

Start or revitalize a ministry in your church

QUICK START GUIDE



HEALTH MINISTRIES COORDINATOR



Quick Start Guide for Health Ministries

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Introduction

Serving as the health ministries leader for your church is a precious and sacred calling. This important ministry can make an impact on both your church and community, as well as in your own life. You can be sure that God has tremendous plans for you and your ministry, and He will be your Strength and Joy as you carry this role.

God has placed Seventh-day Adventists at the crossroads of interest around the world, greatly, in part, because of our emphasis on health, healing, and wholeness. Scientists have documented that Seventh-day Adventists who embrace a healthier lifestyle live longer than the average person. With a large network of hospitals, clinics, and healthcare organizations, the Adventist Church has a noticeable impact on health of nations around the world. The Adventist health message continues to receive positive press in scientific journals, popular magazines, and newspapers. All of this provides tangible evidence that following the Bible has benefits that extend to every area of our lives, and places us among the most important factors in the health and happiness of the world's communities.

Even from the earliest days of the church, Adventists have been active in helping people achieve their potential for physical, mental, social, and spiritual health. These values grow in importance in the light of current struggles with addictions, depression, suicidality, loneliness, pain, and hopelessness. Like no time before, Adventist are standing in the gap for our neighbors and communities. In the same way that the Five-Day Plan to Stop Smoking attracted wide public attention in the 1960s, Blue Zones drew interest in the early 2000s. Today, in greater efforts than we can achieve on our own, Adventist health leaders and members need to live and promote God's health principles and practices. And in doing so, we can lead them to the Source of Life – God our Creator.

Biblical Basis for the Adventist Health Message

Any ministry of health that 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 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 harmony with His laws of life and love.

There are four overarching principles that form the foundation of the work of health ministries. These are quoted from the General Conference Adventist Health Ministries website (Healthministries.com/about):

1. **Inspiration:** We believe the Word of God is the very best guide to making careful and wise choices in every area of life, including those things that impact our health. We are also grateful for the amplification these Biblical principles in the writings of Ellen G. White.



2. **Evidence:** We operate under the conviction that God is the author of all true science. Therefore, we respect evidence which stands up to the rigors of careful examination and analysis according to accepted scientific principles. We believe this is vital in a world filled with misinformation and falsehood.

The mission of the Adventist Health Ministries Department of the North American Division of Seventh-day Adventists (NAD) is “Sharing hope and wholeness through the healing power of Christ.”

3. **Balance:** Even good things can be taken to excess. Therefore, we are deeply committed to balance—physical, mental, social and spiritual—in every aspect of life to support health, happiness and healing.

4. **Relationships:** Social support is essential to human existence and health. Positive relationships with family, friends, community and God play a significant role in personal health, productivity, and our ability to help others. It supports and aids healing as well.

We believe that the Bible and true scientific discovery agree because both come from God.

What is the Adventist Health Message?

The Adventist health message is a compelling and urgent invitation to unite with God, our Creator, Redeemer, and Healer. The Seventh-day Adventist Church’s health message is both spiritual and practical. When we have clear minds, we are better able to understand the will of God (1 Corinthians 2:9-16), and those with healthy bodies are a powerful witness of God’s crowning design and creation (Romans 8:19; 2 Corinthians 5:17-21; Deuteronomy 4:4, 6; Psalm 67:2).

In the seminal book, *The Ministry of Healing*, Ellen White identifies the eight natural remedies that God provides: “Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies” (p. 127). These principles have been used as acronyms for various health education programs; however, they form only a portion of the writings of Mrs. White on the topic of health.

Indeed, the work of healing is broad and encompasses many areas, including providing for the social and emotional needs of the individual. All of these come together to influence our health and well-being.

In its most complete form, the Adventist health message serves to fulfill the Great Commission of Christ, as stated in the *Review and Herald*, June 20, 1899:

“When properly conducted, the health work is an entering wedge, which will make an opening for other truths to find entrance to the heart. When the third angel’s message is received in all its fulness, health reform will be given its place in the councils of the Conference, in the work of the church, in the home, at the table, and in all the household arrangements. Then the right arm will work to serve and protect the body.”



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. John 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 name of the Medical Missionary Department was changed to the Medical Department at the General Conference and, in the late 1960s, to the Health Department. In 1980, 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.

Position Description

General Purpose

The health ministries leader should have a deep interest in personal health, health education, and health evangelism. They will also need good organizational skills, interpersonal skills, and the ability to communicate well with both church and community members.

It is often the case the God puts us in positions where we can best grow and achieve His ideal for our lives. As the Health Ministries leader of your church, you will want to evaluate your own life and practices and pray about areas of your own growth. As a living example of the principles you teach, you will be able to win others to the beauty and power of the health message as the right arm of the gospel message.

Supervision

It is important that the health ministries leader serves on the Church Board to keep the full Board informed of upcoming events and to maintain their support. Maintaining healthy dialog with the church Pastor or Head Elder will further the health ministries work of the local church.

Primary Responsibilities

- Promotes the balanced Adventist view of health and lifestyle issues as taught by Scripture and Spirit of Prophecy and validated by science, emphasizing spiritual, physical, mental, and social health



- Serves as a resource for information and counsel on health and temperance affairs to the local church
- Advises the local church in the development and administration of health and/or temperance policies and programs
- When possible, forms a health ministries team/committee and provides leadership and team-building in order to achieve the goals
- Provides an ongoing witness to the local church concerning the physical, mental, and soul-destroying effects of tobacco, alcohol, and other harmful substances
- Encourages the local church to effectively involve church and non-church organizations in united endeavors to promote the non-use of tobacco, alcohol, and other harmful substances
- Promotes a healthful lifestyle among the local church members through literature, programs, and Sabbath services
- Connects with area Adventist hospitals and clinics as appropriate
- As appropriate, participates in local governmental meetings related to faith and health issues
- Encourages involvement in the evangelistic thrust of the local church by using evidence-based health programs and media that will educate and gain the trust and confidence of people
- Partners with other church department leaders to coordinate programs that support the church's overall goals
- Encourages involvement of health professionals and lay members as appropriate in health-related activities
- Promotes and/or sponsors health workshops and seminars
- Coordinates health related functions with the local Conference Health Ministries Director
- Participates in Union and Division-wide health initiatives and trainings, and promotes these to the local church

Requirements/Qualifications

- Commitment to Christ as his/her personal Savior
- Member of the Seventh-day Adventist Church in good standing at the local church
- A passion for helping others to succeed
- Ability to recognize gifts and abilities of team members
- Willingness to partner with others, including other church department leaders, to promote success of the Church's mission

“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 G. White, *Medical Ministry*, p. 239



- Significant knowledge and interest in health education and principles of healthy living
- Understanding of scientific process
- Excellent written and oral communication skills
- No conflicting interests, such as personal business interests

Getting Started

Here are some steps that will help you to be effective in promoting health ministries and training church members as God’s ambassadors. Remember that consistent prayer and Bible study will be your most precious tools at every step. The Holy Spirit will give you clear perception to meet the present needs of your church and community in positive and fruitful ways.

Remember: Prayer works.

The health message is the right arm of the Gospel message. Establish a small group of people who will agree to commit to praying regularly for your ministry. If you have a prayer team at church, ask them to pray for specific needs of the health ministry work.

Step 1: Establish a health ministries team.

Having a core group of counselors will help you determine and plan for the most urgent needs of your church and community. Identify church members who may not be able to be part of the team, but are willing to help when needed. Your team should include at least one health professional. Consider a professional from the community as an advisor or invitee if your church does not have someone. Team members should not be extreme in their health beliefs or practices.

Step 2: Write a mission statement, goals, and position description.

Clearly defining each of these will increase your team’s effectiveness and keep you moving together in the same direction. It will also help you identify the priorities of your ministry. You may use the position description on page 5 of this book as a guideline.

Step 3: Connect with the Conference.

Call or email your local Conference’s Health Ministries leader to let them know that you have taken on this role at your local church. Ask them to add you to their email/contact list so you can be aware of Conference-wide initiatives or meetings. Continue to keep in touch with them as you plan your programs and to seek support and involvement from Conference leadership. You can contact the NAD Health Ministries department for more information.

Step 4: Connect with the NAD Health Ministries.

Sign up to receive the email newsletter at NADHealth.org/news. Be sure to add us to your “safe sender” list so that emails are not sent to your junk/spam folder. You can also contact us by emailing health@nadadventist.org.

Download the North American Division Health Ministries Guidelines at NADHealth.org



Step 5: Determine health needs.

It is important that the ministry meets the felt 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 you properly develop them and gather the data appropriately. For example, you may want to find out the health status and health knowledge of your local congregation.

Your local health department or community hospitals may also have useful information on the health needs of the community. Attend the NAD's health leadership training to learn more about how to gather information about the needs of your community.

Once you've gathered the information, analyze your data and plan activities appropriate to the needs and interests of your members and surrounding communities.

Step 6: Research available resources.

Once you know what needs your target group has, you can then start looking for ways to meet them. Ask your predecessor what materials are available at the church, what programs they organized in the past, and whether there is an annual calendar of already-established events and activities. You will benefit from knowing which programs were successful in the past before you plan your programs.

North American Division Health Ministries provides resource support, leadership training, organizational development, representation, event planning, and professional support to Adventist churches and members. Visit NADHealth.org for more information.

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

Step 7: Establish a calendar.

Planning your activities at least one to two years in advance will keep your team focused and help everyone manage expectations. Going through the process of looking at a long-range calendar will also help you determine how much is reasonable for your team to accomplish. Your goals should take into account how many team members you have, what resources are available, and what other events your church is planning. Remember that it's better to repeat a program rather than try to do something entirely new every time. For example, a monthly supper club featuring a different speaker on different topics will keep people coming back for the healthy meals and will help you build long-term relationships.

Step 8: Request a budget.

It is important for the church to invest in spirit and financially in the work of health ministry. Provide an estimated budget to the church board well in advance of planning your events and programs. Keep accurate accounts of expenses and be accountable and responsible with use of these offerings. A percentage (.5% to 1%) of the budget will assume adequate funding for future programs. With funds available, it will be easier to plan ahead on a long-term basis.



Step 9: Use special health days to build awareness.

The NAD designates special Sabbaths for various ministries during the year. The following dates have been designated specifically for Health Ministries emphasis and activities. The NAD provides resources each year to help your church plan for these activities. Check our website, NADHealth.org, for specific dates, more information, and resources.

- **Health Sabbath** 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 or arrange for a guest speaker to preach a sermon on health, 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. You can also use this opportunity to invite community members to health programming, and to recognize the service of local groups such as paramedics, police officers, public health department staff, etc.
- **Made to Move Challenge** is designed to get as many people as possible involved in physical activity. Consider what kind of event your church can sponsor and/or promote—a group walk in the park, youth sports event, organized 5K run/walk, or some other event involving physical activity. Invite other community groups, like the local health department, a university, church, or other agencies, to partner with you. Your event will create community awareness for “exercise is medicine” and can also be used as a fundraiser for other projects, such as a community garden. You can also join an existing community event. Remember to invite your community to join you in promoting a healthier lifestyle.
- **National or world-wide health awareness days** are another way to draw attention to specific health topics.

Check the U.S. National Health Information Center (Health.gov/NHIC) for dates. You can request materials from the sponsoring organizations.

Step 10: Networking.

Networking is an important way to build support and gather resources for your ministry. Begin by identifying all the health professionals who are at your church (nurses, physicians, dentists, dietitians, physical therapists, therapists, coaches, etc.). If none attend your church, reach out to other churches in your Conference. These individuals may not be able to commit to be part of every program you do, but they are a valuable resource for information and support. They will likely be easily able to put together health presentations of any length.

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 presentations, DVDs, video streaming, and other online programs, and will conduct various screenings free of charge. Consider the resources and personnel/volunteers available at nearby hospitals, clinics, or universities.



Step 11: Read current reports and articles.

It's important to stay aware of health issues and ministry opportunities that are reported in the news media. It's also important to be aware of valid scientific discoveries and updates. These help us understand the current needs of the community and how we can best present the Adventist perspective on current health issues and trends.

Step 12: Order current health catalogs.

Although you may already have health resource catalogs in your file, new material is constantly becoming available. Check the health resource database on the NAD website, NADHealth.org/resources. You can also check AdventSource.org for available resources.

Step 13: Attend health ministry leadership training.

The NAD Health Ministries Department conducts various trainings at the NAD Health Summit and other local trainings in partnership with your Conference and Union. Check the NADHealth.org/events website for upcoming trainings. Additional training may also be available through your Conference or Union.

Step 14: Get organized.

A well-organized database can help you maximize your productivity and expand your ministry seamlessly. Keep track of things such as who you contact and when; contact information such as addresses, emails, and websites; follow-up actions taken; training material and/or giveaways; what various donors, vendors, church members, agencies, participants, etc. have provided for you in the past; what thank you notes you've sent; results from surveys; budget information; etc.

It is also useful to keep electronic files for use in the future. Creating free or low-cost accounts on systems such as Dropbox or Google Drive can make it easy to share with your team members and future leaders. If you keep paper documents, be sure they are organized and can be easily passed on. Make sure any personal information is kept strictly confidential. This includes names and contact information of anyone who attends a program or event.

Step 15: Dream big, start small.

Christ said, "With God all things are possible." When God provides us with divine appointments—such as the position of health ministries coordinator—we should not be satisfied with ordinary results. If we can do something by ourselves, through 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, paraphrased).

Prayerfully seek God's will and ask Him to open doors for your ministry. Move as He leads, but be sure that your team is moving together. One of the most important successes of healthy ministry work is the joining together of hearts and hands for the gospel work. Your role as the health ministry leader is to promote camaraderie and positive relationships—the Lord will accomplish the work through your team members, especially when everyone is working together. As we work in adding to the success, God will work on multiplying.



BEAR MUCH FRUIT

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

- Perceived vs. actual need. You can determine this by adequately preparing and administering 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

Tips & Tools for Success

Community Connections

- 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.
- Public agencies consider other organizations as their partners and are happy to support community initiatives.
- Contact local hospitals. What are local hospitals in your area doing for community health education? Most will have a community benefit coordinator. Reach out to them and see what resources they offer, some of which may be free. 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 those members can open any doors 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 so you can learn about opportunities (often presented in meetings as challenges or 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.



FIVE LEVELS OF HEALTH OUTREACH

This information can help you determine your church's current level of involvement in health ministries and your future goals. Remember that wherever your church is on this scale, God is able to take them to the next level. It will take dedication, perseverance, and the working of the Holy Spirit to move on hearts.

Level 1. No Interest.

The congregation has absolutely no interest in conducting community health programs. The best thing to do in this case is help the community still perceive the church as a viable center for preventative 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, etc.).

Level 2. Self-interest.

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

Level 3. Simple Interest.

The church has expanded its interest in health and wants to include the community in simple and effective preventive health programs. Some good lifestyle series that two to four individuals can conduct at a very reasonable price include Eight Weeks to Wellness, Simple Solutions, Foods for Thought, and Living Free.

Level 4. Expanded Interest.

The church or the health committee has begun to take health evangelism seriously and take on programs that engage a large number of members and involve 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 they help participating members build relationships with guests from their community and see more and more individuals brought to Jesus and salvation. Examples of these programs include Journey to Wholeness, Complete Health Improvement Project (CHIP), and Depression: The Way Out.

Level 5. Ultimate Interest

The church conducts numerous health programs every quarter and needs a full-time or part-time paid health ministries coordinator to work with each program and series leader. The church has also invested in having part-time or full-time Faith Community Nurse and/or health coaches.

Special thanks to the late Dr. Gordon Botting, DrPH, CHES for identifying these levels.



- 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 from 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 areas of substance abuse, such as holding essay or poster design contests or putting on campaigns against addiction or drunk driving, teaching about nutritious fast foods, or even providing 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.
- Survey local sporting goods stores. Ask if they will co-sponsor some of your programs.
- Large retail stores often provide funding for community events and services. Reach out to the businesses in your region for their support, then be sure to add their logo to your advertising.

Technology and Health

We are immersed in a digital world. Although the printed page is still valuable, many people today obtain health information and news through online sources, including social media. We can use these tools to expand the reach of our church.

This is a great way to use the talents of young people in your church or community. Ask them to create a page for your church on social media platforms. Then ask them to attend your health events and to take pictures and post them on social media. You can also advertise upcoming events (for free or at low cost) on these social platforms.

Young people and young adults are looking for health information online. Sharing success stories will inspire hope and let them know that we care about them and want to help with their needs. The Adventist HealthyYOU initiative is geared at reaching this important audience.

Records and Reports

Keep in touch with your Conference leaders so they know what your church is doing. They are often looking for inspiring stories to share. Send quarterly reports to your Conference health ministries director with the following information:

- Participants in health programs—numbers only, do not share names or contact information unless the participant agrees



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

The NAD Health Ministries website also has a place to share pictures and stories of your work. Contact us for more information.

Important Aspects of Health Education

The goal of Adventist health ministries is to share the hope and wholeness of life that comes in knowing God and experiencing His power in our lives. As we teach others about the basic health principles, and help them make healthy changes step by step, we are helping them to learn about the great laws of life, and the love of the God who created them. And as we journey with them, God demonstrates in our own lives the power of the gospel and the great plan of redemption.

Our education is about 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. All aspects of our lives are a part of the work of health ministries—including our physical, mental/emotional, social, and spiritual health (see Luke 2:52). Learning to care for these aspects now prepares us for the perfect happiness and wholeness all will experience 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 show others how to restore themselves to God’s ultimate divine plan—enjoying the riches of vitality, abundance, beauty, and communion with God. It is important to stay informed about the health issues that are affecting people in your community, and to help in these areas if possible. Keep in mind that although new situations arise, such as the epidemic of loneliness, degenerative diseases, suicides, etc, people continue to face the problems of heart disease, addictions, obesity, diabetes, and other conditions that the Church has been addressing.

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

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

Here are 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



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 on reversing 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. Even when someone gets ill, practicing healthy behaviors can help in the recovery process. The key is to live a healthy lifestyle now so that your body can better cope with problems as they arise.

Natural Remedies

Seventh-day Adventists have become known over the years for their judicious use of natural or simple remedies that can be administered in the home. Proper diet, which is one of those natural remedies, 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 in our health evangelism programs. When we present this topic, however, we are not to discourage individuals from seeking and following well-established medical care prescribed by a reputable physician.

Our health ministry work is to educate, inform, inspire, and encourage healthy lifestyle practices. Clinical healing methods should be left to health practitioners working in a professional capacity. See the Risk Management Recommendations for further information.

Expanding Our Ministry for the Sick

As Christians we are instructed to pray for and heal the sick. We should not do this in mass healing sessions that feature showmanship and sensationalism, but in quiet, calm visits from house to house as part of an overall 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 us 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.



Here are some questions you can consider as you evaluate the effectiveness of your programs and events:

- Did you reach your target audience? If not, who?
- Did they benefit or reach?
- Should you adjust the plan to continue with that group?
- If you did reach your target group, what were the measurable results?
- Do you want to adjust your work?
- Do you want to add other elements to your program?
- How effective was your follow-up work?
- Would other follow-up services or programs be a better fit?
- Are some recipients ready to be trained to help their fellow community members?
- How/when can they sustain the work and support themselves at the same time?

Whether or not past efforts have been fruitful, we must make and take every future opportunity to share our ministries of health and healing effectively. In the past we may have been satisfied with just announcing a cooking school or seminar in the church bulletin and telling our neighbors about it, then having only a few people show up; however, we need to remember that it is our privilege and responsibility to work with God and do everything we can to maximize the outcome of whatever ideas He brings to our minds.

Conclusion

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.

The challenges are large, but God is passionately and intimately involved in providing everything we need to successfully do 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.



NAD Health Ministries Initiatives

The NAD Health Ministries department is here to serve your church's needs and to help you in your ministry. The following initiatives are designed to help build capacity and create strong networks between all of us who love the ministry of sharing hope and wholeness through the healing power of Christ.

Adventist Association of Faith Community Nursing (AAFCN)

This membership organization provides training, networking, and resources for the Faith Community Nursing (FCN) specialty, previously known as Parish Nursing. The FCN works with the pastoral team of the local church to promote the health of church members. They generally assist with making pastoral visits, bereavement and grief care, health screenings, and at times can help members understand information provided by health care providers. The FCN does not take the place of the person's physician, but serves as a liaison and advocate. The FCN also helps the church determine resources in the community.

There are two levels of membership for the AAFCN: FCN Member or Friend. Various benefits are available, as noted on the website. The FCN can be one of the greatest assets to the church's ministry by caring for the health needs of the pastor, congregants, and community.

Adventist Coaching Association (ACA)

The goal of the ACA is to foster the training and growth of every member of the Seventh-day Adventist Church in health ministry, or medical missionary work, through the skills of providing on-going personal support to others. In doing so, we can more effectively share hope and wholeness to individuals wherever they are on their personal health journey, and in whatever may be our area of influence. The ACA promotes this by connecting together individuals who share this same passion and providing them with opportunities for personal and professional growth.

The ACA is for all Seventh-day Adventists who are interested or involved in the practice of coaching, either as a Certified Coach or Health Partner. We also welcome members who are interested in learning the skills of health and wellness coaching or promoting the work of this ministry.

Adventist HealthyYOU (AHY)

The Seventh-day Adventist Church has long promoted a message of healthful living. Adventist HealthyYOU is a community-focused initiative developed by the North American Division of Seventh-day Adventists. It is an opportunity to share the beauty and hope that comes from making positive choices. This initiative not only connect us with each other, but also shows our community that we care deeply for their needs, and we wish to serve them in every way possible.



Made to Move Challenge

The Made to Move Challenge provides a specific opportunity for your church to reach into your community and invite them to partner in a fun health program. Resources for Sabbath programming and week-long fitness challenge will be provided each year. It is recommended that these events coincide with the yearly Made to Move Challenge dates on the NAD Calendar of Special Days (see page 9), or as best works in your local context.

Successful ideas that your church may be able to implement include:

- 5K walk/run
- Community health fair
- Community garden
- Weekly Farmer's Market
- Weekly exercise group in your fellowship hall
- Fitness camp for adults or children

Adventist Recovery Ministries (ARMin)

Addictions to harmful substances (smoking, drugs, etc) and behaviors (gambling, shopping, food, etc) are growing in intensity within our communities and churches. The purpose of ARMin is to provide training and support for those who are seeking freedom from addictions of any kind, as well as to their family and friends. Our goal is to have all Adventist churches be a safe place for anyone to come in order to find victory through Jesus Christ.

Journey to Wholeness (JTW) Addiction Recovery Program

JTW is a Christ-centered recovery group ministry. It follows the 12-step recovery process and we encourage all Adventist churches and organizations to host a support group in their facility. Facilitator training is a necessary preparation to hosting a JTW group.

Collegiate Advocates for Better Living (CABL)

Collegiate Advocates for Better Living (CABL) is a student-lead ministry on the campuses of Adventist colleges and universities. The purpose of CABL is to engage college students in sharing Adventist health principles with their peers, leading to better health and school performance.

The student advocate also benefits by gaining leadership skills, practice in health education, and a greater sense of purpose. Students are enabled to make a constructive difference with peers and the surrounding campus communities.

CABL's goals are to involve students, faculty, staff, and the community of NAD colleges/universities in healthy choices and activities thereby effecting positive lifestyle changes.



Health Sabbath

Each year, the North American Division designates one Sabbath as Health Sabbath. This is an opportunity for our churches to focus their Sabbath services on the importance of good health and how the health work enhances the mission of the Seventh-day Adventist Church.

A different topic is the focus for each year and the following resources are provided for Health Sabbath:

- Sabbath sermon(s) script
- Discount pricing on *Vibrant Life* magazine
- Resource recommendations
- Advertising material available for print

Check our website for yearly dates and resources.

NAD Health Ministries Website

The following information is provided to help you find your way around the NAD Health Ministries website. You will find many resources that will be useful for your local church's ministry. Feel free to send us your thoughts and suggestions.

Home Page: NADHealth.org

The homepage provides quick access to major sections of the website, including a brief look at upcoming events.

About: NADHealth.org/about

Here you will find information about the NAD Health Ministries mission statement, department staff, and the NAD Health Advisory Committee.

Initiatives: NADHealth.org/initiatives

Information and resources for the major NAD Health Ministries initiatives are located here. See the previous pages for a list of initiatives. Note that updates are made regularly.

News: NADHealth.org/news

Here you can subscribe to our email newsletter. This is the easiest way to be kept up to date with the latest news and release of new resources and events. Be sure to add us as a "safe sender" to your email provider. You can also access archives of our news, including the *Journey to Life* newsletter.

Events: NADHealth.org/events

There are many tools available for your use on the Events page. You can:

- Register for upcoming trainings and events
- See a calendar of upcoming events



- Submit your church's health ministry events to be listed on the calendar
- Learn what other churches are planning
- Connect with other church leaders to learn from their experiences
- Submit stories about events and programs your church has completed

Resources: [NADHealth.org/resources](https://www.nadhealth.org/resources)

The online Health Ministries Database provides you with information on numerous health ministry tools, programs, books, videos, etc developed and produced by numerous Adventist-led organizations. These cover a wide variety of topics. You can also access the online store through this page.

Contact: [NADHealth.org/contact](https://www.nadhealth.org/contact)

Use this page to easily send us an email message on any question you may have.

Log In: [NADHealth.org/login](https://www.nadhealth.org/login)

If you have an account with us, you can use this log-in page to sign onto your account.

Risk Management Recommendations For Health Ministries

The following is designed to assist local Church leaders when planning health ministry services. As each event will be different and will need to be planned accordingly this document will not address every possible scenario, but should assist in identifying key principles. It is the responsibility of the local Church to work with their Conference for all health related ministries and to be in compliance with all Conference policies as well any Church Division policies along with all applicable laws and regulations.

Health Screenings

Anticipated services for health screening events could be measuring weight, body mass index, or blood pressure. The key is that the service should only provide the results. You should not provide a diagnosis, recommended treatment or interpretation of the results for the participants. Third party material can be provided to the participants so they can for example compare their blood pressure and based on the third party materials pursue needed follow up with doctors. For Conferences who purchase their General Liability insurance through Adventist Risk Management, Inc. (ARM) this insurance policy would provide professional liability for both volunteers conducting the screenings and the Conference.

Dental, Vision, and Medical Events

These events are different from health screenings as they usually involve volunteer health professionals providing services, such as teeth cleanings, cavity fillings, and some medical procedures. Services that include diagnosis and treatment increase the church's liability exposure. The Church must also address items like licensure compliance for medical volunteers and facilities, be aware of legal requirements, medical record retention, and patient privacy.



Events Put on by Other Organizations

If the Church is going to have another organization sponsor, plan, and run the event it still must be coordinated through the Conference. An agreement should be in place outlining the terms that the other organization will operate under. The other organization should be caring for items like licensure compliance, legal requirements, medical record retention, patient privacy and advertising. The sponsoring organization should have professional liability insurance with limits no less than \$10M per claim and \$10M per event. They should also have General Liability insurance with limits of no less than \$1M per claim and \$3M per policy period. Both insurance policies should have the Conference, Union and Division listed as additional insured.

Insurance

If a Church is going to sponsor an event like this, they must coordinate through their Conference. Events like this take a lot of planning as the items outlined above don't happen quickly, it is recommended that at a minimum, a local attorney be involved in the planning. At this time the required limits of insurance for professional liability for both the volunteers and the organization are no less than \$10M per claim and \$10M per event. Please contact ARM (include your conference in this process) for a quote no less than 60 days before the event.

The North American Division Health Ministries department is supportive and available to assist with questions, we do ask that as this type of ministry involves direct interactions with people's health that extensive pre-planning be done to make sure these ministries are beneficial and don't bring unwanted liability to our Church.

January 2017 edition provided by Adventist Risk Management, AdventistRisk.org.



Health Ministries Leader Ministry Description

Introduction

Health ministries are an integral part of the mission of the Adventist Church. “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God” (I Cor. 10:31). Health ministry is the gospel of Christ illustrated, the message of God practiced. Without it, the gospel witness is muted; it is merely a theory, an idea.

The most important objective of health ministry is to help men and women reach their full potential, mentally, spiritually and physically. To reach full potential, health principles must be practiced.

The more closely these principles are followed, the better health the person enjoys. The more active a church is in public health education, the more effective will be its public evangelism, for health is the most universal entering wedge.

Duties of the Health Ministries Leader

The ministry to which a person is called when he or she becomes the health ministries leader in a local church can be described in the following ways:

1. **Health promotion.** Keeping church members aware of the importance of health and educating new members on the significance of health and temperance is one of the major responsibilities of the health ministries leader. This responsibility should be carried out at every opportunity; however, in the second week of October, a special program and emphasis should be planned. The Health Emphasis Week is a unique opportunity to increase the level of awareness and practice of health principles in your local church. Ministry is most effective when there is adequate personnel and financial resource. Request a budget from your church board early in their fiscal year. Get the support of your pastor and church leaders for any project you undertake. The last Sabbath in February of each year is set aside to create an awareness of our health and temperance journals: *The Winner* for children, *Listen* for teens, and *Vibrant Life* for adults.
2. **Continuing health education.** There is a question asked in the New Testament, “How can they learn without a teacher?” This is especially true regarding the health education of new church members. The health ministries leader is responsible for the health education of the new members in the Adventist lifestyle. Here are a few suggestions:
 - Provide each new member with the pamphlet *Good Health in One Package*. This little pamphlet, available from The Health Connection catalogue, explains the eight basic principles of health and temperance. Call 1-800-548-8700.
 - Invite the new church members systematically, for the first few months at least, to your home or to the church’s fellowship dinners, to acquaint them with vegetarian food.



- Loan or give them one of the Ellen G. White health classics, especially *Ministry of Healing*.
 - Ask them to assist your local church in outreach programs.
 - Invite them to training seminars on health ministry; invite them to camp meeting or other special meetings on health.
3. **Committees.** You are the chairperson of your local church health ministries committee, and a member of the church board and the church ministries council. Your committee is the place to plan particular activities and events. On the board you will represent the interest of health ministry in the policy and financial decisions of the local church. If your church has a church ministries council, you will coordinate your activities with those of the other leaders in these meetings to plan a comprehensive, balanced church program.
4. **Program development.** It is your responsibility to take the initiative in coordinating the planning and organization of health screening and health seminars for the public. Everywhere Adventists are known as providers of stop smoking plans, cooking schools, and seminars on nutrition, heart disease, stress management, cancer prevention, physical fitness, weight control and the Bible basis for healthful living, as well as screening projects for high blood pressure, coronary heart disease and other health problems. Constant attention is given to these programs in the press across the United States and Canada. Major corporations and civic leaders often request the help of Adventists in these areas. Unless you bring together your committee and develop programs, these will not be available in your community. You cannot do it alone, but you can recruit and coordinate a team that can make it happen, using the proven guidebooks and kits available.

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Health Ministries Coordinator

This Quick Start Guide for Health Ministries Coordinator 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 an experienced 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:

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

For a complete list of Quick Start Guide titles visit AdventSource.org



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