

10 STEPS to BEGINNING A HEALTH MINISTRY

- 1. LEARN ALL YOU CAN** – study the workshop and other printed materials, talk with other health ministries, ask local medical people for information, etc.
- 2. MAKE SURE YOUR PASTOR IS SUPPORTIVE** – you will need the Pastor’s support to reach the congregation.
- 3. FORM A HEALTH TEAM** - Invite interested members of your congregation, educators, medical professionals, school nurses, dieticians, representatives from local health care providers, and others who have an interest in promoting health and wellness. Look for people your congregation will trust and look up to.
See Skills Assessment – Form #1
- 4. DEVELOP A PLAN** – What do you hope to accomplish and how will you do it?
See Quick Start to Developing a Plan- Form #2
- 5. SURVEY THE CONGREGATION** - What do people in the congregation feel they need most?
See Basic Health Survey – Form #3
- 6. SET UP A SYSTEM FOR ORGANIZING INFORMATION** - Keep accurate, secure information about visits, contacts, etc?
- 7. PLAN A RECOGNITION & COMMISSIONING SERVICE** – This validates the health ministry, affirms its spiritual roots and raises awareness to the new ministry.
- 8. BEGIN WITH THE NEEDS YOUR CONGREGATION IDENTIFIED** - Start by providing information on a regular basis about the topics people say are most important to them.
 - Team members make brief presentations in Sunday School classes
 - Put a “nugget” of health information in the bulletin each week
 - Ask your Pastor to deliver a message emphasizing the need to maintain good health
 - Distribute printed information about topics of concern to people
- 9. REPORTS** - Keep the team and your pastor informed.
See Health Ministry Report – Form #4
- 10. GROW** – Revise your plan, broaden your goals and strengthen your team as you grow!
Here are some ideas for the future:
 - Partner with other churches in a weight loss contest
 - Hold a “Health Fair”
 - Start a study of the scriptures about good health
 - Involve kids and teens in the ministry (ask them what will work)
 - Develop a cookbook of healthy recipes for your congregation
 - Arrange Family Activity Nights once a month (or weekly)
 - Start an exercise program for the congregation
 - Partner with other congregations for a community wide outreach

Skills Assessment - Form #1

We would like to identify resources within our congregation to build a much needed ministry to promote health and wellness within our midst. Please complete this form which will be collected at the door as you leave church on Sunday.

Name: _____
Address: _____ City: _____ St: _____ Zip: _____
Home Phone: () _____ Work Phone: () _____
Cell Phone: () _____ Email address: _____
Church: _____ City: _____

Job Title: _____ Retired? YES ___ NO ___

EDUCATION: _____ Highest level of education: _____

SKILLS - Please check all that apply:

Acting _____
Artwork _____
Carpentry _____
Computer _____
Counseling _____ (specific area) _____
Educator _____ (specific area) _____
General Accounting _____
Health Field: (Specify MD, RN, LPN, CA, Dietician, etc.) _____
Public Speaking _____
Social Work _____
Tutoring _____
Webmaster _____
Writer _____ (specify area) _____
Hobbies _____

Have you ever worked in a Health Ministry? YES ___ NO ___

Are you aware of specific health needs and issues among our congregation? YES ___ NO ___

Would you like more information about the Health Ministry in our congregation? YES ___ NO ___

THANK YOU FOR COMPLETING THIS SURVEY!

III John 1:2

**“Beloved, I wish above all things that you may prosper
and be in health, even as your soul prospers.”**

QUICK START FOR DEVELOPING A PLAN – Form #2

1. WHAT DO YOU WANT THE HEALTH MINISTRY TO DO?

List components you might include in the health ministry.

EXAMPLE:

- EDUCATE PEOPLE ABOUT HEALTH ISSUES
-
-
-
-
-
-
-
-
-

2. HOW WILL YOU DO THESE THINGS?

Plan activities to accomplish each component you plan to do from the list in #1.

EXAMPLE:

- EDUCATE PEOPLE ABOUT HEALTH ISSUES
 1. Put information in the bulletin weekly
 2. Make brief presentation in Sunday School classes
 3. Make posters for the hallways
 4. Put on a skit
 5. Hand out printed information
-
-
-

USE ADDITIONAL PAPER TO COMPLETE THE LIST OF ACTIVITIES FOR EACH COMPONENT

3. WHAT RESOURCES WILL YOU NEED & WHERE CAN YOU GET THESE RESOURCES?

List everything you may need including speakers, supplies, etc. for each activity.

Identify resources in your congregation and your community at large.

GOAL	ACTIVITY	RESOURCES NEEDED	WHERE TO FIND
<p>EDUCATE PEOPLE ABOUT HEALTH ISSUES</p>	<p>Bulletin Inserts</p> <p>Presentations</p> <p>Posters</p> <p>Skits</p> <p>Handouts</p>	<p>Accurate information</p> <p>Speakers with accurate information</p> <p>Colorful Artwork Statistics/Graphs</p> <p>Good material and people for the skit</p> <p>Attractive printed information on health issues</p>	<p>Medical professionals, Internet, health organizations like the American Heart Assoc.</p> <p>Nurses, Doctors, Extension service agents and educators</p> <p>Magazines, artistic kids, Internet</p> <p>Outgoing adults and kids with basic (and humorous?) content</p> <p>Create handouts, use printed information from major health organizations</p>

GOAL	ACTIVITY	RESOURCES NEEDED	WHERE TO FIND

USE ADDITIONAL PAPER TO COMPLETE THE LIST OF RESOURCES YOU WILL NEED

4. TIMELINE - Planning may take up to six months with regularly team meetings.

YEAR ONE

Month 1 – Talk to your pastor and learn all you can about health issues

Month 2 – Talk to others and recruit the team (Form #1)

Months 3 and 4 - Develop your Plan (Form #2)

Month 5 – Survey the Congregation (Form #3)

Month 6 – Kick Off (should not begin until your team and your plan are in place)

Months 6 – 12 Implement Your Plan and maintain good records

Year End Report - Keep your Pastor and your team well informed and let your congregation know what the Health Ministry has accomplished. (Form #4)

YEAR TWO

Continue to grow your health ministry by evaluating and adjusting your plans to meet the needs of the congregation

Meet with other Health Ministry teams in your community and consider a big special event (Health Fair) to raise more awareness and impact your community.

YEAR THREE

Your team could be ready to train other congregations!

BASIC HEALTH SURVEY – Form #3

To effectively plan for the Health Ministry at our church, **your input is so very important**. Please take a few moments to complete this health survey. All information is confidential and will be used only for planning health programs for your benefit. Thank you for your cooperation.

Age: _____ Sex: F _____ M _____

Marital Status: Single _____ Married _____ Widowed _____ Divorced _____ Separated _____

Age of Children: _____

I could attend Health Programs held on:

Sun _____ Mon _____ Tues _____ Wed _____ Thur _____ Fri _____ Sat _____

Best time for Health Programs: Morning _____ Afternoon _____ Evening _____

Please mark an (X) to indicate the health interest for you and your family (check all that apply)

HEALTH INFORMATION

- ___ Standard First Aid
- ___ Vision/Hearing
- ___ Early Disease Detection
- ___ Drug/Alcohol Abuse
- ___ AIDS Awareness

ADULT ISSUES

- ___ Women's Health Issues
- ___ Men's Health Issues
- ___ Your Medicine Cabinet

HEALTH ISSUES

- ___ Blood Pressure Screening
- ___ Cholesterol Education
- ___ Nutrition
- ___ Exercise Classes
- ___ Stop Smoking Clinic
- ___ Stress Management
- ___ Health Insurance
- ___ Weight Control

SPECIFIC ILLNESS

- ___ Alzheimer's Disease
- ___ Arthritis
- ___ Cancer
- ___ Diabetes
- ___ Chronic Illness
- ___ Chronic Pain
- ___ Osteoporosis
- ___ Stroke
- ___ Heart Disease
- ___ Low Back Pain
- ___ Dealing with Grief
- ___ Hospice

TEEN HEALTH

- ___ Conflict/Communication
- ___ Peer Pressure
- ___ Eating Disorders
- ___ Depression/Suicide

CHILDREN'S HEALTH

- ___ Good Nutrition
- ___ Obesity
- ___ Physical Activity
- ___ Diabetes

In addition to the items already checked above, I would like more information about:

Thank you for your cooperation. God Bless You. **Return Form to Health Ministry Team**

HEALTH MINISTRY REPORT – Form #4

Reporting Period: _____

Church or Congregation: _____

Health Ministry Activities

1. Describe all health activities that occurred during this report period:

a. **Activities:** list classes, phone calls, presentations, seminars, sermons, screenings, etc.)

_____	# of participants _____
_____	# of participants _____
_____	# of participants _____
_____	# of participants _____
_____	# of participants _____
_____	# of participants _____
_____	# of participants _____

b. **Health Information Distributed:**

Subject covered: _____	# of people who received info _____
Subject covered: _____	# of people who received info _____
Subject covered: _____	# of people who received info _____
Subject covered: _____	# of people who received info _____
Subject covered: _____	# of people who received info _____
Subject covered: _____	# of people who received info _____

c. **Referrals:**

of referrals made to a health service or medical provider(s): _____

d. **Community Outreach**

List activities or interactions you had outside the congregation:

e. **Partnerships**

What organizations have you partnered with to promote health and wellness?

Name of Health Ministry Team Member making this report: _____

Signature: _____ Date: _____