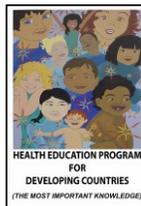


**HEALTH EDUCATION PROGRAM
FOR
DEVELOPING COUNTRIES**
(THE MOST IMPORTANT KNOWLEDGE)



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INTERNATIONAL & NATIONAL STANDARDS & PRACTICE GUIDELINES
WHO=World Health Organization & its divisions & collaborating partners.
HHS=Dept of Health & Human Services & its divisions & collaborating partners.

**COMMUNITY HEALTH SCREENING & EDUCATION
(CHS&E) RECORD**
("The 3 Things" Version) HOW IT CAN BE USED

I. CHS&E RECORD FOR ADULTS 20 AND OVER

This record is 4 pages (5.5 x 8.5 inch) color printed front and back (Inside and Outside) on a single 8.5x11 sheet that is folded in the middle. (See Examples and Templates from **Section III** of the HEPFDC [Health Screening](#) page).

The record is given to the patient at the time of registration and serves several very important functions. It enables compliance with a number of international and national evidence-based guidelines. The illustrations facilitate compliance for illiterate patients as well. "The 3 Things" version includes the following:

- The first two pages are copies of "The 3 Things" lesson. This enables reinforcement and also multiplication of the knowledge to the patient's family and friends.

- Page 3 is the health record with patient-specific health indicators. Normal and abnormal standards are color coded so that illiterate patients can also easily determine their status.

(The first 3 pages can be used, as is, in most communities, rural and urban, in the US and in developing countries.)

- The fourth page is very important for providing patients with follow-up services with local sponsoring organizations (See Examples from **Section III** of the HEPFDC [Health Screening](#) page). The fourth page is left blank on the Templates to enable local organizations to include information on their specific follow-up services (Use a 5.5x8.5 page size for your information if you wish to use the Template).

Page 1: "The World Health Organization reports that **80%** of Premature Heart Disease (#1 Cause of Death), **80%** of Stroke (#3 Cause of Death), **80%** of Type 2 Diabetes (#6 Cause of Death), and **40%** of Cancer (#2 Cause of Death) can be prevented by YOU doing just 3 things... Much more important than all of our hospitals & clinics, doctors & nurses, and drugs and surgeries combined."

(This same information can also be presented in Flyers advertising the event, and by Posters presented by health educators in a participatory manner as patients wait in line to register. [All can be downloaded free from **Sections II and III** of the HEPFDC [Health Screening](#) page.]

The purpose is to engage the community in a process of self discovery. "What are these 3 things that WE can do?" And through this participatory approach, patient groups nearly always come up with the WHO evidence-based answers, even before they receive their record which includes those answers on page 2.)

Page 2: "The 3 Things. 1. Healthy Diet. 2. Adequate Exercise. 3. Not Using Tobacco." The illustrations provide additional reinforcement of the guidelines for patients to take with them to discuss with their families and friends. This also facilitates multiplication of the knowledge throughout the community.

Page 3: Health Screening Record: Usually limited to those conditions that are most important (can result in saving the most lives and prevent the most suffering) in the community. For adults in developing countries, as well as the US, this nearly always includes:

- BMI,
- History of tobacco use,
- History of less than 30 min exercise/day,
- History of diabetes symptoms,
- BP and Pulse measurement.

Usually this is all that time permits. Other areas may be added or substituted as determined by the local community and MOH, however it is unusual to find more important health indicators for adults in either developed or developing countries. The content of this page enables providers to meet the standards of a number of national and international evidence-based guidelines for BMI, BP, Diabetes, and Tobacco Use evaluation and counseling. Color coding the BMI and BP values facilitates the meeting of these standards for illiterate patients as well.

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

Page 4: Community Follow-up Services. Lists local sponsoring organizations of the event (Clinic, Church, School, and other Community Service Organizations). This is very important for enabling follow-up and includes contact information and holistic health services provided. Each organization sponsoring the CHS&E event should be asked what specific information they wish to include. For example:

--Sponsoring Local Church Follow-up Information concerning Holistic (Mind, Body, Spirit) services could include:

Contact Info; Church Services; Sunday & Bible Schools; Men's Groups; Women's Groups; Married Life Groups; Teenage Groups; Groups for Weight control & Physical Fitness; Heart Disease, Stroke and Diabetes Prevention; Stress Reduction Groups; Alcohol & Drug Dependency Groups; Healing Prayer Groups; and additional groups or services for other conditions that cause the most unnecessary deaths and suffering locally.

--Sponsoring Local Medical Clinic Follow-up Information:

Health conditions are sometimes identified which require urgent medical follow-up. This is especially true in poor communities that lack health insurance. This is also important for patients who will need more routine follow-up of high blood pressure and other conditions. If the screening setting is in the US, contact information for a local sliding fee-scale clinic is usually included. The contact info for the local Ministry of Health clinic is included in most other countries.

Usually personnel from the above medical resources have been directing and working alongside other community leaders and organizations, with the support of the team, in planning and conducting the CHS&E event from the very beginning.

II. CHS&E RECORD FOR CHILDREN 5-19

This record is 4 pages (5.5 x 8.5 inch) color printed front and back (Inside and Outside) on a single 8.5x11 sheet that is folded in the middle. (See Templates from **Section III** of the HEPFDC [Health Screening](#) page). The record can be used in most communities, rural and urban, in the US and in developing countries.

The record is given to the patient's parents to keep with their home health records, to take with them whenever the child has a health evaluation.

It is usually given to the parents at a follow-up meeting after a school screening event which often includes a health fair with participatory learning.

The record serves several very important functions. It enables compliance with a number of international and national evidence-based guidelines. "The 3 Things" version includes the following:

- Pages 1 & 4 (Outside) are copies of "The 3 Things" lesson. This enables reinforcement and also multiplication of the knowledge to the patient's family and friends. The illustrations facilitate compliance for illiterate people as well.

- Pages 2 & 3 (Inside) are the health record with patient-specific health indicators. The Body Mass Index (BMI) for age is recorded on the WHO charts (Different record required for boys and girls). Enables monitoring of BMI over time from ages 5 to 19 years.

- The lower portion of the Inside record is very important for providing patients with information on obtaining follow-up services with local sponsoring organizations "Additional WHO based health education, follow-up services and support can be obtained at the following sites:"

Page 1. "The 3 Things" "The World Health Organization reports that **80%** of Premature Heart Disease (#1 Cause of Death), **80%** of Stroke (#3 Cause of Death), **80%** of Type 2 Diabetes (#6 Cause of Death), and **40%** of Cancer (#2 Cause of Death) can be prevented by YOU doing just 3 things... Much more important than all of our hospitals & clinics, doctors & nurses, and drugs and surgeries combined."

(This same information can also be presented in Flyers advertising the event, and by Posters presented by health educators in a participatory manner as patients wait in line to register. [All can be downloaded free from **Sections II and III** of the HEPFDC [Health Screening](#) page.]

The purpose is to engage the community in a process of self discovery. "What are these 3 things that WE can do?" And through this participatory approach, patient groups nearly always come up with the WHO evidence-based answers, even before they receive their record which includes those answers on page 4.)

Page 4. "The 3 Things" Answers: 1. Healthy Diet. 2. Adequate Exercise. 3. Not Using Tobacco." The illustrations provide additional reinforcement of the guidelines for patients to take with them to discuss with their families and friends. This also facilitates multiplication of the knowledge throughout the community.

Page 2&3 (Inside):

A. Health Screening Record: "HEIGHT & WEIGHT for BODY MASS INDEX(BMI): The higher your BMI, the higher your risk for heart disease, high blood pressure, type 2 diabetes, breathing problems, arthritis, various cancers and other diseases. Overweight/Obesity and its

related diseases have now increased to epidemic levels, and life-threatening conditions such as diabetes and high blood pressure are now affecting children as well as adults. The WHO therefore recommends that all children, as well as adults, be taught the critical importance of appropriate diet and exercise, as well as avoiding tobacco (The 3 Things-Please see the next page).”

B. Community Follow-up Services. Appropriate follow-up is also facilitated:

“Although "The 3 Things" are very simple and can prevent tremendous unnecessary suffering and death, changes in habits are not always easy to accomplish. Additional WHO based health education, follow-up services and support can be obtained at the following sites:”

Space on lower part of Inside pages is for listing local sponsoring organizations of the event (Clinic, Church, and/or other Community Service Organizations) and their contact information. This is very important for enabling follow-up.

Additional Follow-up Information: This can be provided at the parent’s follow-up meeting, either verbally or with flyers. Each organization sponsoring the CHS&E event should be asked what specific information they wish to include. For example:

--**Sponsoring Local Church Follow-up Information** concerning Holistic (Mind, Body, Spirit) follow-up services could include:

Contact Info; Church Services; Sunday & Bible Schools; Men's Groups; Women's Groups; Married Life Groups; Teenage Groups; Groups for Weight control & Physical Fitness; Heart Disease, Stroke and Diabetes Prevention; Stress Reduction Groups; Alcohol & Drug Dependency Groups; Healing Prayer Groups; and additional groups or services for other conditions that cause the most unnecessary deaths and suffering locally.

--**Sponsoring Local Medical Clinic Follow-up Information:**

Health conditions are sometimes identified which require urgent medical follow-up. This is especially true in poor communities that lack health insurance. This is also important for patients who will need more routine follow-up of high blood pressure and other conditions. If the screening setting is in the US, contact information for a local sliding fee-scale clinic is usually included. The contact info for the local Ministry of Health clinic is included in most other countries.

Usually personnel from the above medical resources have been directing and working alongside other community leaders and organizations, with the support of the team, in planning and conducting the CHS&E event from the very beginning.