



Mayors Wellness Campaign
Put your community in motion.

Education & Health



KNOW YOUR NUMBERS

MEASURING YOUR HEALTH

- Common chronic illnesses such as hypertension (also known as abnormally high blood pressure) and diabetes can be identified by simple health screenings.
- You can help your community get the information they need about their personal health by holding a health screening day!
- Community members can learn their numbers and understand how they are key indicators of their health.

ACTION STEPS

Start Small, Then Go Big

- Start by piloting this program with your municipal employees, then expand it to the rest of the community.

Get the Experts

- Partner with your local hospital, clinic, or health care providers to conduct screenings for community members.
- Offer screenings for blood pressure, cholesterol, blood sugar, and Body Mass Index (BMI).

Plan a Day

- Organize a day when community members can get screenings.
- The program can be held at the partner facilities, a local community center, or a school.
- Make sure to host the program 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 election days or at town fairs.

FOLLOW THEIR LEAD!

In 2012, Maplewood had its first *Maplewood Loves Wellness Week*. Residents had the opportunity to be screened for health risks, learn about their health and talk about healthy living. In partnership with Overlook Hospital, the town also hosts 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](#).

Spread the Word

- Advertise the town screening day to get the maximum attendance.
- Send out flyers and emails, and have businesses notify their employees and encourage their participation.
- After participants get screened, give them print outs of their numbers and information about whether they need to see a physician immediately or soon, or whether they can wait for their next annual physical.



MORE RESOURCES

Guidelines for the Management of High Blood Pressure in Adults

Know Your Numbers

10 Ways to Control High Blood Pressure without Medication

Lower your Cholesterol Naturally

Lower Your Risk for Diabetes

Top Five Lifestyle Changes to Improve Your Cholesterol

BMI Calculator