

# Health Fair 2008

TSN FEATURE STORY

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On June 6th, as associates filed into work past scales, body mass indicators, and rows of smiling health professionals, it was clear that the annual associate's health fair had arrived. Screenings in blood pressure, height and weight analysis, cholesterol and glucose, body fat analysis, and a host of preventative education sessions filled the CNL foyer. As part of the associate health and wellness initiative the annual fair is geared towards understanding your level of health and taking steps to improve it.

Corporate health is definitely on the front pages these days because the cost of healthcare is rising and companies are spending upwards of 50% of their profits on healthcare," said Kyle Savitz, ARNP with Corporate Health. "So what a lot of companies like to do is have a health fair event, which is a great starting point. It's a way to get employees reacquainted with their health. By doing cholesterol screenings, blood pressure, body mass index, when we do an event like this we get a snapshot of the employees and the employer gets an executive summary that tells us where the high risk areas are so it'll tell us maybe 50% of the population have a cardiac risk or 75% don't eat right. It gives us a starting point to develop a whole program."

Employers do not have access to individual screening results.

Dr. Gloria Garcia with Corporate Health believes opportunities like these are critical to picking up on early indicators and helping associates invest more in their health.

"The sooner you get on the healthy track the easier it is to backtrack. Once you get to a certain point it's a point of no return in the sense that now you need medication or you need to go see your doctor every six months. Get going early. If you identify the problem and just tackle it, it really does help," Garcia said.

According to Kyle, "the top health issues we're finding are: high blood pressure, poor nutrition and high body fat. When we come to these screenings we've detected a lot of diabetes that people didn't know they had."

Along with medical screenings, the fair also offered associates many health-related activities like healthy cooking demonstrations and tastings, smoothie samplings, and the ever-popular massage therapy.

“People just have a lot on their minds and unfortunately that creates stress in our bodies,” said Linda Hayes, Marketing Director with Longwood Health Center and Spa.

After a few moments in the massage chair you could see the stress melting away and associates left the fair feeling invigorated and hopefully just a bit more educated about their own level of health. Until next year...here's to your health!