

Healthy Heart Schools' Program Assessment Day

Assessment day is held in your gym or classroom usually during your Phys Ed class time. You will get results of your testing that day as well as a copy to take home and share with your parents. You will also have the chance to talk about your results with a nurse or nurse practitioner on the day of the assessment.

Some helpful hints for assessment day:

- make sure you eat breakfast
- bring along your completed questionnaire signed by a parent or guardian
- wear t-shirts or tank tops for an easier blood pressure check and shoes that can be easily removed



On Assessment Day you will visit 3 stations:

- 1
 - 2
 - 3
- Waist is measured over your shirt in centimeters
 - Height is measured without shoes also in centimeters
 - Weight is measured without shoes and in kilograms
 - This is all done in privacy

**this station must be completed before you line up at the blood pressure station*

- Lean back, relax in the chair with your feet flat on the floor
- Velcro cuff goes around your upper arm and will gradually get tighter and then deflate and loosen
- The machine will not work if you are flexing your muscles or moving around

**the more you relax, the less tight it gets* takes less than 30 seconds*

- The nurse will wipe your finger with an alcohol swab so the area is clean
- They use a brand new finger pricker for every person
- The finger pricker is very small
- Once your finger is pricked, the nurse will collect a very small sample of blood
- The sample of blood will be placed in the machine and your results will be ready in 4 minutes and 25 seconds!

Frequently Asked Questions

Does the finger prick hurt?

The finger prick takes only a second and feels like a little pinch or someone flicking your finger. Many kids and older people with diabetes do this every single day.

I don't want others to see my weight.

Do I have to do it?

Your height, weight and waist circumference will be done in a private area behind a screen so no one will see your results.

I don't understand what my results mean.

Where can I get more information?

A nurse or nurse practitioner will go over your results with you that day. You can also look for more information at www.heartniagara.com



Why do we do this?

To be healthy, we need to understand what makes us healthy

Learning at this age can help you prevent disease and illness in the future if you make changes now

You get your results right away so you can take them home and show your parents and your family doctor



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