

## Screenings Provided



Glucose  
Cholesterol  
Bone Density  
Blood Pressure  
Body Mass Index  
Waist Circumference



### Body Mass Index:

An estimated 30 percent, approximately 60 million U.S. adults aged 20 years and older are obese; defined as having a body mass index (BMI) of 30 or higher. Body fat, not weight, is the better measure of one's health and fitness. Visitors will be given a percentage of body fat reading using a body mass index analyzer, a hand-held machine that sends a weak electric current through the body and then estimates body fat percentage and body fat index.

### Waist Circumference:

Waist circumference is a horizontal measurement of the abdomen above the upper hip bone. It can be useful for those people categorized as normal or overweight in terms of BMI. High waist circumference is associated with an increased risk for type 2 diabetes, hypertension and cardiovascular disease when the BMI is between 25 and 34.9.

### Bone Density Screening:

Osteoporosis is a disease that slowly thins and weakens bones. Ten million Americans are estimated to have the disease, and almost 34 million more are estimated to have low bone mass. Bone density testing is the best way to determine bone mass and reveal present and future risk of fracture. The screening is done via foot ultrasound and takes 60 seconds with immediate results.

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### Total Cholesterol and Glucose Screening:

The National Cholesterol Education Program recommends that adults have their cholesterol levels checked at least every five years. Some 23% of adults reported that they never had their cholesterol levels checked. Additionally, there are 20.8 million people in the United States who have diabetes; one-third of those are unaware that they have the disease. Through a finger stick blood test, participants are given their total cholesterol and glucose levels. They're also provided with educational material on healthy cholesterol levels, ways to lower their cholesterol and information on diabetes awareness.

### Blood Pressure Screening:

High blood pressure, also known as hypertension, is a serious condition affecting one in three American adults. High blood pressure increases the risk for heart disease and stroke, which is the leading cause of death in the United States. Among people with high blood pressure, 70 percent do not have their condition under control. Visitors will receive their blood pressure reading and educational materials.