

Step Two: Health Needs & Recognition

Understanding Health Needs

Hearing from the congregation is the best way to design the mission, purpose and activities of the Health Ministry.

We are all in this together!

Assess Strengths & Opportunities:

- Do leaders promote health or wellness?
- Have Members talked about supporting a Health Ministry team?
- Do members know their vital signs like blood pressure, cholesterol, or blood sugar levels?
- Does the House of Worship serve fruits and vegetables or healthy dishes at functions?
- Is water served instead of sugary drinks at/after services?
- How do leaders talk about preventing disease and injury?

Houses of Worship should be trusted sources of health information – mind, body, and spirit!

Engage the Congregation

- Make presentations in small group settings.
- Include brief health information stories in the bulletin.
- Ask the Faith Leader to deliver regular messages emphasizing health and wellbeing.
- Distribute printed information about topics of concern identified by the congregation.

Identifying Needs of the Congregation

1. The How: Start by providing information on a regular basis about topics people say are the most important to them.
2. Survey congregants (sample survey provided on following pages) about the most relevant health and wellness issues.
3. Collect the surveys from the congregants and identify the trends.
4. Report the findings back to the congregation.

Survey

The survey asks for feedback on individual's interests on basic health information, health issues, and disease states. It also collects interest in children, teen, and adult specific health needs.

See Sample Survey on the next page – FORM C

Recognition & Commissioning

Plan a Recognition and Commissioning service for the Health Ministry where the Faith Leader officially recognizes the Health Ministry. This validates the Health Ministry, affirms the spiritual roots, and raises awareness throughout the congregation.

Consider the Recognition & Commissioning Service as the kick-off for your Health Ministry!



FORM C

Congregation Survey

To effectively plan for the Health Ministry at our organization, **your input is very important.** Please take a moment to complete our survey. All the information is confidential and will be used only for planning health programs that will make us smarter, stronger, and healthier!

Thank you for your cooperation!

Age: _____ Gender: _____ Marital Status: _____ Number of Children: _____

I could attend Health Programs held on: (please check all that apply)

Sun: _____ Mon: _____ Tue: _____ Wed: _____ Thur: _____ Fri: _____ Sat: _____ Sun: _____

Best time: 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 and Hearing
- Early Disease Detection
- Drug/Alcohol Abuse
- AIDS Awareness

Health Issues:

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

Specific Illness:

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

Adult Issues:

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

Teen Health:

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

Children's Health:

- Good Nutrition
- Obesity
- Physical Activity

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

Thank you for your cooperation! Please return the completed form to the Health Ministry.