

WHAT PENDING DISASTER

recently resulted in the second ever United Nations
General Assembly on Health in its 67-year history?

*“undermines social and economic development throughout the world and
threatens the achievement of internationally agreed development goals”*

Resolution adopted by the United Nations General Assembly Jan 2012

A disaster far, far greater than all of our hurricanes, earthquakes and tsunamis
combined, affecting the lives of millions of people from every country throughout
the world and costing trillions of dollars?

THE “SLOW MOTION DISASTER”

“Beyond the coping capacity of even the wealthiest countries in the world”

Director General of the WHO Sep 2011

“THE GLOBAL EPIDEMIC OF NON-COMMUNICABLE DISEASES (NCDs)”



COMMUNITY HEALTH SCREENING & EDUCATION (CHS&E)

“The Most Important Knowledge”

How valuable is this knowledge as medical treatment?



**FREE HEALTH SCREENING &
“THE MOST IMPORTANT KNOWLEDGE”**



**The World Health Organization
Reports that**

- 80%** of Premature Heart Disease (#1 Killer)
- 80%** of Stroke (#3 Killer)
- 80%** of Diabetes (#6 Killer)
- 40%** of Cancer (#2 Killer)

and **NUMEROUS** other conditions
**Can be Prevented by
YOU**
Doing Just 3 Things

(Much more important than all of our hospitals&clinics,
doctors&nurses, and drugs&surgeries combined.)

LEARN ABOUT “THE 3 THINGS”
WHEN:
WHERE:

From WHO 2005 HEPFDC www.hepfdc.info

If the WHO and HHS reports are true, this knowledge is worth trillions, actually many trillions of dollars (Chan 2011, Rosenbaum and Lamas 2011).

How much do you think a drug company could charge for a pill that would reduce premature heart disease by just 5 %, and with *no adverse effects*?

Even if the WHO /HSS percentages were off by half or more, all of our hospitals and clinics, doctors and nurses, and drugs and surgeries combined cannot come anywhere close to achieving these kinds of results.

ADVERTISING FLYER

“THE 3 THINGS” APPROACH

HEALTH SCREENING & EDUCATION (HS&E) RECORD (Pages 1&4)

(1 sheet, folded) is given to the patient:

To enable reinforcement and multiplication of knowledge to family and friends.

To provide information on follow-up support services for identified problems (Page 4).

U.S.
English
Example

INLAND HILLS CHURCH

14670 Ramona Ave.
Chino, CA 91710
909.393.1577
inlandhillschurch.com

SPANISH MINISTRY

Spanish Services

At our Spanish service, you will experience great music and a message that's relevant to your life. We also provide fun and safe classes for your children and youth where they can enjoy learning about God and His love for them.

Spanish services are held on Sundays at 11:30am in the Ministry Center, Room 103. For questions or additional information, contact Pastor Claudio Dias at claudio@inlandhillschurch.com.

Spanish Small Groups

We encourage everyone to get connected in a small group to experience genuine relationships and to grow in their relationship with God and His Word. There are groups for women, men and married couples. Visit inlandhillschurch.com for more information on these groups.

Women's Groups

Monday 9am Weekly in Chino Hills	Thursday 7pm Weekly at Inland Hills Church
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Men's Group

Thursday 7pm Weekly at Inland Hills Church	MarriedLIFE Group Saturday 6pm Every Other Week in Chino Hills
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Other Care Ministry Groups Available

DivorceCare – A ministry helping those with the pain that divorce can cause.
GriefShare – A ministry for those grieving the death of a loved one.
Real+Solutions – Here to help you find freedom from hurts, hang-ups and habits.

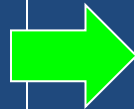


**Monte Vista Park
Medical Clinic**
Located at:
13152 Monte Vista Ave.
Chino, CA 909.590.7093

Local
Faith-based
Services



Local
Sliding
Scale
Clinic



HEALTH SCREENING & EDUCATION RECORD



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YOU

doing just **3** things...

(Much more important than all

of our hospitals & clinics, doctors & nurses,
and drugs & surgeries combined.)

HEALTH SCREENING & EDUCATION (HS&E) RECORD (Pages 2&3)

Provider-Patient Evaluation & Counseling Station

THE 3 THINGS

1. Healthy Diet



Illustration showing a food pyramid with various fruits and vegetables, and a hamster. To the left, there are images of a pizza, a bottle of alcohol, a can of soda, and a salt shaker, all crossed out with a red 'X'. An arrow points from these items towards the food pyramid.

2. Adequate Exercise



Illustration showing a person in a hammock, crossed out with a red 'X'. An arrow points from the hammock towards a man and a woman walking together.

3. Not Using Tobacco



Illustration showing a lit cigarette, crossed out with a red 'X'. An arrow points from the cigarette towards a stack of wood. Below the stack of wood, the number '5,000,000' is written in large, bold, red digits.

From WHO 21 HEPFDC www.hepfdc.info

HEALTH SCREENING RECORD

NAME: _____
Surname/Nombre/Apellidos (Last) Given names/Prenoms/Nombres(First) (Middle)

Age: _____ Date: _____ Registration Number: _____

1. Do you have any of the following symptoms: Increased thirst, Increased urination, Unexplained weight loss, Sores that do not heal? Yes ___ No ___

2. Do you get less than 30 minutes exercise per day? Yes ___ No ___

3. Do You Use Tobacco? Yes ___ No ___

4. I Request the Following Free Services: Yes ___ No ___

A. HEIGHT & WEIGHT for BODY MASS INDEX(BMI): The higher your BMI, the higher your risk for diseases such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, osteoarthritis, and certain cancers. These BMI related diseases have now increased to epidemic levels. For example, nearly 10% of adults world-wide now have diabetes.

Underweight = Less than 18.5 BMI
Normal weight = 18.5-24.9 BMI
Overweight = 25-29.9 BMI
Obesity = 30 or greater BMI

Height Inches: _____ or Centimeters: _____
Weight Pounds: _____ or Kilograms: _____
BMI: _____

B. BLOOD PRESSURE & PULSE: (Should always be confirmed by follow-up with your own doctor: Green-Normal/ Yellow-Pre-hypertensive/ Red-Hypertension. Blood pressure in the hypertension range should be evaluated by your own doctor as soon as possible.)

Systolic: _____ (Less than 120/ 120-139/140 or greater)
Diastolic: _____ (Less than 80/ 80-89/90 or greater)
Pulse: _____ (60-100)(Less than 60 may be normal for athletes)

Although "The 3 Things" are very simple, they are not always easy to accomplish. For additional evidence-based health education and holistic (mind, body & spirit) health services & support please see the next page.

HEALTH-CARE PROVIDER:

1. Takes History (Diabetes Sx, Exercise, etc.)

2. Reviews BMI

3. Obtains & Reviews BP

4. Reinforces & Reviews relevant E-B Guidelines as time permits

5. Encourages and Refers for appropriate Follow-Up as indicated: Church-Based Group or other Services and/or Local Clinic

HEALTH SCREENING & EDUCATION (HS&E) RECORD (Page 4)

Patient Follow-up with Local Sponsors

IGLESIA UNIDOS EN CRISTO

Punta Colonet, Baja California

Servicios

Domingo a las 12:00am

Miercoles a las 5:00pm

Ministerios

Estudio Bíblico – Viernes a las 6:00pm

Consejería para mujeres, matrimonios y jóvenes,
problemas de adicciones,
o para aprender más acerca
de la prevención de enfermedades,
acudir o comunicarse al teléfono:

616-165-0177

Local
Church
Support

IMMS

Oportunidades

Jaime Ledesma

Punta Colonet

616-165-7122

Local
MOH
Clinic

4

Previous Health Screening Event documented increased BMI, hypertension and increased soda consumption.

Follow-up
Church-based
Health Fair
“Just One Soda”
Lesson

Follow-up
Women’s
Lifestyle
Group



Baja, Mexico