



Global Initiative for Health and Wellness Aspects



Global Initiative for Health and Wellness Mission Statement

The Global Initiative for Health and Wellness (GIHW) has great significance in as-much-as it helps all people to identify and improve their current health status.

The GIHW targets populations who live at or below the poverty line and includes those who are not insured or under insured.



GIHW Goals

- ▶ **Serve the Poor and Under Represented**
- ▶ **Create Health Awareness**
- ▶ **Educate Our Communities on Lifestyle Choices**
- ▶ **Make Referrals to Free Clinics and Doctors for Health Issues Detected at our Clinics**
- ▶ **Save Lives**



How Does GIHW Work?

- ▶ **Multiple, District or Club Project**
- ▶ **Health Fairs/Clinics**
 - ❖ **Churches**
 - ❖ **Community Centers**
 - ❖ **Senior Centers**
 - ❖ **Schools**
 - ❖ **Health Care Providers**
 - ❖ **City Council Health Committees**
 - ❖ **Military Veterans**
- ▶ **Up to Six Simple Screenings**



Implementation Strategies

- ▶ A simple health clinic can be started and over time, more health screening options can be added.
- ▶ The health screening clinics can be rolled out alongside existing eye, hearing, diabetes clinics or any other Lion event.
- ▶ Within a District, medical professionals in the clubs can partner by forming a medical club to expand the screenings.



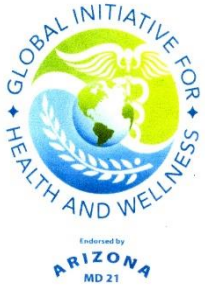
GIHW Training

- ▶ **The Global Initiative for Health and Wellness Brochure**
- ▶ **Web site - www.gihw.org**
- ▶ **GIHW Health Clinic DVD**
- ▶ **Arizona MD 21 (endorsement)**
- ▶ **California MD 4-C4 Peninsula Special Interest Lions Club - visit a clinic**



Health and Wellness Publications

- ▶ **Diabetes**
- ▶ **Healthy Eating**
- ▶ **Blood Pressure**
- ▶ **Exercise**
- ▶ **Cancer**
- ▶ **Vaccinations**
- ▶ **Screenings**
- ▶ **Immune System**
- ▶ **Smoking**
- ▶ **Diet**
- ▶ **Cholesterol**
- ▶ **Obesity**



Publication Resources

- ▶ **Mayo Clinic Health Letter**
PO Box 9302
Big Sandy, TX 75755-9302
- ▶ **Harvard Heart Letter**
PO Box 9308
Big Sandy, TX 75755-9308
- ▶ **Harvard Men's Health Letter**
PO Box 9308
Big Sandy, TX 75755-9308
- ▶ **Consumer Report On Health**
PO Box 5385
Harlan, IA 51593-0885
- ▶ **Other appropriate sources**

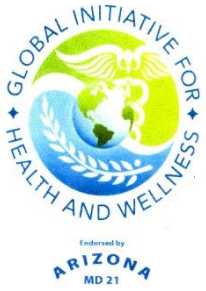


“Big 3” Diseases

- ❖ Diabetes
- ❖ Cancer
- ❖ Heart Disease

GIHW Strategy for the “Big 3” Diseases

- ▶ Detection - Health Screening
- ▶ Managed - Lifestyle Modifications
 - ❖ Only 14% of Adults Consume RDA for Fruits & Vegetable
 - ❖ Preventable Disease Make-up 90% of Health Care Cost
 - ❖ US is 4.3% of World, but Utilizes 40% Global Medication



Five Simple Screenings

- ▶ **Blood Pressure**
- ▶ **Blood Oxygen Saturation**
- ▶ **Glucose**
- ▶ **Cholesterol**
- ▶ **BMI & Belly Fat**



Blood Pressure Testing

- ▶ Systolic
- ▶ Diastolic
- ▶ Pulse



Blood Pressure Readings

- ▶ **Normal:**

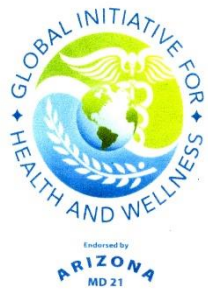
Systolic <119 Diastolic < 79

- ▶ **Pre-Hypertension:**

Systolic 120-139 Diastolic 80-89

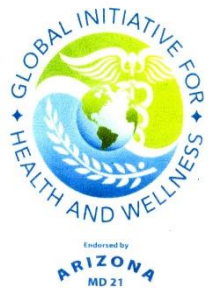
- ▶ **Hypertension:**

Systolic +140 Diastolic +90



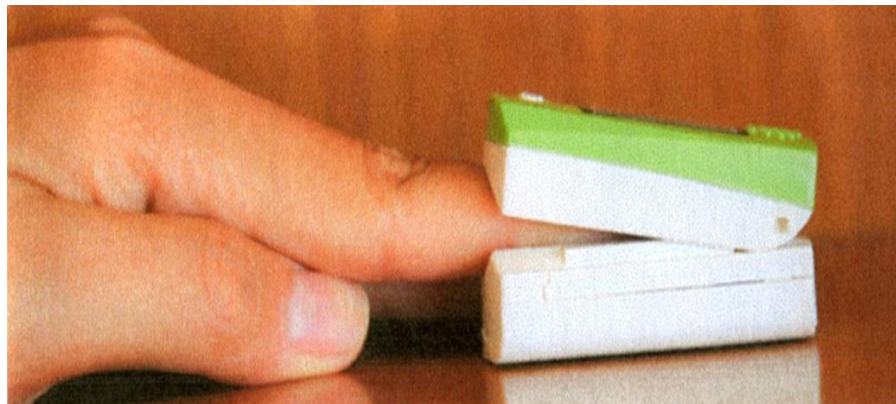
Blood Oxygen Saturation

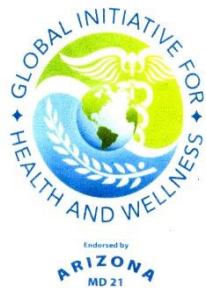
- ▶ **Conditions may prevent your lungs from inhaling oxygen contained in the air and exhaling carbon dioxide.**
- ▶ **Blood disorders and problems with circulatory system may prevent blood from picking up oxygen and transporting it throughout your body.**



Oxygen Saturation Levels

<u>Severity</u>	<u>% Saturation</u>
▶ None/Minimal	>96%
▶ Mild	90%-95%
▶ Moderate	80%-89%
▶ Severe	<80%





Body Mass Index (BMI) and Belly Fat

BMI can be an indicator of high body fatness. BMI can be used to screen for weight categories that may lead to health problems, but it is not diagnostic of the body fatness or health of an individual.

BMI Categories:

- ▶ BMI under weight (<18.5)
- ▶ **Normal** (18.5-25)
- ▶ **Over weight** (25-30)
- ▶ **Obese** (>30)

Belly Fat

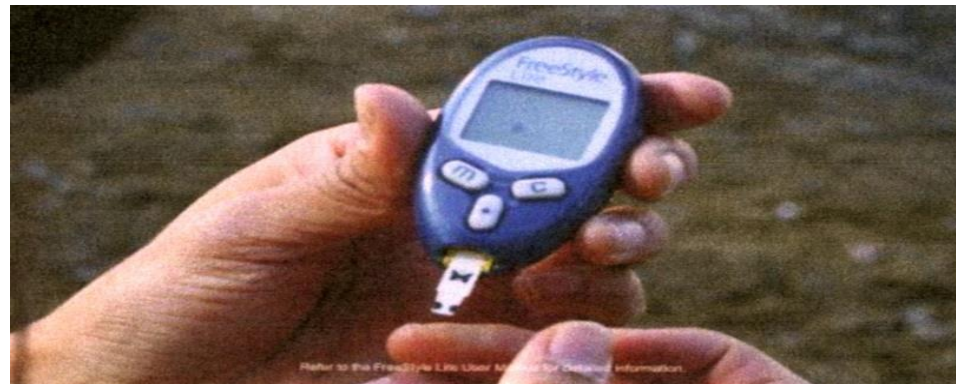
- ▶ Waist measurement should be less than $\frac{1}{2}$ the height of the person



Glucose

- ▶ Glucose is a type of sugar you get from foods you eat and your body uses it for energy; as it travels through your bloodstream to your cells, it's called blood glucose or blood sugar.
- ▶ Insulin is a hormone that moves glucose from your blood into the cells for energy and storage.
- ▶ Blood glucose normal level should be less than

100 mg/dl.



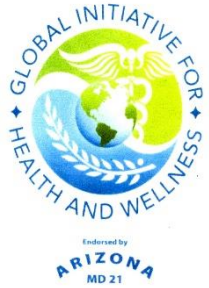


Cholesterol

Cholesterol is a waxy, fat-like substance that occurs naturally in all parts of the body. Your body needs some cholesterol to work properly. But if you have too much in your blood, it can combine with other substances in the blood and stick to the walls of your arteries. This is called plaque.

Normal Cholesterol Levels

- ▶ **Total** <239 mg/dl
- ▶ **HDL** >40 mg/dl
- ▶ **LDL** <129 mg/dl



Suggested Clinic Configurations

- ▶ **Distribution of Health & Wellness publications**
- ▶ **Add Testing for**
 - ❖ **Blood Pressure**
 - ❖ **Blood Oxygen Saturation**
 - ❖ **BMI & Belly Fat**
- ▶ **Add Testing for**
 - ❖ **Glucose**
- ▶ **Add Testing for**
 - ❖ **Cholesterol**
- ▶ **Add Screening for**
 - ❖ **Vision**
 - ❖ **Hearing**
- ▶ **Add Other Services**
 - ❖ **Flu shots**
 - ❖ **Dental education**



Lions International Health Programs



- ▶ **Sight Programs**
- ▶ **Eyeglass Recycling**
- ▶ **Hearing Programs**
- ▶ **Health Assistance Programs**
- ▶ **Tree Planting**
- ▶ **Aquaponic Farming**
- ▶ **Organic Gardening**
- ▶ **Disaster Relief Program**
- ▶ **Vision Screening**
- ▶ **Sight Partnerships**
- ▶ **Diabetes Programs**
- ▶ **Environment Programs**
- ▶ **Hunger Relief**
- ▶ **Food Programs**
- ▶ **Measles Prevention**
- ▶ **Clothing Distribution**



LIONS CLUB MEDICAL CLINIC EVALUATION

Name _____
 Address _____
 City, State, Zip _____
 Phone _____ Email _____

Services:

Blood Pressure Systolic _____ Diastolic _____ Pulse _____

Hypertension: Systolic +140 mm Hg, Diastolic +90 mmHg

Pre-Hypertension: Systolic 120-139 mm Hg, Diastolic 80-89 mm Hg

Normal-Hypertension: Systolic less than 119 mm Hg, Diastolic less than 79 mmHg

Belly Fat Height _____ inches 1/2 Height _____ inches Waist _____ inches

Waist Measurement should be less than 1/2 the height

Body Mass Index Weight _____ Pounds Height _____ Ft/In Index _____

BMI: Under weight (<18.5) Normal (18.5-25) Over (25-30) Obese (> 30)

Blood Oxygen Saturation _____ Should be +97% at sea level

Glucose Testing _____ Should be less than 100 mg/dl

Cholesterol Total _____ <239mg/dl HDL _____ >40mg/d LDL _____ <129mg/dl

Remarks:



Thank You for Supporting Global Initiative for Health and Wellness!

For more information on GIHW, please contact Lion Eleanor Britter estjohn7@gmail.com