















Health Promotion Equipment and Supplies List – August 2024



Use this list to calculate your supplies cost for your discipline. Unused, non-disposable items should be collected at the end of the event and stored under lock and key to support future events. When filling this information out for future events, conduct an inventory to determine what items you will or will need to obtain for your next event. Contact [Health Promotion Manager for additional guidance](#).

Health Promotion					
Standard Supply Item	Example Picture	Recommendations/ Comments	Quantity Advised Per Training Manual	Available From	Estimated Cost
Printed Materials					
Choose-to- Change Cards		To have athletes select 1-2 cards at Check-Out. Available in multiple languages Print in color on cardstock	Based on number of athletes expected	SOI Health Promotion Resources website Print Locally	varies
Athlete Health Report (screening results)		Volunteers transfer screening data to this form so athletes can take home. Print in color	1 per athlete	SOI Health Promotion Resources website Print Locally	varies
Athlete Health Report Screeners Tool		This is a resource to guide the volunteer in completing the Health Report and providing proper referrals. Print in color	1 per check-out station volunteer	SOI Health Promotion Resources website Print Locally	varies
Screening Referral Guides		Print each in color, double-sided and then put in plastic sleeves and into binder or folder for each volunteer at Check-out & relevant screening station	1 per station and check-out volunteer	SOI Health Promotion Resources website Print Locally	varies
HAS Form (if not using tablets)		HAS Form is designed to capture all the screening data of the athlete.	1 per athlete	SOI Health Promotion Resources website Print Locally	varies
SOI Education Station Posters (6 total)		Horizontal and vertical versions of the posters. They serve as a guide for volunteers on key messages to cover with athletes.	1 per education station	SOI Health Promotion Resources website Print Locally <i>US Programs can request from HP Manager</i>	varies
Health Habits Photo Guide		This template is designed to be customized for your local region/country and to help guide the healthy habits interview.	1 per health habits station	SOI Health Promotion Resources website Print Locally	varies

Screening Station Supplies











Select Supplies available for US programs through Henry Schein partnership. Contact [Health Promotion Manager](#)

<p style="text-align: center;">Stadiometer</p>		<p>Portable adult/infant measuring unit; approximately \$195 for plastic stadiometer or \$400 for wooden. Do not use a stadiometer attached to a scale</p>	<p>1 or more <i>(Grant funds can be used for 1 stadiometer)</i></p>	<p>perspectiveent.com/ (woodenstadiometer) Seca 213 from Seca Seca 213 from Amazon SOI has a limited number for US Programs. Contact Health Promotion Manager</p>	<p>\$200-\$400.00 US</p>
<p style="text-align: center;">Digital scale</p>		<p>Recommend: Tanita WB-800AS digital-- approximately US\$425 or SECA 869, approximately US\$375. Select scale that weighs up to a minimum of 400lbs & can be calibrated. Not on wheels.</p>	<p>1 or more <i>(Grant funds can be used for 1 scale)</i></p>	<p>Seca 869 from Seca Tanita WB 800-AS from Tanita SOI has a limited number for US Programs. Contact Health Promotion Manager See Chapter 3 – BMI for more details.</p>	<p>~\$400</p>
<p style="text-align: center;">Body Mass Index Wheels adult <i>(or use BMI phone app, if WIFI is available)</i></p>		<p>Use to determine athlete BMI for athletes 20 years of age and older</p>	<p>1 for each BMI station and for each check-out station.</p>	<p>For US-Canada Programs: contact Health Promotion Manager For International Programs: order online Or Use an online tool/app See Chapter 3 – BMI for more details.</p>	<p>\$5</p>
<p style="text-align: center;">Body Mass Index Wheels pediatric <i>(or use BMI phone app, if wifi is available)</i></p>		<p>Use EZ Plot Pediatric BMI Wheel to determine BMI for athletes up to age 20.</p>	<p>1 for each BMI station and for each check-out station.</p>	<p>For US-Canada Programs: contact Health Promotion Manager For International Programs: order online or use a phone app. See Chapter 3 – BMI for more details.</p>	<p>US\$4.90</p>
<p>Tape Measure Imperial or Metric Specifications: flexible vinyl or cloth, 0-183cm/0-79 inches</p>		<p>To measure athlete waist circumference- recommend tailor's tape measure.</p>	<p>5 or more <i>(Grant funds can be use for 5-10 tape measures)</i></p>	<p>Amazon.com 4 pack flexible tape measure \$3.99 plus shipping order here See Ch.3 WHtR for more information</p>	<p>\$5 to \$20 (US)</p>
<p style="text-align: center;">Blood pressure kits and cuffs <i>*Be sure to have batteries</i></p>		<p>Be sure to have all the proper cuff sizes: Adult, extra-large & pediatric cuffs. Omron is one of several good brands. Also suggest having at least one manual BP cuff and kit.</p>	<p>Varies – depending on # of athletes, but generally need at least: 3 adult; 1 XL; 1 pediatric</p>	<p>varied medical equipment suppliers or see if you can get donated SOI has a limited number for US Programs. Contact Health Promotion Manager</p>	<p>varies</p>
<p style="text-align: center;">Bone density machine</p>		<p>Three Bone Density Machines have been approved by SOI: 1. Hologic Sahara 2. OsteoSys 3000 3. GE Achilles Express See manual for more information. Contact Health Promotion Manager w/ questions</p>	<p>1 or more</p>	<p>Try to borrow a machine from a local clinic or hospital. Limited machines are available to borrow from SOI in the US. To request a loan, complete the request form on the SOI Health Promotion Resources website</p>	<p>\$7000 purchase or ~\$150 return shipping if Borrowed</p>

<p>Bone density clinic supplies for SAHARA ONLY</p>		<p>Be sure to have the proper supplies for the machine you will be using. This includes:</p> <ol style="list-style-type: none"> 1. Transducer Gel/Alcohol 2. Foot sheets 3. Cleansing wipes 	<p>See below</p>	<p>Order from the company of the machine you are using</p> <hr style="width: 10%; margin: 10px auto;"/>	<p>estimate .50 per person tested</p>
<p>Bone density clinic supplies GE ACHILLES ONLY</p>		<p>The GE Achilles Machine will only need</p> <ol style="list-style-type: none"> 1. A gallon of distilled water 2. 70% Isopropyl Alcohol 		<p>Can be purchased at a Dollar General Store or Wal-Mart/Target</p>	








Education Station Supplies

These are examples as what you may need. [Additional suggestions are found in the Education Station/lessons plans.](#) Specifics will depend on the educational activities selected by the CD

<p>Small Posters/ displays</p>		<p>Nutrition education, Food pyramid, health promotion posters and materials, include hand washing, food safety, smoking cessation</p>	<p>depends on number of stations</p>	<p>Explore USDA-my plate, CDC- nutrition & physical activity web sites or check with your local health departments or ministries of health Additional posters available at: SOI Health Promotion Resources website -</p>	<p>many free downloads</p>
<p>SOI Education Station Posters</p>		<p>Horizontal and vertical versions of the posters. They serve as a guide for volunteers on key messages to cover with athletes.</p>	<p>1 per education station</p>	<p>SOI Health Promotion Resources website Print Locally US Programs can request from Health Promotion Manager</p>	<p>varies</p>
<p>Food Models – Plastic or real</p>		<p>Use for interactive nutrition education. Use fake food, fresh food or food pictures as a substitute. Avoid brand names, when able</p>	<p>Include items from all food groups: dairy, grains, f & v, meats, legumes, etc.</p>	<p>http://www.enasco.com/product/WA29168HR or https://www.healthedco.com/79716-Faux-Foods-Deluxe-Starter-Package-57 check Amazon “food replicas”</p>	<p>\$395 (includes 42 food items)</p>
<p>Prize Wheel or some interactive game</p>		<p>Use for interactive education in several areas, handwashing, physical activity, nutrition</p>	<p>1 or more</p>	<p>Amazon</p>	<p>\$69-\$100, varies</p>
<p>Inflatable cows (or something to attract attention)</p>		<p>Use to promote dairy products and to attract attention to the HP venue. These are reusable and can be inflated with a hand pump.</p>	<p>1</p>	<p>Amazon – Cow Balloon Amazon – Inflatable Cow Amazon – Small Inflatable Cows</p>	<p>Varies</p>
<p>Foam Skeleton Floor Puzzle</p>		<p>Interactive teaching tool to engage athletes in thinking about their skeleton and how to keep their bones healthy.</p>	<p>1</p>	<p>For example, Amazon.</p>	<p>\$29</p>
<p>Loss of a Bone Easel</p>		<p>HEALTH EDCO W43124 Loss of Bone Easel Display, 9" Length x 12" Height</p>	<p>1</p>	<p>http://www.healthedco.com/index.php/loss-of-a-bone-easel-display.html</p>	<p>\$117</p>
<p>Got Milk? / Milk Life photo backdrop banners and posters</p>		<p>Dairy Council has provided a limited number of banners and posters which can be obtained from SOI by US programs.</p>	<p>As needed</p>	<p>Contact Health Promotion Manager (for US programs)</p>	<p>No cost if ordered through your local Dairy Council</p>
<p>Cambro Handwashing Station (If you don't have access to sinks)</p>		<p>4.75 Gallon Container Insulated Beverage Dispenser plus Cambro HWAPR Black Hand Washing Station</p>	<p>1</p>	<p>Cambro or Amazon</p>	<p>\$110-\$130+ shipping</p>
<p>Soap and Paper Towels</p>		<p>For use at the handwashing station.</p>	<p>Dependent on the # of athletes</p>	<p>Local store</p>	<p>varies</p>

Athlete Educational Giveaway Items.

These are examples. Work with local companies to see what you might be able to get donated.

<p>Water (Bottled or via dispensers and cups)</p>		<p>Important teaching tool for hydration, nutrition, physical activity and/or sun safety stations. A water dispenser is longer lasting and reduces waste.</p>	<p>1 per athlete <i>Funds can be included in capacity grant for 50% of anticipated athlete in attendance</i></p>	<p>local grocer</p>	<p>donation</p>
<p>Fresh Fruit and Vegetables</p>		<p>Represent local food preferences, small colorful, not requiring preparation</p>	<p>1 per athlete <i>Funds can be included in capacity grant for 50% of anticipated athlete in attendance</i></p>	<p>local grocer</p>	<p>variety</p>
<p>Dairy products (e.g. lite yogurt and string cheese)</p>		<p>Have a bin of ice for yogurt, plus plastic spoons.</p>	<p>1 per athlete.</p>	<p>local grocer</p>	<p>variety of sugar free, low-fat or fat-free options</p>
<p>Lip Balm</p>		<p>For distribution at Sun Safety or Check-out stations.</p>	<p>1 per athlete</p>	<p>US Programs may request through online form, if available or order online.</p>	<p>varies</p>
<p>Solar Bracelets</p>		<p>For distribution at Sun Safety or Check-out stations.</p>	<p>1 per athlete <i>Funds can be included in capacity grant for 50% of anticipated athlete attendance</i></p>	<p>US Programs may request through online form, if available or order online: CustomOnly</p>	<p>~\$0.60 each</p>
<p>Travel Size Sun Screen (30 SPF+)</p>		<p>For distribution at Sun Safety or Check-out stations.</p>	<p>1 per athlete</p>	<p>Try to get donated.</p>	<p>varies</p>
<p>Bars of soap</p>		<p>For distribution at Handwashing station</p>	<p>1 per athlete</p>	<p>Try to get donated.</p>	<p>varies</p>

Sahara Supplies and Recommended Quantities

Local programs will need purchase disposable supplies to perform bone density tests for athletes. The minimum order for Sahara supplies is \$100. What follows is a list of necessary supplies for the Sahara. If using another machine you will need similar supplies, but will have to order through manufacturer. For a current supply list and ordering information call Hologic 1-800-321-4659.

Item	Purpose	Estimated need	Available
Foot sheets	Infection control	1 sheet per athlete	Through Hologic – US\$0.10 each (500 per box)
Coupling gel	Transmits sound waves	1 tube per 50 tests (2 heels)	Through Hologic – US\$6 per tube
Printer tape	Print QC results	1 roll per 100 tests	Through Hologic - US\$4 per roll
Kim wipes	Clean transducers	1 box per machine	Through Hologic - US\$2 per box from Amazon
Baby Fresh Wipes	Clean outside of machine	1 small box per event	Buy locally
Kleenex	Wipe heels	1 per machine	Buy locally
Surge Protector	Protect in power outage	1	Buy locally

NEW Health Promotion Henry Schein Supplies to be included

- All US Programs
<https://www.grantrequest.com/Login.aspx?ReturnUrl=%2fapplication.aspx%3fSA%3dSNA%26FID%3d35013%26sid%3d6096&SA=SNA&FID=35013&sid=6096>
- SO Jamaica, Germany and Canada ONLY.
<https://www.grantrequest.com/Login.aspx?ReturnUrl=%2fapplication.aspx%3fSA%3dSNA%26FID%3d35022%26sid%3d6096&SA=SNA&FID=35022&sid=6096>

Description of item	Catalogue code	Quantity included	Important notes for the Program
Aneroid Deluxe Blood Pressure Cuff (small adult)	112-6064	1 per program	
Aneroid Deluxe Blood Pressure Cuff (large adult)	112-6065	1 per program	
Aneroid Deluxe Blood Pressure Cuff (adult)	112-6066	1 per program	
Pro Plus convertible cardiology stethoscope	900-7457	1 per program	
Digital floor scale	112-7153	2 per program **	determine how many program currently has first
Portable stadiometer	114-1604	2 per program**	determine how many program currently has first
Molded face masks	100-8356		
Economy molded face mask	100-2686		
Pleated surgical masks level 1	104-6809		
Criterion CL Gloves (latex and powder free) small	102-8296		
Criterion CL Gloves (latex and powder free) medium	102-5355		
Criterion CL Gloves (latex and powder free) large	102-7763		
Criterion CL Gloves (latex and powder free) extra large	102-5357		
Hand Sanitizer	900-4443		

NEW Henry Schein Blood Pressure Supplies to be include

- All US Programs
<https://www.grantrequest.com/Login.aspx?ReturnUrl=%2fapplication.aspx%3fSA%3dSNA%26FID%3d35013%26sid%3d6096&SA=NA&FID=35013&sid=6096>
- SO Jamaica, Germany and Canada ONLY.
<https://www.grantrequest.com/Login.aspx?ReturnUrl=%2fapplication.aspx%3fSA%3dSNA%26FID%3d35022%26sid%3d6096&SA=NA&FID=35022&sid=6096>

Description of item	Catalogue code	Quantity	Important notes for the Program
Monitor Blood Pressure 3 Series 9-17" Pocket Upper Arm Dgt Dspl Black/White Ea, 10 EA	138-3317	***	D-ring cuff size 9 inch - 17 inch
Omron 5 Series™ Upper Arm Blood Pressure Monitor***	6350167	***	D-ring cuff size 9 inch - 17 inch
IntelliSense Professional Monitor BP 22-32 Pd/Adlt UprArm Dgt	5243175	***	complete with s, m, l, xl cuffs

*** If program typically sees 100 athletes at a HA event, that runs for 5 hours, they will need 4-5 blood pressure monitors (8 minutes per test)

*** This BP monitors seem to be comparable. The IntelliSense comes with a variety of cuffs, the other two have a large length cuff that is adjusted to fit the arm size.