

BLOOD PRESSURE

This section of the Tent focuses on healthy “biometrics” (numbers that are measurements of your health).

They are:

1. *Blood pressure with automatic blood pressure cuffs*
2. *Body Mass Index using scales and charts*
3. *Body Composition using special scales that can detect % body fat, % body muscle, % water.*

The initial quick measurement will be blood pressure at the front of the Tent. Visitors can also get the other, more extensive measurements if they desire. In addition, they can have a consultation with a health professional.

Visitors can register for the 3 daily give-away drawings we will have:

1. *\$25 gift certificates from Apple Valley Market*
2. *“Good-bye, Diabetes” book by*

Dr. Wes Youngberg

3. *Gift certificate for massage in the deluxe massage chair at Andrews University Health & Wellness Department Office.*

Visitors can take home:

- 1) *a small gift such as a fruit-shaped refrigerator magnet imprinted with “HealthTent.org”*
- 2) *a card giving them information about why it is important to keep blood pressure and body weight within normal limits.*

OUR MISSION

The mission of the Health Tent is to bring its many visitors reliable health information in a friendly, fun environment during the week of the Berrien County Youth Fair, and beyond. We want to show the visitors that the Seventh-day Adventist church cares about the health of their neighbors.

HISTORY

The Health Tent has been part of the Berrien County (Michigan) Youth Fair for more than 40 years. It is located on the southwest side of the Grandstand.

This year the Fair Week is August 13-19, 2017.

We will continue to post health events held in southwestern Michigan on our website often. Please visit HealthTent.org for updates.

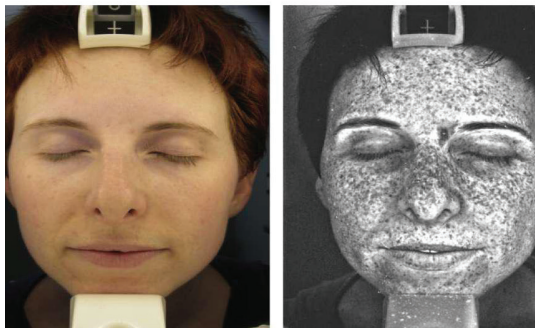


Sponsored by the Seventh-day Adventist churches in southwestern Michigan.



ZONES

FACE SCAN



This is one of the fun, novel activities of the Tent. Visitors will sit at a table and get a good look at the skin on their faces in a mirror while a black light illuminates them. It can be eye-opening to see what years in the sun can do!

A Tent volunteer will view them from the other side of the mirror and explain the different colors they are seeing on their skin. The visitor's cell phone can be used to get a photo of their face through the volunteer's viewer.

Visitors can take home:

- 1) a small bottle of SPF 30 sunscreen with a label imprinted with "HealthTent.org"
- 2) a card giving them information about why it is important to prevent sun damage to one's skin.

GRIP STRENGTH



Another fun activity at the Tent is the Grip Strength measurement. Visitors can squeeze a hand dynamometer and get a reading of the amount of force they were able to generate. This will then be compared to a table based on age and gender to determine if they are average, above- or below-average in hand strength.

Research has demonstrated that hand strength is positively correlated with the ability of older adults to live independently hence the term "Functional Fitness."

If a visitor wishes to measure their lower body strength, they can go to the back part of this section and take a timed-test as to how quickly and how often they can stand from a seated position without using their arms to help them up.

Research has also shown this strength to be positively correlated with the ability of older adults to live independently.

The visitors will be encouraged to sign-up for the drawings and to visit the other parts of the Tent.

Visitors can take home:

- 1) a small squeeze ball imprinted with "HealthTent.org"
- 2) a card explaining why it is important to maintain, or increase, one's upper and lower body strength.

DRUNK GOGGLES



This section of the Tent is aimed mainly at young people who might be tempted to drive a vehicle while under the influence of a drug or alcohol. The "Drunk Goggles" simulate a blood alcohol level above the legal limit.

Volunteers will assist visitors as they navigate a simple walking course while wearing the goggles.

Visitors can take home:

- 1) a rubber wrist band with "HealthTent.org" embossed in it.
- 2) an information card about drinking and driving, or riding in a car with an impaired driver.

KIDS' DAY ORAL HYGIENE

Tuesday of Fair Week is "Kids' Day" and the Health Tent will have a special activity for them that day.

Kids that stop by the Tent can chew a pink dental-disclosing tablet that will show the amount of plaque they have on their teeth. The kids can see their pink teeth in a mirror.

They will get to take home a toothbrush with "HealthTent.org" printed on it.