

**COMMUNITY HEALTH EDUCATION & SCREENING (CHE&S)  
PATIENT RECORD  
HOW IT CAN BE USED**

**NATIONAL & INTERNATIONAL STANDARDS & PRACTICE GUIDELINES (IS&GS)**

**HHS**=Health & Human Services & its divisions & collaborating partners (CDC etc)

**WHO**=World Health Organization & its divisions & collaborating partners (Includes HHS)

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 following:

Include Your Specific  
Follow-up Information Here

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**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 [www.HEPFDC.org](http://www.HEPFDC.org)

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 [The 3 Things](#) section of the 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:

- Pages 1 and 2 are copies of "The 3 Things" lesson. This enables reinforcement and also multiplication of the knowledge to the patient's family & 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.

(Pages 1 to 3 can be used as is in most communities, rural and urban, in the US and in developing countries.)

c. Page 4 is very important for providing patients with follow-up services with local sponsoring organizations (See [Examples](#) from [The 3 Things](#) section of the Health Screening page). The fourth page contact info 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).

## THE 3 THINGS

### 1. Healthy Diet

### 2. Not Using Tobacco

### 3. Adequate Exercise

From WHO 2005      2      www.HEPFDC.org

## 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

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**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 [The 3 Things](#) section)

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. In both developed and developing countries this nearly always includes:

- BMI,
- History of tobacco use,
- History of less than 30 min exercise/day,
- History of diabetes symptoms (CDC Prediabetes Screen),
- 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.

**Page 4: Church/Community/Clinic Follow-up Services.** Page 4 reads: "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 following:"

--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 available holistic health services.

--Each organization sponsoring the CHE&S event should be asked what specific information they wish to include. For example:

**a. Sponsoring Local Church Follow-up Information** concerning Holistic (Mind, Body, Spirit) services could include contact info for: 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.

**b. 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 chronic conditions.

--If the screening setting is in the US, contact information for a local sliding fee-scale clinic is usually included. In most other countries, the contact info is for the local Ministry of Health clinic.

--Usually personnel from the above medical resources have been directing and working alongside other community leaders and organizations, with the support of the STM team, in planning and conducting the CHE&S event from the very beginning, thus facilitating excellent collaboration and follow-up.

## CHE&S PATIENT RECORD HEALTHCARE PROVIDER RESPONSIBILITIES

### CHE&S Health Screening Record (Also available in Spanish)

**THE 3 THINGS**

**1. Healthy Diet**  
Whole-Food Plant-Based

**2. Not Using Tobacco**  
5,000,000

**3. Adequate Exercise**

**HEALTH SCREENING RECORD**

NAME: \_\_\_\_\_  
Surname/Name/Apellido (Last) Given names/Petersona/Nombre (First) (Middle)

Age: \_\_\_\_\_ Date (Mo/Da/Te) : \_\_\_\_\_ 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 O Ob )

**B. CDC PREDIABETES SCREENING TEST RESULTS:**  
0-2=Normal / 3-5=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 & Reviews BP
5. Provides additional Exam as Indicated
6. Reinforces & Reviews above 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

**Note re Prayer:** Prayer is offered in accordance with WHO International Standards & Guidelines for high quality holistic care. For example see:

--[WHO Quality Of Life Spirituality, Religiousness and Personal Beliefs \(SRPB\) Field-Test Instrument](#)

--Prayer is also listed #1 in this WHO document: [Building from common foundations: The World Health Organization and faith-based organizations in primary healthcare](#) which emphasizes the importance of Faith Based Organization / Ministry of Health collaboration and the numerous tangible and intangible assets available through churches, even those with inadequate financial resources.

Last Updated 1/2021