers

Help the residents of your community get the information they need about their personal health by holding a screening day! Community members can learn about the numbers that are key indicators of their health.

Get the Experts - Partner with your local hospital, clinic or health care providers to conduct screenings for community members. Have them perform screenings for blood pressure, cholesterol, blood sugar and BMI.

Plan a Day - Organize a date when community members can get screenings. It can be held at the partner facilities, a local community center or a school. Make sure to have it at convenient times of the day so town employees can attend during lunch or after the workday. Work with organizers of local events that are open to the public, such as on voting day or at town fairs.

Spread the Word - Advertise the town screening day to get the maximum attendance. Send out flyers and emails. Have businesses notify their employees and encourage their participation.

Resources –

[Lourdes Health Fair Manual](#)

[2014 Evidence-Based Guidelines for the Management of High Blood Pressure in Adults](#)

[Blue Health Advantage: Know Your Numbers](#)

MWC Success Stories –

In 2012, Maplewood, NJ had its first Maplewood Loves Wellness Week. During Wellness Week, the campaign offers residents the opportunity to learn about their health and healthy living. Over the course of the week there are events that allow community members to be screened for health risks. In partnership with Overlook Hospital, they host the Healthy Avenues Van which provides diabetes screenings, blood pressure checks and health education materials. To learn more about Maplewood's Mayors Wellness Campaign, click [here](#).

