

C.H.A.R.T.E.R.S.- A Grace Filled Ministry  
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IAD Health Summit



By  
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# Three parts of Presentation:

1. Concept
2. Location
3. Sensitizing members



# Concept of C.H.A.R.T.E.R.S.



# C.H.A.R.T.E.R.S. is an acronym for

- ☞ Comprehensive
- ☞ Health
- ☞ And
- ☞ Rehabilitation
- ☞ Through
- ☞ Evidence-based
- ☞ Researched
- ☞ Strategies.



# C.H.A.R.T.E.R.S.

- ❧ The name carries a double meaning
- ❧ The charting of progress is an important part of the process of getting measurement of objective advancement.



# Explanation of Charting

*Hold on to Health*  
A CHARTERS Program

Weekly Chart

Week #	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Blood Pressure							
# Hours Slept							
Breakfast Y/N							
# Minutes Exercise							
# Cigarettes Smoked							
Time in Community Serv.							
# Alcoholic Drinks							

1. Normal blood pressure is between 100/60 and 130/90 = The Goal
2. Normal number hours of sleep is between 7 and 8 hours = The Goal
3. Breakfast is a good indicator of healthful living. 7x per week = The Goal
4. 20 minutes of exercise per day is a minimum; 30 minutes = The Goal
5. 0 cigarettes is the best number; 0 cigarettes = The Goal
6. Community service builds relationships; weekly = The Goal
7. Overall effects of alcohol outweigh benefits; 0 drinks = The Goal

Scoring Your Week:  
Give one (1) point for every day in which you reached the goal indicated in items 1-5.  
\_\_\_\_\_ out of 35 = \_\_\_\_\_

Give three (3) points for every week in which you did some community activity.  
\_\_\_\_\_ out of 3 = \_\_\_\_\_

Give two (2) points for every week in which you took no alcohol.  
\_\_\_\_\_ out of 2 = \_\_\_\_\_

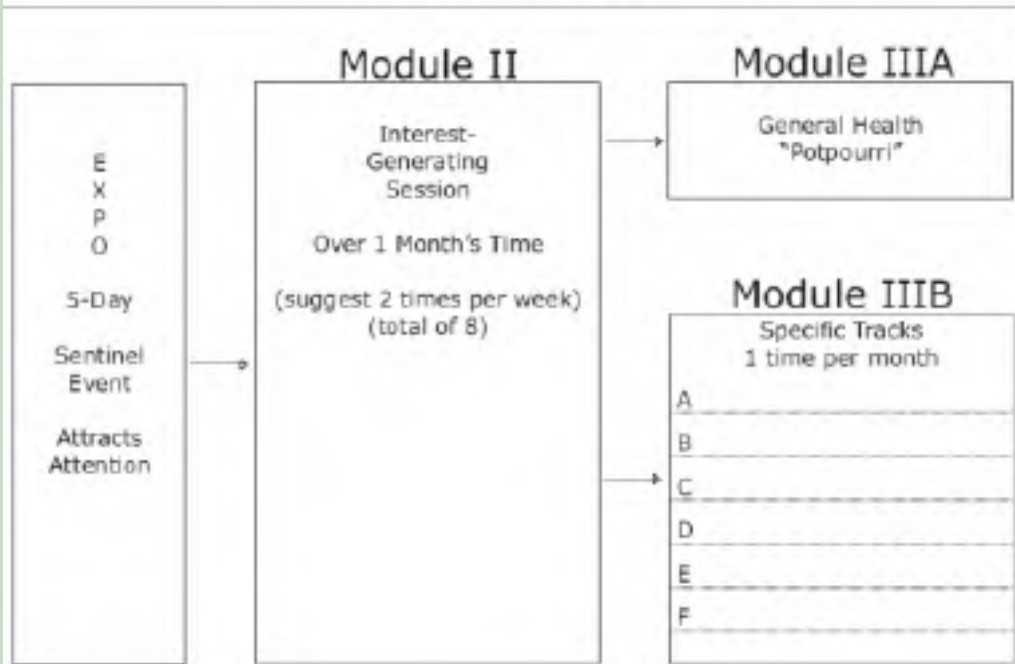
Total score out of a possible 40 = \_\_\_\_\_



# A Year of C.H.A.R.T.E.R.S.

## Hold on to Health Charters Program Year of Activity

Module I



# Module I

## Church Preparation

✧ Unless the church members are nurtured, it is impossible to do the outreach activities.





# Nurture health inwardly

- ☞ Health professional church members nurture church member;
- ☞ Unique experience of Curtis Bradford and Leo van Dolson – the unusual phenomenon;
- ☞ Before reaching out to others through health, church members need to be motivated to see the blessing of following the healthy lifestyle.



# Suggested Ways of Nurturing Church Members

1. Presentation of the concept of “Hold on to Health”;
2. An Adventist health philosophy;
3. Organization and responsibilities of the health team;
4. The importance of building relationships to health;
5. The importance of “evidence-based presentations”;



# Importance of nurturing church members

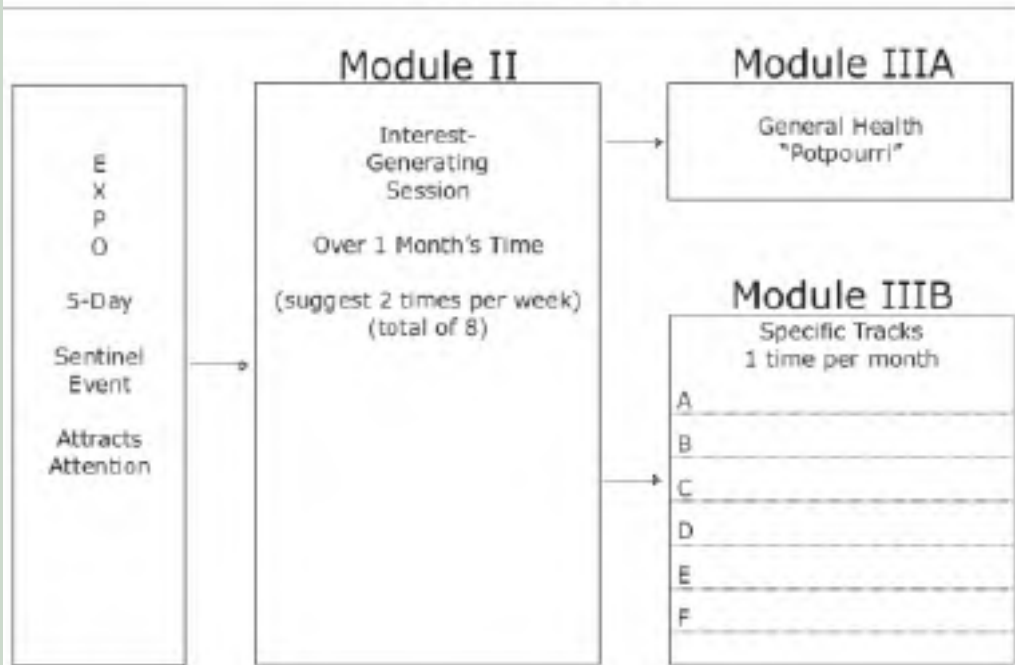
- ☞ Once church members are convinced that healthy habits strengthen the immune system, they are ready to make their own personal lifestyle improvements.
- ☞ Only when they have “walked the talk” can they reach out to others through health.



# A Year of C.H.A.R.T.E.R.S.

## Hold on to Health Charters Program Year of Activity

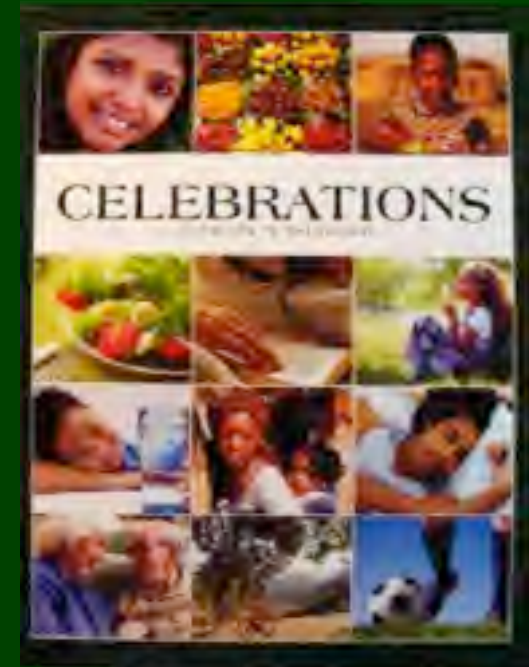
Module I



# Health Expo

Health Expo” and we recommend the  
“CELEBRATIONS Expo”.

C= Choice  
E= Exercise  
L= Liquid  
E= Environment  
B= Belief  
R= Rest  
A= Air  
T= Temperance  
I= Integrity  
O= Optimism  
N= Nutrition  
S= Social Support



# The Sentinel Event

- Secure the community's attention by doing a Health Expo – the sentinel event.
- Information and exhibit with simple health screening and the Health Interest Survey are launched.

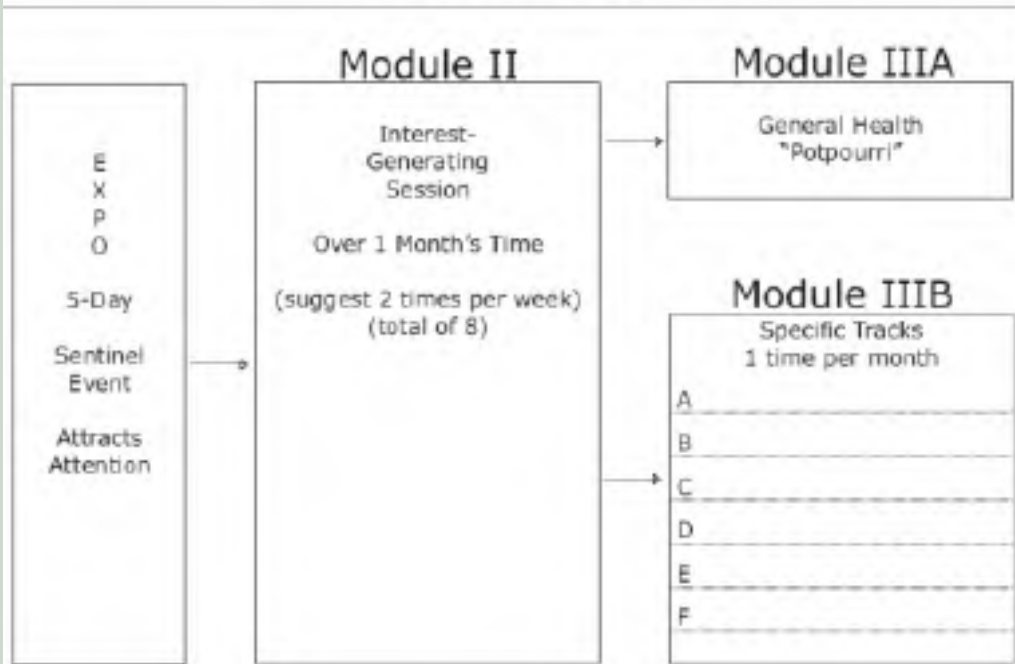




# A Year of C.H.A.R.T.E.R.S.

## Hold on to Health Charters Program Year of Activity

Module I



# Module II

- ☞ The initial health series is an eight-program module.
- ☞ We recommend that it be given over a four-week period.
- ☞ Fresh advertising is required.





# Module II

## For the Public – Introduction Series

- ☞ An initial series on health and disease.
- ☞ Choose eight of the following topics.



# Module II

## For the Public – Introduction Series

- ❧ Addictions
- ❧ Asthma and Respiratory Problems
- ❧ Cancer Prevention
- ❧ Diabetes
- ❧ Family Wellness
- ❧ Heart Health
- ❧ Hypertension



# Module II

## For the Public – Introduction Series

- ☞ Mental Health
- ☞ Obesity
- ☞ Osteoporosis: Bone and Joint Problems
- ☞ Sexuality
- ☞ Stroke



# Remember...

- ☞ Refreshments;
- ☞ Door prizes;
- ☞ Health magazines;
- ☞ Other promotional materials;
- ☞ Should be available.



# Remind the team that we're dealing with a public who...

- ☞ Often smoke;
- ☞ Mostly drink alcohol;
- ☞ Normally eat meat.
- ☞ Vegetarianism will be alluded to, but no heavy promotion.
- ☞ Controversy must be avoided.
- ☞ Tolerance will keep people coming back to learn more.



# The health series

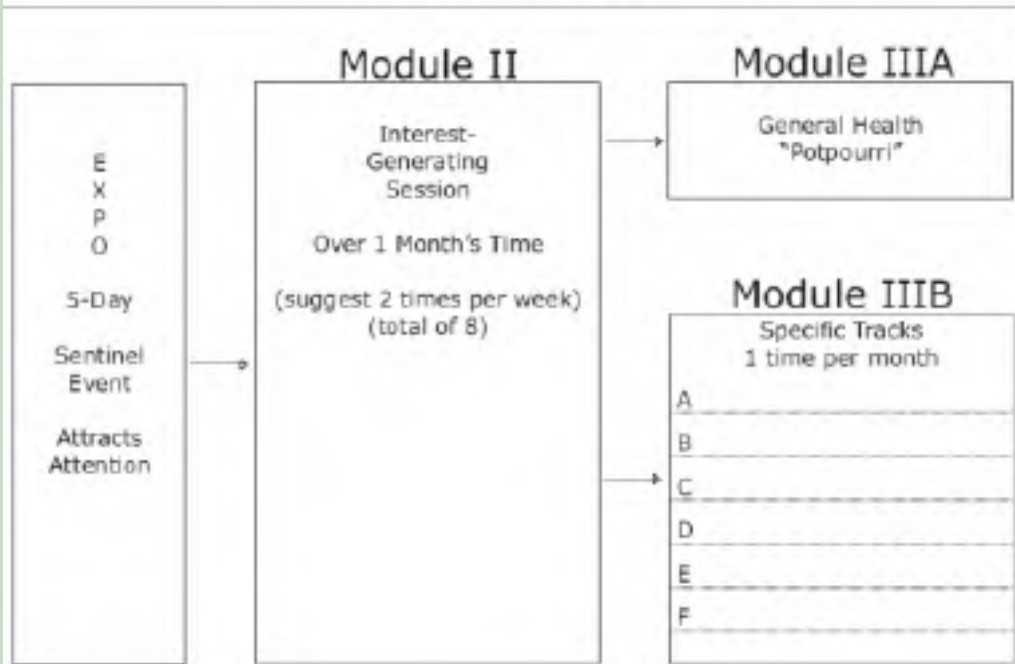
- ⌘ Is an introduction to issues in health;
- ⌘ The real progress will come as the individuals decide to enroll in one of the tracks you will offer.



# A Year of C.H.A.R.T.E.R.S.

## Hold on to Health Charters Program Year of Activity

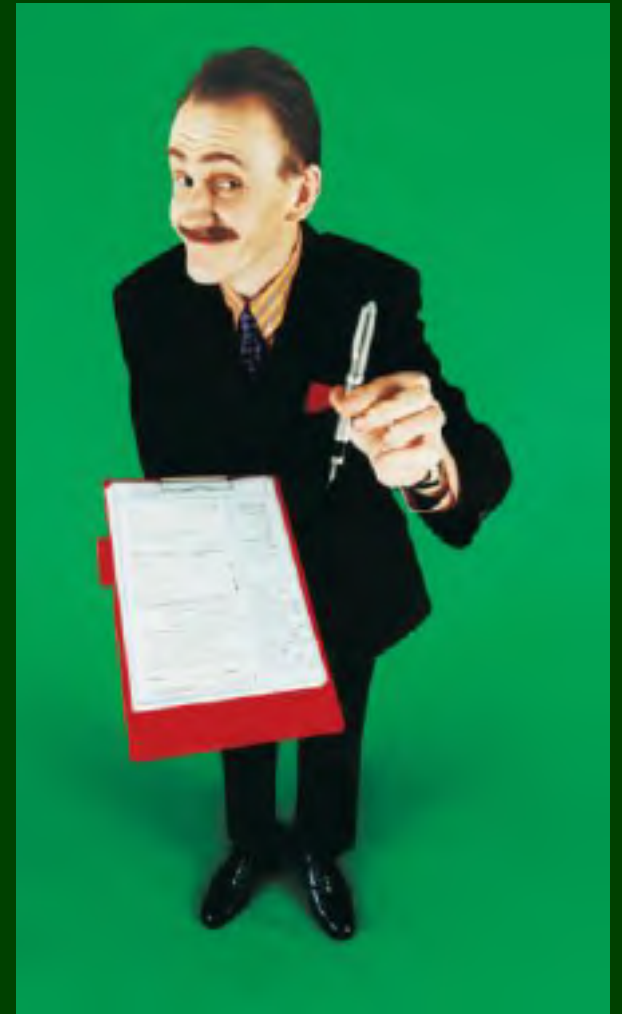
Module I





# What tracks should be used?

- ⌘ During the initial health series, a survey should be taken to find out the interests of the group.
- ⌘ Depending on the size of the health team available, a number of tracks may be chosen: Module III A (general track) or Module III B (specific track).





# Running the tracks

☞ Three team members will be required to run a track.

☞ A track takes a commitment to eight sessions over the next eight months.

## Health Track



# Monthly General Track Module III A

- ⌘ This general track should be where there is a full-course meal served to the participants.
- ⌘ The Monthly Health Banquet.



# Suggested Program: General Health Track Meeting

Time (pm)	Activity
6:45-7:00	Welcome & seating at the meal table
7:00-7:30	Serving & eating of meal
7:30-8:00	Presentation of the topic
8:00-8:15	Question/Answer period, prayer
8:15-8:30	Check blood pressures, weights, etc.
8:30-9:00	<u>Optional</u> Video presentation ( <i>Life's Beat</i> )



# General Track Topics (Module III A):

- ☞ Diabetes;
- ☞ Environmental Health;
- ☞ Exercise – The Number-One Health Habit;
- ☞ Family Nutrition;
- ☞ Heart Health;
- ☞ Hygiene and Health;



# General Track Topics (Module III A):

- ☞ Mental Health;
- ☞ Sleep/Fatigue/ Restoration;
- ☞ Social Behavior and Health;
- ☞ Spirituality and Health;
- ☞ Tobacco: The Number-One Killer



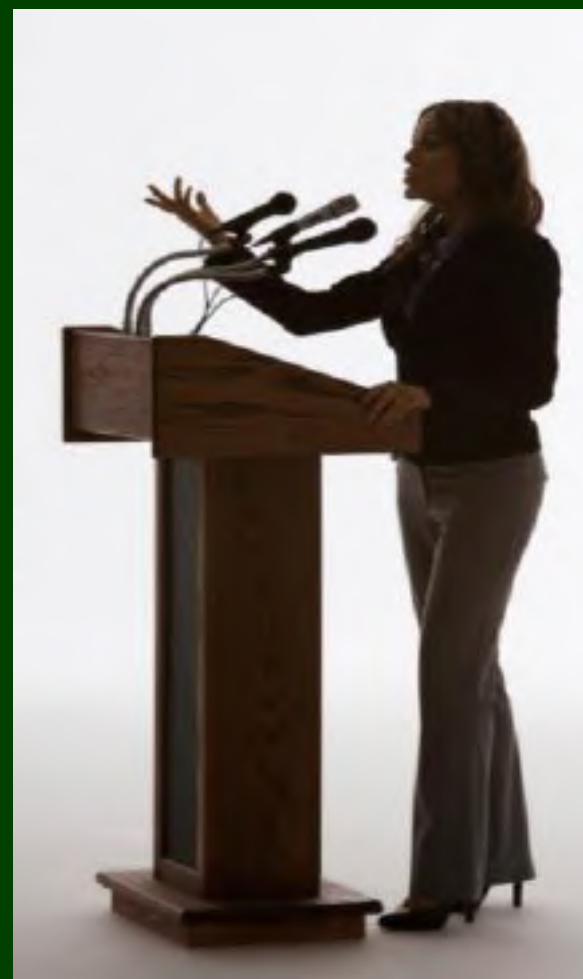
# The Specific Tracks (Module III B)

- ☞ The specific tracks should reflect the interests and needs of the group attending the initial series.
- ☞ A monthly meeting of persons participating in a given track is recommended.



# Suggested Program: Specific Health Track Meeting

Time (pm)	Activity
6:45-7:00	Light refreshments
7:00-7:10	Welcome introduction of speaker & announcements, etc.
7:10-7:40	Presentation
7:40-7:50	Question/Answer
7:50-8:10	Attendee progress reports (1-2 min)
8:10-8:30	Check blood pressures, weights, etc.
8:30	Close with prayer
8:30-9:00	<u>Optional</u> : Video presentation ( <i>Life's Beat</i> )



# Specific Track (Module III B)

Comprised of a series of eight interactive sessions on one of the following topics (choose *one*).





# Specific Track Topics ( Module III B)

- ☞ Cancer
- ☞ Cardiovascular Health
- ☞ Diabetes
- ☞ Exercise: Keeping At It



# Specific Track Topics (Module III B)

☞ Women's Health

☞ Obesity and Nutrition

☞ Depression

☞ Mens' Health



# Several tracks

- ⌘ If there are several specific tracks running, they are all invited to attend the general track and its accompanying meal.
- ⌘ If only one track is being offered, a meal should be served each month at this track.



# Several tracks

- ☞ The various teams (3 -4 leaders) will all join together for the general track meeting and its meal (although a small church may have only a single track operating).
- ☞ Actual lessons should not take more than 20-30 minutes.
- ☞ This may need to be carefully monitored.



# 5 Commandments of C.H.A.R.T.E.R.S.

## 1. Friendship is the prime concern.

- ☞ Ambiance created by the lifestyle team is more important than any single message.
- ☞ Supportive friendship, understanding helpfulness and non-judgmental acceptance of the individual are essential.



# 5 Commandments of C.H.A.R.T.E.R.S.

2. Meeting schedules shall be rigidly adhered to.

- ↻ No matter how interesting, meetings *must* start and end on time.
- ↻ Much better to have the group excitedly looking for more than to be figuring out how to get home on time.



# 5 Commandments of C.H.A.R.T.E.R.S.

3. All participants shall be given a chance to give their report.

- ↻ Shy people will be protected from dominant, over-bearing ones.
- ↻ No one person is allowed to commandeer the meeting.
- ↻ Reporting process must be contained within the time frame allotted.





# 5 Commandments of C.H.A.R.T.E.R.S.

4. A monthly communal meal shall be incorporated into all CHARTERS programs.

- ❧ The central human social function of sharing food.
- ❧ A meal builds cohesiveness and friendship.
- ❧ Behaviors are more influenced by relationship than by knowledge and science.
- ❧ The meal serves as a demonstration of nutritional principles.





# 5 Commandments of C.H.A.R.T.E.R.S.

5. The lifestyle coaching team shall not be overworked.

- ❧ “Burn-out is prevented.
- ❧ Tailoring the number and intensity of the programs to the availability of people.
- ❧ Don't attempt a larger program than you have people available to carry it.



# Location of C.H.A.R.T.E.R.S.



# C.H.A.R.T.E.R.S. program in the Church

- ⌘ A neutral way to introduce others to the Lord;
- ⌘ Health is the universal goal of all people;
- ⌘ Health activities are non-threatening;
- ⌘ It meets the health needs of all kinds of people.



# Reasons to launch C.H.A.R.T.E.R.S. in church

Give credibility to the church

Facility can handle any size group;

It is free;

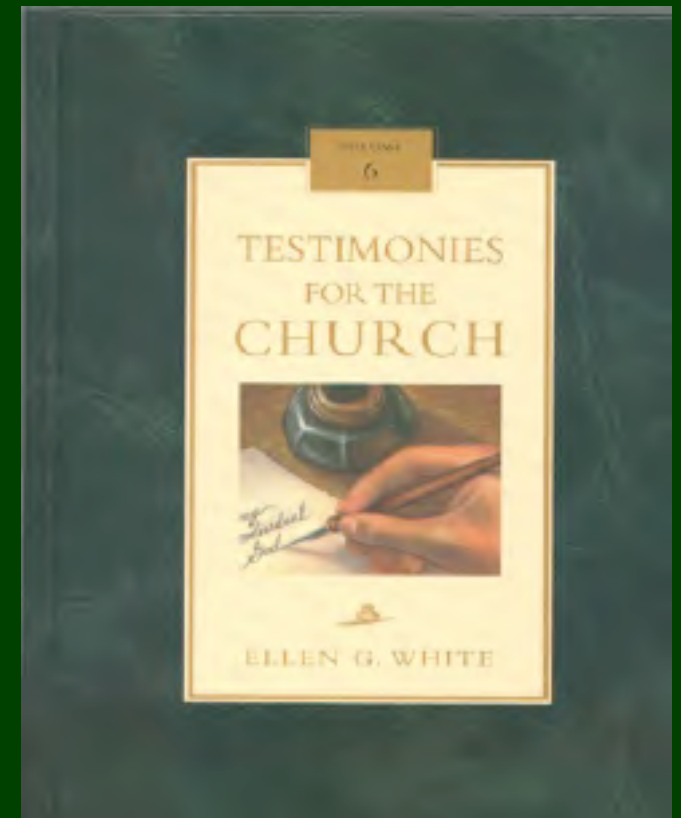
Allows non-SDAs to become familiar with church environment in a non-threatening setting;

Makes non-SDAs feel more comfortable saying “yes” to future invitations to church programs.



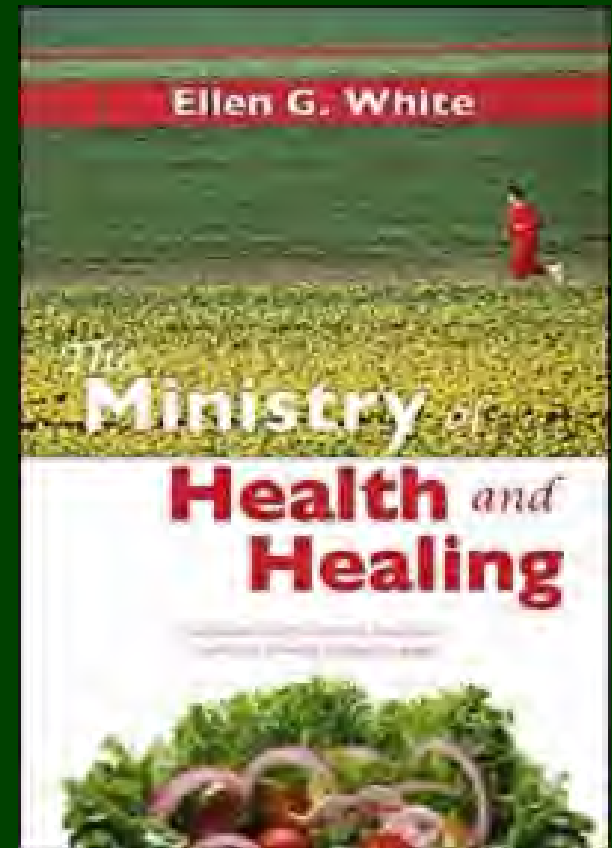
# *Testimonies*, volume 6, page 289:

“The medical missionary work should be a part of the work of every church in our land. Disconnected from the local church it would soon become a strange medley of disorganized atoms.”



# *Ministry of Healing*, pages 148, 149

“Every church should be a training school for Christian workers ... There should be schools of health, cooking school, and classes in various lines of Christian help work. There should not only be teaching, but actual work under experienced instructors.”



# Successful C.H.A.R.T.E.R.S. Program

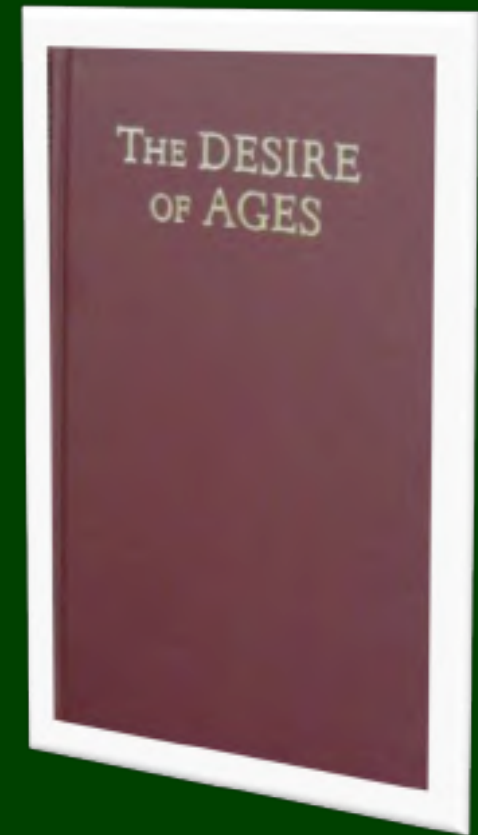
A successful church-based  
“Hold on to Health –  
C.H.A.R.T.E.R.S.  
program needs to have  
the involvement of as  
many church members  
as possible.





## *Desire of Ages*, page 822:

“All who receive the life of Christ are ordained to work for the salvation of their fellow men. For this work the church was established, and all who take upon themselves its sacred vows are thereby pledged to be co-workers with Christ.”



# Rationale

- ⌘ Healthcare institutions can never keep up with people's healthcare needs.
- ⌘ Healthcare is getting more and more expensive.
- ⌘ Church members need to pick up the challenge of promoting the health message because we have the wholistic prevention principle.



Non-communicable  
diseases  
most pressing  
health  
challenges



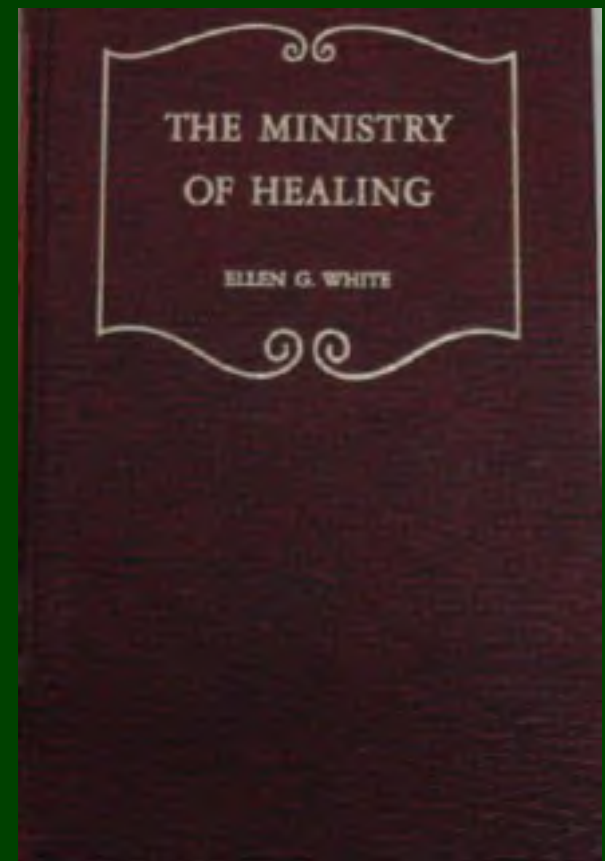
# World Health Organization (2004)

Adopted a non-legal, advocacy-based approach using the GSDPAH which is built on FCTC which called attention to the role of tobacco, unhealthy diet and physical inactivity in the most prominent NCD



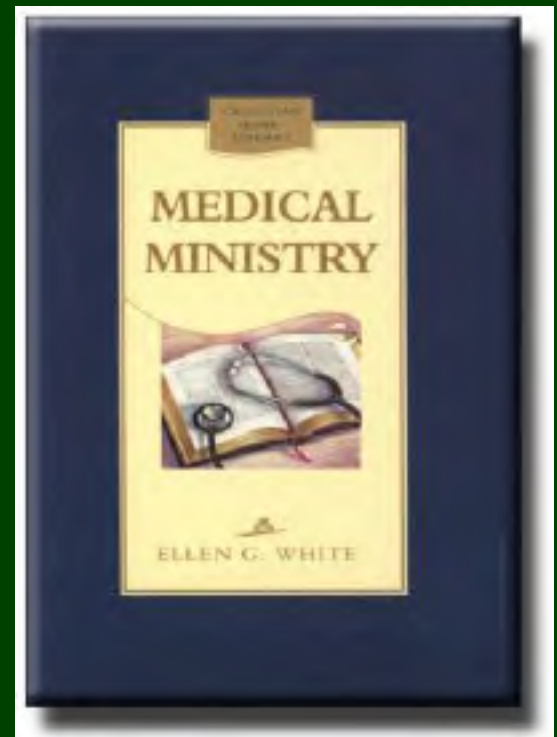
# *Ministry of Healing, p. 127*

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power - these are the true remedies.”



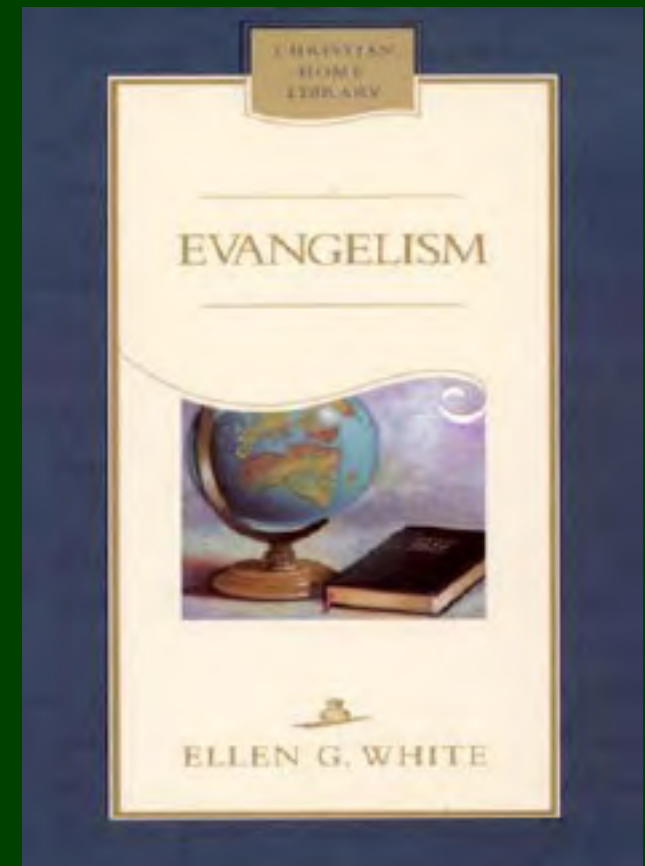
# *Medical Ministry, p. 259:*

“The gospel of health is to be firmly linked with the ministry of the word. It is the Lord’s design that the restoring influence of the health reform shall be a part of the last great effort to proclaim the gospel message.”



# *Evangelism*, page 513:

“Nothing will open doors for the truth like evangelistic medical missionary work. This will find access to hearts and minds, and will be a means of converting many to the truth.”





# Sensitizing Members for C.H.A.R.T.E.R.S.



# Technique of presentation

☞ Church members, as primary health workers, need to bear in mind that all these health programs offered are only means of leading others to a saving relationship with Jesus Christ.



# The successful method

“Christ’s method alone will give true success in reaching the people. The Savior mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, ‘Follow Me.’”

*Ministry of Healing, page 143*



# Five ways to assure success

Jesus ...

- ❧ Mingled with men as one who desired their good.
- ❧ Showed sympathy.
- ❧ Ministered to their needs.
- ❧ Won their confidence.
- ❧ Bade them, "Follow Me."



# Involvement of church members who are health professionals

☞ Health programs are conducted by doctors, nurses, therapists, dentists, and nutritionists.

☞ Brings prestige to a program.



# Involvement of non-health professional church members

- ☞ Important because of their unique ability to care, give sympathy and support to the individual who have health problems.
- ☞ Impossible for the health professional church members conducting the program to devote the time necessary to get close to those who come for help.



# Unique church-based health programs

- ☞ Can provide a dedicated staff of caring church members who can make friends with the non-SDAs;
- ☞ Staff must be non-paid volunteer;
- ☞ The volunteering spirit demonstrates the caring and concern to others.





# Reason for joining the church

- ☞ Because of the caring, supportive friendship they found in getting to know the church members who took a special interest in them;
- ☞ Accurate facts and a quality presentation may **ATTRACT** a person to a health program, but it will be a caring church member who **WINS** him to the church.



# Meaningful interaction

- ☞ Ratio of church members to community members should be 1:2-3;
- ☞ A church member cannot get close to more than 2 or 3 community members in any given program;
- ☞ Enrollment of the public needs to be limited to a proportion of those church member volunteers.



# Meal – time for interaction

- ☞ In each of the general health track meetings there is a light refreshment served.
- ☞ In each specific health track, a time is allotted for a meal time together.
- ☞ This provides an opportunity for interaction between church members and the public.



# Various pathways to baptism:

☞ Friends	79%
☞ Pastor	6%
☞ Sabbath School	5%
☞ Program	3%
☞ Special needs	2%
☞ Visitation	1%
☞ Crusade	>1%



# Process of movement toward baptism

1. A person develops an interest in something offered by the SDA church.
2. Comes to the Seventh-day Adventist church.
3. Forms a friendship with the Seventh-day Adventist people.
4. Finds it easier to accept distinctive doctrines.
5. Accepts baptism.



# Does the C.H.A.R.T.E.R.S. church-based program fit into these steps?

☞ Does “Hold on to Health” – the C.H.A.R.T.E.R.S. church-based program cause an interest in something the Seventh-day Adventists have?

**YES!**





# Does C.H.A.R.T.E.R.S. church-based program fit into these steps?

☞ Does it bring a person to the church?

**YES!**

☞ Does it lead to friendships?

**YES!**





# Does C.H.A.R.T.E.R.S. church-based program fit into these steps?

☞ As the non-SDAs become acquainted with the church and develop friendships with the members, they are very likely to attend the Bible studies launched in the church and to be among the 79 percent of people who are baptized.



# Christ's method

☞ Only by following Christ's method can we have true success in reaching out to others through the "Hold on to Health" – C.H.A.R.T.E.R.S. church-based program.



C.H.A.R.T.E.R.S.  
(A Grace Filled Ministry)



The End