

Health Fair

- **Raise Awareness** – We are here
- **Inform** – Communicate some facts
- **Motivate** – Think seriously about change
- **Change Behavior** – Healthier lifestyle
- **Raise money** – We have to be self supporting
- **Create community** – Make friends (Small Groups)
- **Lead People to Jesus** – New or deeper experience
- **Acquire New Church Members** -- Indoctrinate

Health Program with Small Groups

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What is the Purpose?

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CHIP

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ESSENTIAL INGREDIENTS

IN A

COMMUNITY HEALTH PROGRAM

Elvin Adams, MD, MPH
2009

April 4,

Breathe Free

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Traditional Evangelism

- **Raise Awareness** – We are here
- **Inform** – Communicate some facts
- **Motivate** – Think seriously about change
- **Change Behavior** – Keep the Sabbath
- **Raise money** – We have to be self supporting
- **Create community** – Make friends (Small Groups)
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- **Acquire New Church Members** -- Indoctrinate

Traditional Model



Spiritually Based, Low Cost Health Program with Small Groups

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Essential Ingredient List

1. Spiritual Emphasis

Spiritually Based Health Program with Small Groups

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ESSENTIAL
INGREDIENT
1. SPIRITUAL
CONTENT

Which is More Important?

- **Health**
- Benefits are temporary
- You still die
- **Evangelism**
- Benefits are eternal
- Doesn't matter if you live or die

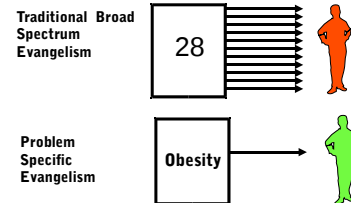
What is the Real Problem?

- Poor food choices?
- Lack of exercise?
- Anxiety or depression?
- Too much television?
- Weak experience with God?
- High fructose corn syrup?
- All of the above?

THE FUNDAMENTAL QUESTION
WHICH IS MORE IMPORTANT?

Health?
OR
Evangelism?

Evangelism is Broad Spectrum
Health Programs are Problem
Specific



Never Worked Well

- **Health**
- Health problems
- Big audience
- High interest
- Minimal to NO spiritual content
- **Evangelism**
- Spiritual emphasis
- Small Audience
- Low Interest
- Few Baptisms

Evangelism is
MORE IMPORTANT than Health

- Everyone Jesus **healed** physically eventually **died**.
- Everyone Jesus **saved** will be in heaven and have **eternal life**.

The Diagnosis of Scripture

Ephesians 2:1-3

And you *He made alive*, who were **DEAD** in trespasses and sins, in which you once walked according to the course of this world, according to the prince of the power of the air, (DEVILISH) the spirit who now works in the sons of disobedience, among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others.

Here is John. He is Dead



What should we do for him in at a Health Program?

The Diagnosis of Scripture

Ephesians 2:1-3

And you *He made alive*, who were **DEAD** in trespasses and sins, in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience, among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others.

The Public

Ephesians 2:1-3

And you *He made alive*, who were **DEAD** in trespasses and sins, in which you once walked according to the course of this world, according to the prince of the power of the air, (DEVILISH) the spirit who now works in the sons of disobedience, (DISOBEDIENT) among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others. (DEPRAIVED)

The Real Health Problem is that.....

People are **DEAD**
DEVILISH
DISOBEDIENT
DEPRAVED

The Public

Ephesians 2:1-3

And you *He made alive*, who were **DEAD** in trespasses and sins, in which you once walked according to the course of this world, according to the prince of the power of the air, (DEVILISH) the spirit who now works in the sons of disobedience, (DISOBEDIENT) among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others.

Should we give him Encouragement ?

- You can do it!
- Don't give up!
- This is important!
- You will be glad once you succeed!
- No time to be discouraged!



The Real Answer is GOD

Ephesians 2:4-7

But God, who is rich in mercy, because of His great love with which He loved us, even when we were **DEAD** in trespasses, **made us alive** together with Christ (by grace you have been saved), **and raised us up** together, and made us sit together in the heavenly places **in Christ Jesus**,

Should We Educate Him?

- Educate him about portion control?
- Importance of avoiding trans fats?
- Dangers of cheese?
- Stress management?
- Depression recovery?



NO!! These DO NOT Bring the Dead to Life !!

- Example
- Education
- Encouragement
- Environment



Should we set a Good Example?

- Model good exercises?
- Eat right around him?
- Show him that you don't smoke?
- Avoid depressive speech and attitudes?



Should we Provide a Better Environment?

- Remove him from a bad environment?
- Put him with other successful people?
- Surround him with positive role models?
- Create an encouraging setting?



The Gospel of Health & the Bible

The principles of health reform are found in the Word of God. **The gospel of health is to be firmly linked with the ministry of the Word.** 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."

Medical Ministry 259

Gospel and Health Reform United

The **gospel** is to be bound up with the principles of true **health reform**. The **gospel** and the **medical missionary** work are to advance together. **Christianity** is to be brought into the **practical life**.

6 Testimonies 379

Health Ministry is about Jesus

"We should ever remember that the **object** of the **medical missionary** work is to **point** sin-sick **men and women** to the **Man of Calvary**, who takes away the sin of the world. By beholding Him, they will be changed into His likeness."

Counsels on Diet and Food 458

Salvation Can Start With Health Reform

The light God has given on **health reform is for our salvation** and the salvation of the world ... Let the poor have the **gospel of health** preached unto them from a practical point of view.

Testimony Studies on Diet and Foods 193

The Real Answer to all Health Problems is Jesus Christ

- **Jesus Christ** is the center and core of the **Gospel**
- **Jesus Christ** should be the center and core of all **Health Evangelism**

Firmly Linked

Gospel of Health
Health Programs



Ministry of the Word
The Bible
Scripture

Simple Prayer Connects with God

We should reach out the hand of faith, and grasp the arm of infinite power. The **simplest prayer** that is put up in faith **is acceptable to heaven**. The humblest soul that looks up to Christ in faith is connected with the God of the universe.

Signs of the Times 03-10-1890

ESSENTIAL INGREDIENT 2. PERSONNEL

All Hereditary and Cultivated Behaviors can be Changed

"It is by the Spirit that the heart is made pure. Through the spirit the believer becomes a partaker of the divine nature. Christ has given His Spirit as a **divine power to overcome all hereditary and cultivated tendencies to evil**, and to impress His own character upon His church."
Desire of Ages 671

What if Someone is Offended?

- Weight Watchers
- Jenny Craig
- TOPS
- Overeaters Anonymous
- Medifast
- Nutrisystems
- Surgery

Jesus is the Solution to Evil Habits

"In working for the victims of evil **habits**, instead of pointing them to the despair and ruin toward which they are hastening, turn their eyes away to **Jesus**."

The Ministry of Healing 62-63

What About Failure?

We may make efforts in our own strength, **but not succeed**. But when we fall all helpless and suffering and needy upon the Rock of Christ, feeling in our inmost soul that our victory depends upon His merits, that all our efforts of ourselves without the special help of the great Conqueror will be without avail, then **Christ would send every angel out of glory** to rescue us from the power of the enemy rather than that we should fall.
That I May Know Him 304

Church Members

- Limit Best Weigh attendance based on the number of church members who are willing to be small group leaders
- A ratio of 1:3 is ideal
- Church members can follow-up in the participant's homes
- Church members are an essential element in Health Evangelism

Essential Ingredients

1. Spiritual Emphasis
2. Personnel
3. Location
 1. Public Venue
 2. Church setting
 3. Private home

Interface Issue

- 45 Participants 1 Pastor 45:1
- 45 Participants 1 Doctor 45:1
- 45 Participants 15 Members 3:1
- Church members **can do more** than a minister or health professional.
- 45:1 = **Audience** interface
- 3:1 = **Friendship** interface

ESSENTIAL INGREDIENT 3. LOCATION

Essential Ingredients

1. Spiritual Emphasis
2. Personnel
 1. Qualified Spiritual Leader – Pastor
 2. Qualified Health Leader
 1. Doctor
 2. Dentist
 3. Nurse
 4. Therapist
 5. Interested lay person

Every Member

- "We have come to a time when **every member** of the church should take hold of medical missionary work." "Christ is no longer in this world in person, to go through our cities and towns and villages, healing the sick. He has commissioned us to carry forward the medical missionary work that He began."
Testimonies and Experiences Connected with the Loma Linda Sanitarium and College of Medical Evangelists, p. 7.

Advantages of a Church Location



- The church is the Christian's home
- Puts church member to work
- Cost is right (Charge enough)
- Empty most of the time
- Improves the reputation of the church
- Less threatening during "off hours"

Essential Ingredients

1. Spiritual Emphasis
2. Personnel
3. Location
4. Scientifically Sound – Evidence Based
 1. Credible Medical Evidence from Large Studies published in peer reviewed journals.

Disadvantages of Public Places



- Often Expensive
- No obvious religious/church connection
- Church members are less likely to support
- Transition to church setting is difficult

ESSENTIAL INGREDIENT 4. GOOD SCIENCE

Where Should Health Programs be Conducted?

- Public School Auditorium?
- Conference Room of Hotel?
- Hospital Conference Room?
- Stadium?
- Local Church?



In Every Church



The **medical missionary work** is to occupy its rightful place, as it ever should have done, **in every church in our land.** " **Medical Evangelists**, pp. 235, 236.

ESSENTIAL INGREDIENT 5. FOLLOW-UP



Follow-up all Interests

For years light has been given upon this point, showing the **necessity of following up an interest** that has been raised, and in no case leaving it until all have decided that lean toward the truth, and have experienced the conversion necessary for baptism, and united with some church, or formed one themselves. **Evangelism, p. 324.**

The Power of Knowledge

A **knowledge of science** of all kinds is **power**, and it is in the purpose of God that advanced science shall be taught in our schools as a preparation for the work that is to precede the closing scenes of earth's history. The truth is to go to the remotest bounds of the earth, through agents trained for the work. **But while the knowledge of science is a power, the knowledge which Jesus in person came to impart to the world was the knowledge of the gospel.**

Mind, Character and Personality, Vol 1, 360

Importance of Follow-up

- Follow-up meetings at the church don't work well
 - ▣ People are **successful** and don't need it.
 - ▣ People are **unsuccessful** and are ashamed
- Follow-up visits help reinforce new behaviors

What Constitutes Proof?

- Not anecdotal reports or endorsements.
- Experimental animal data is helpful.
- Population studies are best.
 - ▣ Cross sectional surveys
 - ▣ Retrospective studies
 - ▣ Prospective studies
- Peer reviewed studies
- Peer reviewed publication.

Essential Ingredients

1. Spiritual Emphasis
2. Personnel
3. Location
4. Scientifically Sound – Evidence Based
5. Follow-up
 1. Provides maintenance
 2. Ethically responsible
 3. Creates opportunities for spiritual development

Essential Ingredients

1. Spiritual Emphasis
2. Personnel
3. Location
4. Scientifically Sound – Evidence Based
5. Follow-up
6. Evaluation
 1. Data collection
 2. Data analysis

Record and Analyze Your Data

- Keep all data collected.
- Enter data into a computerized in-house or online database for tabulation and analysis.
- Generate reports

ESSENTIAL INGREDIENT 6. EVALUATION

Data Collection Points

- Registration
- Weekly during the program (progress cards)
- Last session questionnaire
- One month follow-up
- Three month follow-up
- Six month follow-up
- One year follow-up.

Always Have Info on Hand

When at our large gatherings, make all the discourses highly reformative. Arouse the intellect. Bring up the talents possible into the efforts made, and then **follow up the effort** with **tracts and pamphlets**, with **articles** written in simple form, to make the subjects brought before them distinctly stated, that the word spoken may be repeated by the silent agent. Short, interesting articles should be arranged in cheap style, and scattered everywhere. They **should be at hand upon every occasion** where the truth is brought before the minds of those to whom it is new and strange.

Counsels to Writers and Editors. P.126.

Data Collection is Important

- How good is your program?
- How many are changing health behaviors?
- How long does success last?
- How many are learning to trust God for success in overcoming?
- How many steps toward baptism have been taken?
- How many are praying?
- How many are studying the Bible

Publish Your Data

- Report regularly in church
- Start a newsletter to report your success
- Write articles for church publications
- Present data at conferences and workers meetings.
- Publish data in peer reviewed journals

Commercialism

- Charging for materials and advice is appropriate to cover expenses
- Spending to make a product attractive and useful is appropriate
- The object of successful Health Evangelism is winning souls not the making of money



Essential Ingredients

1. Spiritual Emphasis
2. Personnel
3. Location
4. Scientifically Sound – Evidence Based
5. Follow-up
6. Evaluation
7. Publish
 1. Scientific journals
 2. Church journals
 3. Meetings

Essential Ingredients

1. Spiritual Emphasis
2. Personnel
3. Location
4. Scientifically Sound – Evidence Based
5. Follow-up
6. Evaluation
7. Publish
8. Cost

ESSENTIAL
INGREDIENT
7. PUBLISH

ESSENTIAL
INGREDIENT
8. COST

INVENTORY AND AUDIT OF HEALTH PROGRAMS

Proposed Scoring System Spiritual Component

□ Prayer	
□ In every session	10
□ In >50%	7
□ In <50%	3
□ None	0

Price/Success

- High priced programs select more highly motivated people
- More highly motivated people have better short and long term success
- The success of high priced programs is **NOT** due to superior materials
- Never exclude a person who can't pay

Proposed Scoring System 1. Spiritual Component

□ Jesus	
□ In every session	10
□ In >50%	7
□ In <50%	3
□ None	0
□ Bible Study	
□ In every session	10
□ In > 50%	7
□ In < 50%	3
--	-

Motivation/Price

- Motivation of individuals varies from low to high
- Many people of limited motivation will come to an inexpensive program
- Those with limited motivation are not as likely to succeed
- The long term success rate of those attending an inexpensive program can be low

GC/NAD Health Functions

- Identify all health programs used by SDAs
- Create a standard evaluation tool
- Conduct an audit of design elements
- Score and rank programs
- Publish annual guide to recommended programs
- Acquire/sponsor/endorse quality programs
- Encourage evaluation of program effectiveness

Proposed Scoring System

4. Scientifically Sound

- All based on sound scientific evidence 10
- Based on sound evidence and good reason 7
- Based on some evidence and some reason 3
- Not scientifically credible 0

Proposed Scoring System

7. Publish

- Articles in church and/or scientific journals 10
- Publication of regular newsletter 7
- Occasional presentations at meetings 3
- No church or public presentations 0

Proposed Scoring System

3. Location

- All sessions at a SDA church 10
- Church setting is OK but optional 7
- Church rarely if ever used 3
- Secular setting encouraged or preferred 0

Proposed Scoring System

6. Evaluation

- Evaluation of behavior change, spiritual growth, prayer & Bible study 10
- Evaluation of behavior change but not each program component 7
- Profile of program participants – intake 3
- No type of evaluation 0

Proposed Scoring System

2. Personnel

- Church Member Involvement**
 - Small Groups at each session 10
 - Church members in some one-on-one contact 7
 - Church members with no one-on-one contact 3
 - Church members not involved 0
- Pastors involvement**
 - A spiritual presentation at each session 10
 - A spiritual presentation at >50% 7
 - A spiritual presentation at < 50% 3
 - No spiritual presentations 0

Proposed Scoring System

5. Follow-up

- In-home follow-up several times a year 10
- Follow-up sessions in the church 7
- Follow-up session in a secular setting 3
- No follow-up in program design 0

Implementation

- Design the tool (Input from multiple providers)
- Distribute the tool for self evaluation by various programs
- Evaluate: Collect questionnaires, examine materials, conduct site visits
- Rank and Publish results
- Encourage/promote the best programs
- Help with evaluation of effectiveness

Proposed Scoring System

9. Commercialization

- Church owned or endorsed 10
- Non-profit organization (church approved) 7
- For profit organization 3
- Products, foods or supplements sold 0

Proposed Scoring System

8. Cost

- No cost-\$2.50/person/session 10
- \$2.51-\$5.00/person/session 7
- \$5.00-\$10.00/person/session 3
- >\$10.00/person/session 2

QUESTIONS?
COMMENTS?