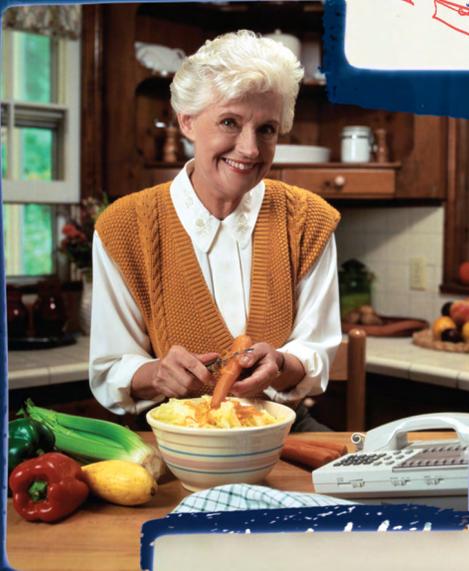


A Quick Start GUIDE



HEALTH MINISTRIES

A Quick Start Guide for Health Ministries

Second printing

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AdventSource

5040 Prescott Avenue

Lincoln, NE 68506

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www.adventsource.org

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Printed in the United States of America

ISBN #: 978-1-57756-707-3

Introduction

People everywhere are interested in health, and it is an honor to be selected as health ministries leader for your church. This important ministry can make an impact in both your church and community. God has placed Seventh-day Adventists at the crossroads of interest in many nations through their record of good health. Scientists have documented that Seventh-day Adventists who embrace a healthier lifestyle live longer than the average person in every country where studies have been conducted. This provides tangible evidence that following the Bible is beneficial. The Adventist health message has recently received positive press in scientific journals, popular magazines, and newspapers.

Since the early days of the church, Seventh-day Adventists have been involved in teaching people to live healthier lives. Today health remains important to many people. Adventist activists are needed to take a stand for wellness, fitness and purity because millions of lives depend on it. In the same way that the Five-Day Plan to Stop Smoking attracted wide public attention in the 1960s, Adventist health leaders and members today need to live and promote God's health principles and practices.

The mission of Adventist health ministries is to promote an integrated wellness lifestyle by example and teaching through needs-based, scientifically supported, Christ-focused materials.

Biblical Basis for the Adventist Health Message

Any ministry of health, which includes healing, disease prevention and health enhancement, must be built on the foundational belief that good health is God's will. Such a foundational belief mandates an active health ministry.

While Satan's agenda for this world is sin, suffering and confusion, Jesus Christ revealed that He came so we would have life and have it more abundantly (John 10:10). In seeking to restore, maintain and improve health and to relieve suffering, we are cooperating with God's efforts to restore the universe to harmonious compliance with His laws of life.

What is the Adventist Health Message?

The Seventh-day Adventist health message is more than eating veggie burgers and conducting smoking cessation classes. The Adventist health message is a compelling and urgent invitation to unite with God, our Creator, Redeemer and Healer. The Seventh-day Adventist health message is both spiritual and practical; those with clear minds are able to better understand the will of God (1 Cor. 2:9-16), and those with healthy bodies are a powerful witness of God's crowning design and creation (Rom. 8:19; 2 Cor. 5:17-21; Deut. 4:4, 6; Ps. 67:2).

Some might define the Adventist health message by listing the eight natural remedies God provides: "Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power – these are the true remedies" (*The Ministry of Healing*, p. 127). Weimar Institute popularized the acronym NEWSTART: Nutrition, Exercise, Water, Sunlight, Temperance (moderation, self-discipline), Air, Rest, and Trust in divine power. Others would add that the Adventist health message includes the promotion of:

- Good health habits; and speaks against those things which ultimately destroy the body temple.
- The original diet given by God to Adam and Eve as the diet that facilitates optimum physical health, spiritual growth and well-being.
- Natural remedies (including trust in divine power) as the preferred therapeutic agencies.
- Sharing with others at their pace.
- Offering healing services and training.

History of Adventist Health Ministries

Shortly after the Seventh-day Adventist Church was organized in 1863, the American Health and Temperance Association was born, which later became the International Health and Temperance Association. In 1893 the Seventh-day Adventist Medical Missionary and Benevolent Association was organized to guide the denomination's medical work, including temperance, with Dr. J. H. Kellogg as president.

In 1905 the Medical Missionary Department (or Council) of the General Conference was organized. The temperance work, however, continued to be conducted primarily by the American Temperance Society, and later by a separate Temperance Department.

The Medical Missionary Department name was changed to the Medical Department at the General Conference and, in the late 1960s, the name was changed to the Health Department. In 1980 when departments were downsized, it was voted to combine the departments of health and temperance. In 1996, the North American Division recommended that the name Health and Temperance Department be changed to Adventist Health Ministries.

Job Description

Qualifications

A health ministries leader needs to have a deep interest in personal health, health education, and health evangelism. This person also needs good organizational skills and the ability to communicate well with both church and community members.

Another important prerequisite is the capacity to take personal responsibility for one's own health. It's one thing to know all the right answers, but another to live them. Living as an example of the principles you teach will give you credibility and a compassionate heart for those who are still fighting the battle.

"It is the Lord's design that the restoring influence of health reform shall be a part of the last great effort to proclaim the gospel message." -Ellen White, *Medical Ministry*, p. 239

Responsibilities

The health ministries leader is responsible to:

- Set a good personal example of healthful living.
- Encourage others to pursue a healthy lifestyle.
- Become knowledgeable about current health issues.
- Keep church members aware of important health concerns.
- Educate new members about healthy lifestyles.
- Network with church and community health professionals.
- Organize and promote activities aimed to help others develop better health.
- Report regularly to local church and conference leaders.

The health ministries leader, cooperating with the health ministries committee, if the church establishes one, can determine additional responsibilities for the leader that are necessary to meet the needs of each church and community.

Getting Started: Step by Step

Here are some steps that will help you be effective in promoting health ministries and training church members as God's ambassadors.

Step 1: Pray that God will direct your planning and give your church a special health ministry. The health message is the right arm of the gospel message. God will direct the health work to reach individuals who could not be reached in any other way, if we rely on His guidance. Establish a small group of people who are committed to praying regularly for your ministry.

Step 2: Read reports and articles to become more aware of health issues and ministry opportunities.

Step 3: Look for materials. Ask your predecessor what materials are available at the church, what programs were organized, and whether there is an annual calendar of already-established events and activities. You will benefit from knowing which programs were successful before you plan your programs for the coming year.

Step 4: Research available resources. North American Division (NAD) Health Ministries provides resource support, leadership training, organizational development, representation, event planning, and professional support to Adventist churches and members. Visit www.nadhealthministries.org for more information.

NAD Health Ministries and many of the conferences have – or are aware of – resources such as guest speakers, PowerPoint presentations, DVDs, and other audio and video programs to lend from their libraries, or Internet resources, links, and webinars to which they can direct you.

Step 5: Order current health catalogs. Although you may already have health resource catalogs in your file, new material is constantly becoming available. Check online catalogs frequently or request print copies.

Step 6: Write a mission statement, ministry goals, and a job description. Clearly defining each of these will increase your effectiveness.

Step 7: Form a health ministries committee. Your committee should include the pastor, a church elder, the church ministries leader, the communication leader, and one or more health professionals. Select members who have scientifically sound knowledge and are not extreme in their health beliefs and practices. A small working committee of individuals interested in health promotion is more productive than a large uninvolved group; yet the more people you involve in planning, the more ownership they will take in supporting the activities. If there are any questions about your mission statement, goals, or job description, make this the first item on your agenda. It is good to plan the activities for the entire year at one sitting. Schedule additional meetings to complete specific planning.

Request a health ministries budget from the church board. A percentage (.5% to 1%) of the budget will assume adequate funding for future programs. With funds available it is easier to plan ahead on a long-term basis.

Step 8: Determine the health needs of your church and community. You may want to conduct a survey to learn the demographics of the area you serve. Surveys can yield very useful information if properly developed and the data appropriately gathered. For example, you may want to find out the health status and health knowledge of your local congregation.

Once the information is gathered, analyze your data to help you plan activities appropriate to the needs and interests of your members and surrounding communities. Then contact your local public health department and ask for their input.

“Christ, the Great Medical Missionary, is our example. Of Him, it is written that He went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people. He healed the sick and preached the gospel. In His service, healing and teaching were linked closely together. Today they are not to be separated.” - Ellen White, as quoted by O. A. Olson, *Review & Herald*, Oct. 29, 1914

Step 9: Use special health days to build awareness.

The Church Calendar

The NAD recommends setting aside at least two important annual health promotion days:

1. Health Emphasis Sabbath (February) keeps church members aware of the importance of health and educates new members (two of the major responsibilities of a local health leader). Ask your pastor to preach a sermon on health or arrange for a guest speaker, then plan something special in conjunction with these events. Hundreds of churches throughout the NAD will be participating with you. This is an excellent opportunity to network with other churches in your area, especially in large cities.
2. Health Education Emphasis Week (October) is set aside to create an awareness of several journals: *My Best Friends* magazine for children (www.mybestfriendsmagazine.com), *Listen* for teens (www.listenmagazine.com) and *Vibrant Life* for adults (www.vibrantlife.com). Church members should be encouraged to subscribe to these publications and to fund gift subscriptions for friends and neighbors.

National or World Health Days

In addition to the health emphasis events on the NAD calendar, you may want to observe national or world health emphasis days. Your best source is the U.S. National Health Information Center, www.health.gov/NHIC. Choose your dates and then request materials from the sponsoring organizations.

Step 10: Start Networking. Networking is more than meeting friends online. Networking is reaching out and joining hands with people with similar goals and interests. Identify all the health professionals who belong to your church (nurses, physicians, dentists, dietitians, physical therapists, etc.). These will be people on whom you can call to help promote and participate in your programs.

Identify others in your community who can help you on your big activity days. Almost every community has a heart association, cancer society, lung association, etc. Usually they have qualified speakers who can give presentations for your health promotion programs. Many groups have PowerPoint, DVD, video streaming and other online programs, and will conduct various screenings free of charge.

Is there a hospital located near your church? Is there a university with a nutrition department or a medical school? All of these are your resources for potential speakers and, often, partnerships and sponsorships.

Step 11: Read and share NAD Health Ministries' newsletters and bulletin inserts. NAD Health Ministries publishes a newsletter, *HealthUnlimited*, which you can find at www.nadhealthministries.org (click "Health Unlimited" for current year and archive issues). This four-page newsletter/bulletin insert is produced monthly and emailed to each conference and subscribed recipient. If your church is not yet receiving it, contact your conference office and include it in your church bulletin.

Also, a twice-yearly health newsletter distributed by the Georgia-Cumberland Conference Health Department, *Exciting Health Happenings*, shares information about future seminars, training, new resources and reports from leaders throughout the conference. Access their web page at www.gccsda.com and click on "Ministries," then "Adult," then "Health Ministries," or contact them directly for more information or a sample newsletter.

Step 12: Consider sponsoring new member programs. Part of the acclimation for a new member is to experience healthy potlucks and fellowship luncheons. To encourage new members to enjoy a nutritious diet, you might:

- Acquaint them with cookbooks containing nutritious recipes. Show them your favorite cookbooks or visit your local Adventist Book Center. If you don't have an ABC near you, browse www.adventistbookcenter.com together.

- Ask a dietitian or trained nutrition instructor to hold cooking classes once a year.
- Invite new members to other members' homes for fellowship and healthy meals.

Step 13: Consider additional training. The NAD, in conjunction with the Inter-American Division (IAD), conducts an annual or biannual Health Summit (usually late January/early February) in which attendees select two week-long seminars from a menu of 20 to 30 train-the-trainer seminars. Weekend sessions often are offered before and/or after the week-long tracks. In-depth courses are offered on topics ranging from hydrotherapy to depression and addiction recovery and from writing grant proposals to teaching vegetarian cooking schools. Add your name to the mailing list online at www.nadhealthministries.org (“contact” tab) or by phone, 301-680-6733. Additional training may also be available through your conference or union.

Step 14: Think Big in sharing God’s health message. Christ said, “With God all things are possible.” Dr. Ben Carson summed up Christ’s instruction with two succinct words, “Think big!” The point is that when God provides “large” or “small” opportunities – divine appointments – we should not be satisfied with ordinary attainments. If we can do something of ourselves (in “our own” power), then it’s not BIG enough, and we cheat God of an opportunity to show us and the world what only He can do. “All power is given to Me in heaven and earth; so go” (Mt. 28:18-19, paraphrase).

If you want to do big things with God, pray for wisdom to recognize and follow God’s leading; study Christ’s example in Scripture; research multiple avenues of opportunity; utilize your members’ gifts; and network in your community.

Community Research

Your best digital friend will be a well-organized database to keep track of who you contact and when; contact information such as address, email, websites; follow-up; training material and/or giveaways; what various donors, vendors, church members, agencies, participants, etc. have provided for you; thank-you notes sent; interest in future events (specify which events); and more. Organizing your information helps maximize your productivity and permits you to seamlessly expand.

With every contact you make, you are building your network of support. Treasure the people who help you make connections as much as those whose help you are seeking. Be gracious to and appreciative of every person; we are representing Christ.

- **Contact the city, county and state public health departments.** Strengthen your existing (or build a new) network with government officials and professionals. Most public health departments have fact sheets, brochures and other helpful material they are willing to share. Some may offer giveaways to distribute. Usually they consider other organizations their partners and are happy to support community initiatives.
- **Contact local hospitals.** What are local hospitals doing for community health education? Plan and schedule your programs to complement theirs.
- **Network with fellow church members.** Make a list of the large companies and corporations where your members work or have connections. See if doors can be opened for your church to assist with corporate health programs.
- **Visit your local chamber of commerce.** Get to know the staff. You'll be surprised how much information they can provide. Attend meetings to learn of opportunities (often presented in meetings as challenges and issues), and network with other chamber members. Offer to speak or provide health screenings at a chamber breakfast or luncheon meeting.
- **Check with the YMCA/YWCA and area health clubs.** What are they doing? Coordinate with their services and assist them in programming. You may be able to put up notices on a community bulletin board or teach a seminar on-site.
- **Visit wellness groups in your community.** Go to their programs and exchange ideas. Many benefits can come from this kind of networking.
- **Contact area physicians and clinics.** Ask permission of the owners and managers before placing complimentary literature in doctors' offices and clinics. You may also be able to place flyers and posters in libraries, pharmacies, businesses, grocery stores, Christian book stores, and other public and corporate areas vital to the community.
- **Contact local clubs and organizations.** Make your services available to area Kiwanis, Lions and Rotary Clubs, etc.
- **Visit elementary and high schools.** Ask school authorities if you can provide assistance in the areas of substance abuse such as essay or poster design contests or campaigns against addictions or drunk driving, teach about nutritious "fast foods," or even provide an occasional healthy meal or snack.
- **Participate in holiday parades and health fairs.** Consider building a float or booth that depicts health concepts of particular concern in your community. You can also promote your church's health programs. Offer business card drawings for free gifts to distribute your literature and giveaways (list your church's name and contact information on all of your materials). This will also help you build your database of interests. Exhibit materials can be ordered from The Health Connection at www.healthconnection.org or 800-548-8700.
- **Survey local sporting goods stores.** Ask if they will co-sponsor some of your programs.

Training: The Key to Creating a Vibrant Health Ministry

Before we engage in providing health programs for our communities, we must be equipped with specific knowledge and skills to become competent health educators/evangelists and implement our programs with an end in mind. Outlined below is the recommended training for health ministry leaders.

I. Foundational Training

To develop a vibrant ministry, it is essential to have a foundation of basic health information and knowledge of recommended resources that will assist in improving your own health as well as empower you to answer the cry of millions who need improved health and wellness. With this goal in mind, the North American Division is developing a foundational course which any lay or professional health ministry leader may take to acquire the necessary basic knowledge and skills to lead an effective health ministry in congregations. For more information, visit www.nadhealthministries.org.

II. Ongoing Training

After completing the foundational course, the next step is to obtain training for specific lifestyle programs or other health topic areas that will enhance your ability to expand your church's ministry so it will gain respect and referrals not only from health professionals, but also from church and community members, relatives and friends. Consult your local conference health ministries director or visit www.nadhealthministries.org for information on specific training events and the biannual Health Summit.

III. Personal Development

As a growing disciple of Christ it is imperative that we continually improve ourselves and expand our knowledge (2 Peter 3:18). There is an abundance of good reading material to keep you continually learning. If you are looking for guidance, speak with your conference health ministries director or visit www.adventsource.org and search "Health."

As your programs grow, begin training others so you will have ample leaders to expand the programs and services you offer the community. Contact your conference to find others who either can mentor you or who may be interested in becoming trained and mentored to lead out at their respective churches or in unreached areas. And remember to keep a record of all of your training and professional development activities for your files.

Promoting Health through Technology

You don't need to spend much, if any, money to effectively promote your programs on a broad scale. Most people have little time to read and only glance at signs, billboards and marquees. Flyers scattered around parking lots or littering the floors in buildings frustrate people concerned about preserving our planet.

A good alternative is to ask technically talented young people and technology experts in your church and community to help you fully utilize the electronic media (including social networking sites, RSS feeds and blogs). Invite church members to help promote events by providing information they can share with their personal and professional networks.

Records and Reports

Send quarterly reports to the conference health ministries director. Include the following:

- Participants in health programs
- Follow-up activities with community members
- Income and expenses
- Names of church members who are health professionals

Important Aspects of Health Education

The major goal of Adventist health education is to teach how to care for the whole person, identifying the responsibilities, opportunities, decisions and behaviors necessary to enjoy happiness and wholeness while living on this earth, and to prepare the individual for the greater happiness and wholeness that will be experienced in the world to come.

Because so many of our current diseases are lifestyle related, as Christians it is incumbent on us to teach people how to free their bodies and minds from the effects of violating God's natural laws. We can help others see how they can be restored to God's ultimate divine plan – enjoying the riches of vitality, abundance, beauty and communion with God.

CREATION Health is a lifestyle transformation program designed by Florida Hospital to help people live life to the fullest by focusing on the eight universal principles of whole person health God originally gave at Creation. Through these eight principles, people's lives are filled with joy and they are empowered to live life to the fullest: Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook, and Nutrition.

To learn more, visit <http://creationhealth.com>. The complete selection of CREATION Health seminars and outreach materials is available from *AdventSource* at www.adventsource.org or 800-328-0525.

Five Levels of Health Outreach

This information can help you determine your church's current level of involvement and your future goals.

Level 1. No Interest

The local congregation has absolutely no interest in conducting community health programs. However, their community can still perceive them as a viable center for preventive health. All it will take is for the church board to approve one deacon to unlock the church door, turn on the lights, and let other appropriate, credible programs use their facility (Alcoholics Anonymous, Weight Watchers, Body and Soul Aerobics, etc.).

Level 2. Self-interest

The church leadership has decided that it will concern itself with only the health needs of its own congregation. This may include a number of quality programs and publications (*Health Unlimited*, NEWSTART, cooking schools).

Level 3. Simple Interest

The church expands its interest in health to include the community with simple and effective preventive health programs. These are lifestyle series that two to four individuals can conduct at a very reasonable price: Eight Weeks to Wellness (www.wellsources.org, 800-533-9355), Simple Solutions, Foods for Thought, and Living Free (www.lifestylematters.com, 866-624-5433).

Level 4. Expanded Interest

The church or the health committee begins to take health evangelism seriously and takes on programs that engage a larger number of members and involves much more of their time and resources. These program series involve at least 10 to 15 hours of training, especially for the leaders and the table staff. The ultimate benefit of these types of programs is that participating members will begin to build relationships with guests from their community and often see individuals brought to Jesus and salvation. Examples of these programs are Coronary Health Improvement Project/CHIP (www.chiphealth.com) and Depression – the Way Out (www.drnedley.com, 888-778-4445).

Level 5. Ultimate Interest

The church conducts numerous health programs every quarter; hence a full-time or part-time paid local health leader is needed. This person works with the leaders of each health program and series.

Providing effective health education of any kind, in any location, is a daunting task. Key questions in determining which specific program(s) to offer include:

- Perceived vs. actual need (revealed by adequately prepared and administered assessments in your target community)
- Cultural and ethnic sensitivities
- Readiness for behavior change
- Relationships with and within the community
- Adequate knowledge of personal and community resources
- The educators' ability to encourage, mentor and inspire hope
- Ability to take God's direction
- Awareness of the educators' own perspective, bias and motivation

The attention of health educators has been focused for decades on smoking, drinking and drug use. Yet more than half of all preventable deaths are still related to tobacco (*WHO Report, 2008*). A more recent significant public health phenomenon of the new millennium is depression. Much attention is given to this condition which has been recognized as an underlying factor in many physical and emotional illnesses. Another major public health concern is obesity. Two-thirds of American adults are currently either obese or overweight. Childhood obesity rates have more than tripled since 1980 (<http://healthyamericans.org/reports/obesity2009>). It is the goal of health educators to identify specific community risks, to offer preventive community health education, and to help translate that education into action strategies for at-risk individuals in their communities.

For your church to successfully conduct health education, it is necessary to utilize methods that will work in your community – that will attract people and engage them in learning and motivate them to change their health practices. Laws

Contemporary Community Health Promotion Approaches

Health education methods have changed significantly in recent years. The traditional offering of classes and seminars has been joined by a number of other methods that are more suited to the current attitudes, dynamics and trends among the population in North America.

Model 1. Healthy People 2020
www.healthypeople.gov

Model 2. Communities Putting Prevention to Work
www.hhs.gov

Model 3. Healthy Cities
<http://nursing.iupui.edu/international/who.shtml>

Model 4. Public Health Week
www.twitter.com/lapublichealth

Model 5. The People of Color Against AIDS Network (POCAAN) www.pocaan.org
Learning about these various programs can inspire you to think of creative ways you can reach the not-yet-reached in your area. God works in amazing ways when we share His love in action!

prohibiting or impeding work among the desired groups could pose challenges. If this is the case, ask God to reveal His plan and ways to overcome the obstacles according to His will. Do not circumvent established protocol in the community where you desire to work; it could lead to ill will, disrepute for your church, prevent future opportunities, and dishonor God.

Prevention: The Best Approach

Prevention is in! Dr. Dean Ornish, who once appeared on the cover of *U.S. News and World Report* for his work to reverse heart disease, says, “It’s easier to prevent illness than to reverse it. . . . Simple changes increase the joy of living. You don’t have to be sick to notice the improvement when you change your diet and lifestyle. People lose weight; they feel lighter, happier, freer, and more joyful. The simple changes can be very powerful. The implications of this go way beyond treating and preventing heart disease.”

Health professionals have caught on to the fact that living a healthy lifestyle and making regular visits to the doctor while you are well can protect your good health and improve your chances of preventing or surviving serious medical problems.

Three sure cures for an ailing health program:

- 1. Consistently live what you believe**
- 2. Break out of isolation and work with other community groups**
- 3. Replicate the successful models of others**

Natural Remedies

Adventists have become known over the years for their judicious use of natural or simple remedies that can be administered in the home. A proper diet, which is a natural remedy, was a major part of the church’s early health reform. The other main area was the therapeutic use of water (hydrotherapy) and the utilization of charcoal and simple herbs in the healing process. Although medical science has moved toward an emphasis on synthetic medication therapy, simple home remedies continue to be popular seminar topics when presented in health evangelism programs. The presentation of this topic, however, should not encourage sick people to substitute natural remedies and forego well-established medical care prescribed by a reputable physician.

Expanding Our Ministry for the Sick

As Christians we are instructed to pray for and heal the sick. This is not to be done in mass healing sessions that feature showmanship and sensationalism, but in quiet, calm visits from house to house as part of an over-all health ministry to the physical, social, mental and spiritual needs of those with whom we come in contact. We can combine this kind of prayer ministry with the use of the simple remedies God has given and educate our neighbors to transform their habits into conformity with both natural and moral laws.

Evaluating Health Ministries

It is important that you have both competent personnel and good evaluation methods to maintain the efficacy and credibility of your program. This is one of the most important elements of your program. Relationships, funding and opportunities may be lost for lack of a good track record.

Determining whether your target group was reached is a key issue in assessing the effectiveness of your programs. If not, who benefited or was reached? Should the plan be adjusted to continue with that group? If your target group was reached, what were the measurable results? Do you want to adjust your work? Do you want to add other elements to your program? What about follow-up with new services or programs? Are some recipients ready to be trained to help their fellow community members? How/when can they sustain the work and support themselves?

Whether or not past efforts have been fruitful, we must make and take every future opportunity to effectively share our ministries of health and healing. In the past we may have been satisfied to have just a few people show up for a cooking school or seminar after announcing the event in the church bulletin and telling our neighbors. Yet it is our privilege and responsibility to work with God to do everything He brings to mind to maximize the outcomes.

What are the current challenges in health ministries? They include finding workers, identifying effective programs, disseminating information, developing models that can be duplicated and scaled up to state and national levels, sustaining funding, ensuring proper documentation and reporting, monitoring effectiveness, and ensuring that the programs reach the populations most at risk.

Conclusion

The challenges are large. Yet God is passionately and intimately involved in providing everything necessary for the health ministries work. In Christ's parting commission, He assured us that ALL power in heaven and earth is His. There is nothing He cannot do. Jesus is the answer for a stressed, sick, disconnected, materialistic, lonely and lost world. The health message is the right arm of the Gospel! With His love in our hearts, the distressing cry of human need is the call we must fervently answer without delay.

Total Health Community Interest Survey

Which of the Following Seminars Would You Find Helpful?

Physical Well-being

- Physical Fitness Class
- Vegetarian Cooking or Bread Baking
- Healthy Holiday Recipes
- Diabetes Management
- Breathe-Free Stop Smoking Plan
- Weight Control
- Stress Control
- Cancer Prevention
- Welcome to Wellness

Social Well-being

- Marriage Encounter
- Raising Teenagers
- Wills and Estates
- Personal Family Finances
- How to be a Hero to Your Kids
- New Parent
- Caring for Aging Family Members
- Grief/Loss Recovery

Improving Skills

- What Every Driver Needs to Know about Basic Car Safety/Maintenance
- Bicycle Safety/Safe Routes
- Résumé Writing, Interviewing
- Computer and Internet Skills
- Job Hunting, Information Gathering

Spiritual Well-being

- How to Get the Most Out of Bible Study
- Saturday Morning Neighborhood Children's Bible Class
- Vacation Bible School
- Understanding Daniel and Revelation
- Protecting the Avenues to Your Soul

Indicate which days/times are best for you to attend:

- Sun Mon Tue Wed Thurs Fri Sat
- Morning Afternoon Evening

Please notify me as to where and when the seminars checked will be offered:

Name _____

Cell _____ Home _____

Email Address _____

Street/Zip _____

Seventh-day Adventist Church Health Survey

This survey is anonymous and is to be completed only by persons 18 years of age and older. Your responses will help the health ministries team plan and offer programs for your health and abundant life in Christ. Only general and summary results will be shared with the congregation. Thank you for your help with this survey.

How do you rate your overall health?

- Excellent Good Fair Poor

Please list any health concerns you have: _____

Are you willing to make some changes that will lead to a healthier lifestyle?

- Yes No

Do you have health insurance?

- Yes No

Health Practices

Do you smoke or use any type of tobacco?

- Yes No

Do you drink any type of alcoholic beverage?

- Yes No

Do you feel the amount of sleep you get is adequate?

- Yes No Don't know

Do you follow any special diet?

- Yes No

If yes, please check the diet you follow:

- Diabetic Reduced calorie Vegetarian Vegan
 Low fat/low cholesterol More fruits/vegetables
 Other _____

Do you exercise?

Yes No

If yes, please check the number of times you exercise in an average week.

1-2 times/week At least 3 times/week

Do you wear a seatbelt?

Yes No

Do you own a bicycle helmet?

Yes No

Health Interests

Please place an A (attending) or H (helping) or both for programs listed below that you would be interested in attending and/or helping with.

- | | |
|--|--|
| <input type="checkbox"/> Addictive behaviors (e.g., smoking, alcohol/drugs) | <input type="checkbox"/> Fitness |
| <input type="checkbox"/> Caregiver (e.g., adult child caring for older parent) | <input type="checkbox"/> Family relations |
| <input type="checkbox"/> Financial management | <input type="checkbox"/> Holistic health |
| <input type="checkbox"/> Chronic diseases (e.g., diabetes, hypertension) | <input type="checkbox"/> Coping with loss |
| <input type="checkbox"/> Infectious diseases (e.g., HIV, flu) | <input type="checkbox"/> Dealing with peers |
| <input type="checkbox"/> Mental health (e.g., anxiety) | <input type="checkbox"/> Men's health issues |
| <input type="checkbox"/> Nutrition (e.g., healthy eating/food safety) | <input type="checkbox"/> Safety issues |
| <input type="checkbox"/> Smoking cessation | <input type="checkbox"/> Weight loss |
| <input type="checkbox"/> Parenting (e.g., child/infant care, discipline) | <input type="checkbox"/> Sexuality |
| <input type="checkbox"/> Spirituality for teens | <input type="checkbox"/> Stress management |
| <input type="checkbox"/> Women's health issues | <input type="checkbox"/> Other _____ |

Please list 5 programs from the above list that you will most likely attend: _____

How would you like to receive health education and information? Select all that apply.

- Seminar Health fair Pamphlet/brochure
 Include in church bulletin Email health news and events
 Other _____

Please select the days and evening times you are available to participate in a health ministry activity.

- Mon Tue Wed Thu Fri Sat* Sun*
 4 p.m.-6 p.m. 6 p.m.-8 p.m.

*Other times may be written for Sat and Sun _____

If you have, or know someone with, expertise in any of the above areas and would be able to conduct a presentation, please list contact information.

Name _____
Expertise _____
Number _____
Email _____

Demographics and Other

Age group

- 18-23 24-35 36-49 50-64 65-74 75 and older

Gender

- Male Female

Ethnicity:

- Black White Hispanic Asian Other _____

Education:

- Did not complete high school Completed high school
 Attended college Completed undergraduate degree
 Attended graduate school

Do you have children under the age of 18?

- Yes No

If yes, what are their ages? _____

Would you approve of them participating in age-appropriate health programs?

Yes No

Please identify the types of health programs that would be of interest to your children. _____

What is your residence zip code? _____

Are you a member of this church?

Yes No

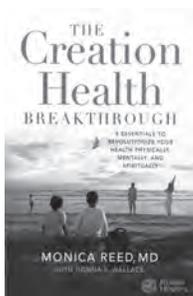
Do you believe that trust in God which results from being a Christian tends to promote all-around better health?

Yes No

Thank you for the taking the time to complete this survey!

Resources

The following resources are available from AdventSource. For a complete list, visit www.adventsource.org or call 800-328-0525.

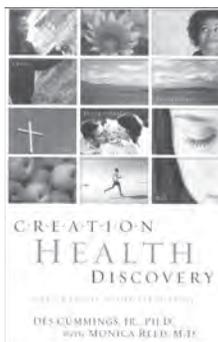


The Creation Health Breakthrough

By Monica Reed, M.D. with Donna K. Wallace

Dr. Monica Reed, senior medical officer of America's largest admitting hospital, prescribes eight fundamentally powerful and scientifically proven essentials to reverse the negative effects of lifestyle, prevent disease in at-risk people, and ultimately achieve total health and wellness.

Catalog #500312



CREATION Health Discovery: God's Guide to Health and Healing

By Des Cummings, Jr., Ph.D. with Monica Reed, M.D.

This inspirational book is an excellent guide to living a healthier life. It covers eight simple essentials to health and presents the science behind why this works. This book is not about fad diets or extremes, but simply making healthy choices that will impact your life.

Catalog #500320

CREATION Health Seminar DVD and Leader's Guide

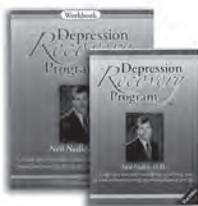


Created by Florida Hospital

Teach others how to live happier, healthier and longer with the CREATION Health seminar series created by Florida Hospital. This exciting program encompasses the eight timeless principles for health revealed in the Bible's Genesis story of creation. This teaching kit includes: 9 DVDs, participant workbook, leader's

guide, and PowerPoint presentations.

Catalog #500325

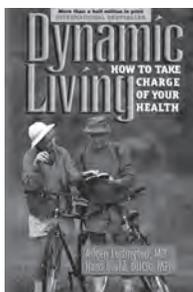


Depression Recovery Program (DVD with book)

By Neil Nedley, M.D.

Being caught in the grip of depression can feel like being locked in a dark prison cell. Join the audience of this eight-part mental health series as Neil Nedley, M. D. reveals the keys to achieving peace of mind and restoring energy, joy and satisfaction to your life. The 200-page workbook filled with in-depth exercises and self tests, and the slides from Dr. Nedley's presentations present all the tools for breaking free from depression.

Catalog #500350

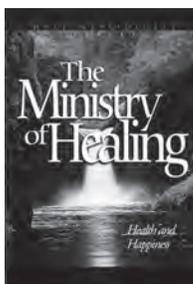


Dynamic Living

By Aileen Ludington and Hans Diehl

Dynamic Living addresses important health issues with cutting-edge scientific information that's easy to understand and apply to your life. Let it help make a difference in the way you look and feel.

Catalog #500075



Ministry of Healing

By Ellen G. White

This is Ellen G. White's popular guide to a healthy and happy lifestyle. Covers topics such as dress, diet, health, and much more.

Catalog #500055

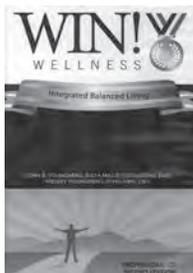


Ministries of Health and Healing

By DeWitt S. Williams, Kay Kuzma, and Leo R. Van Dolson

More than just a book about healthy living, *Ministries of Health and Healing* is a great resource to use as you make friends in the community and lead people to a healthier lifestyle. Designed for health ministries leaders, educators, and professionals, this handbook includes practical chapters on community health promotion, AIDS ministries, and more.

Catalog #500010



WIN! Wellness

By John B. Youngberg

Do you feel that God is calling you to present integrated total wellness topics, but you don't have the time to do the scientific research or the money to develop the graphics? Good news!

Drs. John, Millie, and Wes Youngberg have spent five years developing this series so you can present a scientifically credible topic with just two or three hours of brushing up with the script.

WIN! Wellness Presenter's Manual Catalog #500172

WIN! Wellness Professional Package – CD, Presenter's Manual, Handout Masters Catalog #500174

For more Seventh-day Adventist resources and programs, visit your local Adventist Book Center or www.adventistbookcenter.com, the Health Connection site at www.healthconnection.org, and the General Conference Health Ministries Department at www.health20-20.org. To find training events, visit www.plusline.org or call 800-732-7587.

Adventist Health Publications

The Seventh-day Adventist Church publishes three official magazines promoting health and healthy living as witnessing tools for members and the general public: *Vibrant Life* (for adults), www.vibrantlife.com, *Listen* (for teens), www.listenmagazine.org, and *My Best Friends* (for children) www.mybestfriendsmagazine.com. For pricing information or to order, contact the Adventist Book Center at www.adventistbookcenter.com or 800-765-6955.

Journal of Health and Healing promotes the Adventist Christian lifestyle and emphasizes whole health for the whole person – physically, mentally, socially, and spiritually. Based on the best of known science and inspiration in a reader-friendly format for the general public, it is published by Wildwood Lifestyle Center and Hospital. Visit www.wildwoodlsc.org or call 800-834-9355.

Adventist Training Organizations, Resources and Seminars

This sampling of independent Seventh-day Adventist organizations gives an idea of other sources of information, training and resources. Use your search engine to find other Adventist health promotion and training organizations.

LifeLong Health, www.wellsource.org

Keys to Living Well, www.keys2livingwell.org

Positive Choices, www.positivechoices.com

Newsletters

Note: Not all of these newsletters contain views consistent with God's Word. View online or order sample issues and articles before subscribing to make sure the material presented is scripturally sound and helpful to you. (Tip: Look for the free e-newsletter offerings on many of these sites.)

Monday Morning Report

<http://mondaymorningreport.org>

The latest updates on temperance.

Nutrition Action Healthletter

www.cspinet.org/nah/index.htm

Current nutrition information presented in a user-friendly way.

Diet & Nutrition Letter

www.tuftshealthletter.com

Up-to-date research information in the areas of diet and nutrition.

Consumer Reports on Health

www.consumerreports.org/oh/index.htm

Monthly information published by the Consumer Union.

Harvard Health Letter

health_letter@hms.harvard.edu; www.health.harvard.edu

Published monthly, from the Harvard Medical School.

Hope Health Letter

www.hopeheart.org/education/hope_publications.cfm

Monthly newsletter produced by The Hope Heart Institute.

Mayo Clinic Health Letter

<http://healthletter.mayoclinic.com>

Published monthly by the Mayo Clinic.

TopHealth

www.oakstonewellness.com/productsL2.cfm/63

Published monthly by Oak-Stone Wellness Publishing.

Total Wellness www.rpublish.com/total_wellness.html

Published monthly by Rutherford Publishing, Inc.

Additional Websites

www.InStepForLife.com

www.healthfinder.gov

Health Ministries

This Quick Start Guide for Health Ministries is full of important information to help you start or revitalize a ministry at your local church. This guide contains a job description, instructions for getting started, tips for maintaining a successful ministry, troubleshooting suggestions, recommended resources, and more. Whether you're new to this ministry or a seasoned volunteer, this Quick Start Guide will inspire you with lots of great ideas you can immediately put to use in your local church.

Other titles in the Quick Start Guide series include:

- Adventist Community Services
- Personal Ministries
- Church Board
- Deacon and Deaconess

For a complete listing of Quick Start Guide titles visit www.adventsource.org



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ISBN: 978-1-57756-707-3



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