

Health Assessments

The *Community Health Assessment Series* grabs the attention of busy people. Two types of health awareness-raising resources are available: self-scoring and computer-scored. All but one is in Spanish..

The **computer-scored programs** are designed for Fairs, Malls, or other places with many people who have little time. Participants complete a short questionnaire onscreen or on paper. When data is processed, an individualized report with recommendations can be read onscreen and/or printed onto a two-color pre-printed report form. The report will also print personalized information about your organization. Each program is based on published scientific research.

The software generates descriptive statistics and allows your customized messages to print on-screen and/or onto each report. Identify your organization, phone, web site, or promote follow-up events. The database can be exported to follow-up Further Interests.

Each package includes a research-based PowerPoint® presentation to support the topic. Each presentation can be shown during your screening session or later as a first follow-up event. Short segments can be used as Health Nuggets in other venues.

The two **self-scoring programs** are How Healthy is Your Lifestyle (*English and Spanish*), and Healthy Foods Index.

Each Package includes:

- ◆ Software program to enter info, compute, print reports, create group report
- ◆ Interactive program on-screen questionnaire and report - no paper required
- ◆ User Manual: instructions, speaker notes, ideas, promotional materials
- ◆ PowerPoint® presentation supports research and report

System requirements:

Microsoft Windows 95 or higher

To view or print slides: viewer included - no additional software needed

LCD projector is needed to show the presentation to large groups

A printing device to print personalized reports

Titles in the Community Health Assessment Series:

- ◆ Your Health Age (La edad de su salud)
- ◆ Your Stress Profile (Su perfil de estrés)
- ◆ Your Coronary Risk (Su riesgo de cardiopatía)
- ◆ How Healthy is Your Lifestyle?
- ◆ ¿Qué tan saludable es su modo de vida?
- ◆ Healthy Foods Index

About LifeLong Health

LifeLong Health is a registered product line of health resources for community outreach offered by Wellsource, Inc., a leader in corporate health assessment and prevention systems for 20 years. The LifeLong Health® product line is based on current evidence-based scientific research, and is designed for volunteer health leaders to use as effective lifestyle improvement facilitators. Products include ready-to-use health assessment software, health presentations, and attractive printed materials. Each resource is based on population research and offers common sense, applicable recommendations.

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Instructor's Manual & CD:

*Your Stress Profile, Your Health Age,
Your Coronary Risk*
100 Questionnaires and 100 Reports
Masters on CD for Spanish

Software with self-print Manual & Forms:

Body Composition Assessment



Tools & Training for Effective
Health Outreach

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