

WHAT “SLOW MOTION DISASTER”

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 slow motion disaster—Beyond the coping capacity of
even the wealthiest countries in the world”*

Director General of the WHO Sep 2011

And also results in most deaths during viral pandemics such as COVID-19

Yet can be prevented by
JUST 3 THINGS
that each of us can do

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

(Heart disease, Stroke, Diabetes, Cancer, Dementia, Etc.)

THE 3 THINGS



The World Health Organization reports that at least


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

3A. PREVENTION OF DEATHS AND SUFFERING



1

2

3

5,000,000

3B. PREVENTION OF DEATHS AND SUFFERING

Community Health Education & Screening (CHE&S)

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

Even before COVID-19, SARS, Bird & Swine Flu, Ebola and other meat-related pandemics, **Unhealthy Diet had become the *leading cause* of death & disability in the US and the world.**

All of our hospitals and clinics, doctors and nurses, and drugs and surgeries combined cannot come anywhere close to achieving these kinds of results.

WHO & US HHS evidence-based guidelines and illustrations for prevention can be downloaded FREE from www.HEPFDC.org

CHE&S

What Every Church/Community Long & Short-term Mission can do!

ADVERTISING FLYER
"THE 3 THINGS" CHE&S

CHE&S Health Screening Record page 4&1 (Also in Spanish)

Single sheet (folded) is given to the patient:

Enables reinforcement and multiplication of knowledge to family and friends.

Used in the US & Globally for Church/Community CHE&S Events & Health Fairs

PAGE 4
Provides information on follow-up support services for identified problems



INLAND HILLS CHURCH

14670 Ramona Ave.
Chino, CA 91710
909.393.1577
inlandhillchurch.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@inlandhillchurch.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 inlandhillchurch.com for more information on these groups.

Women's Groups

| | |
|-------------------------------------|---|
| Monday 9am Weekly in Chino Hills | Thursday 7pm Weekly at Inland Hills Church |
|-------------------------------------|---|

Men's Group

| | |
|---|--|
| Thursday 7pm Weekly at Inland Hills Church | MarriedLIFE Group Saturday 6pm Every Other Week in Chino Hills |
|---|--|

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.



4

HEALTH SCREENING & EDUCATION RECORD



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.)

From WHO 2005

1

HEPFDC www.hepfdc.info

Local Faith-based Services



Local Sliding Scale Clinic



CHE&S Health Screening Record page 2&3 (Also in Spanish)

THE 3 THINGS

1. Healthy Diet



2. Not Using Tobacco



3. Adequate Exercise



From WHO 2005

2

HEPFDC www.hepfdc.info

HEALTH SCREENING RECORD

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

Age: _____ Date (Mo/Da/Yr) : _____ Registration Number: _____

1. Do you get less than 30 minutes exercise per day? Yes ___ No ___
2. Do You Use Tobacco? Yes ___ No ___
3. 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 heart disease, stroke, type 2 diabetes, certain cancers, high blood pressure, breathing problems, osteoarthritis, and other diseases.

For ages 19 years and older:
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 Cm _____
Weight Pounds: _____ or Kg: _____
BMI: _____ (For ages 5-18 years use WHO Chart: U ___ N ___ Ov ___ Ob ___)

B. CDC PREDIABETES SCREENING TEST RESULTS: _____
0-2=Normal / 3-8=Healthy lifestyle / 9 or Greater=Need follow-up testing

C. BLOOD PRESSURE (Should always be confirmed by follow-up with your own doctor) For ages 18 years and older: Green=Normal/ Yellow=Pre-hypertension/ Red=Hypertension. Blood pressure in the hypertension range ("The Silent Killer") should be evaluated by your doctor as soon as possible.

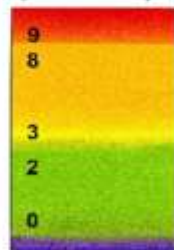
Systolic: _____ Less than 120/ 120-139/ 140 or greater

Diastolic: _____ Less than 80/ 80-89/ 90 or greater

Pulse: _____ Varies (Lower is usually better)



A. Body Mass Index



B. CDC Prediabetes



C. Blood Pressure

HEALTH-CARE PROVIDER:

1. Takes History
2. Reviews BMI
3. Reviews Pre-Diabetes Screen
4. Obtains Blood Pressure & Pulse
5. Provides additional Exam as Indicated.

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

7. Encourages and Refers for appropriate Follow-Up as indicated: Church-Based Health Education or other Services and/or nearest participating Curative Care Clinic

8. Offers Prayer: See WHO IS&Gs

CHE&S Health Screening Record page 4

Enables Health Education & 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

IMMS

Oportunidades

Jaime Ledesma

Punta Colonet

616-165-7122

4

Local
Church
Support

Local
MOH
Clinic



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



Follow-up
Women’s
Lifestyle
Group



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



Mexico

DOWNLOAD FREE from the “CHE&S” tab at www.HEPFDC.org