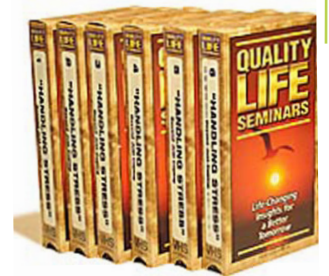


CONSUMER'S GUIDE TO HEALTH MINISTRY RESOURCES



2nd Edition



Sponsored by
The Health Response Steering Committee

*Southern California Conference
of Seventh-day Adventists*



Format

- DVD lecture presentation
- Live presentation
- Languages

Planning (rate 1-5, easy-extensive planning) 1

Hand out material preprinted (y/n) N

Advertising/promotion ready to use (y/n) N

Evaluation (S: structured/planned, U: unstructured/informal) U

Comments: If books are sold/resold, follow local sales tax rules.
Carefully screen/read all books.

Source of books:

- ABC (Adventist Book Center) 818-546-8552
<http://www.adventistbookcenter.com/>
- Advent Source 800-328-0525
AdventSource.org
- Hart Research Center 800-487-4278
<http://www.hartresearch.org/contact.html>
- Nedley Publishing 888-778-4445
1010 14th Street, NW, Ardmore, OK 73401

Consumer's Guide to Health Ministry Resources *No. 2*

Contact information

- Program **Health Food Dish & Recipe at Potlucks**
- Company **Local Church**
- Address
- Address
- Telephone number
- Email
- Website
- Contact person

Program description: Prepare a special, healthful dish and recipe to introduce to church members & guests as an encouragement for them to try new, healthful foods.

Finances

- Start up costs \$0
- Cost per person based on a group of 25 participants \$1.00-2.50
- Charge per person \$0

Program (P: pre-packaged, S: self run) S

Class sessions

- Number
- Length

Testing (y/n) N

Staff

- Number needed 1
- Professionals required (MD, RN, RD, health educator, others) (y/n) N
- Training required (y/n) N

Food preparation/demonstration part of program (y/n) Y (if desired)

Follow up built in (y/n) N

Format

- DVD lecture presentation
- Live presentation
- Languages

Planning (rate 1-5, easy-extensive planning)	1
Hand out material preprinted (y/n)	N
Advertising/promotion ready to use (y/n)	N
Evaluation (S: structured/planned, U: unstructured/informal)	U

Comments: Some churches have provided vegan and dessert alternatives. Recipes should be pre-tested and pre-tasted by someone other than the cook and presented in an attractive setting.

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Consumer's Guide to Health Ministry Resources *No. 3*

Contact information

- Program **Blood Pressure Screening**
- Company Local Church
- Address
- Address
- Telephone number
- Email
- Website
- Contact person

Program description: A nurse or other qualified professional takes blood pressures before Sabbath School, Church or other designated time. Also good for health fairs.

Finances

- Start up costs: \$75-125 for equipment; consult available health professionals for best options.
- Cost per person based on a group of 25 participants: \$0-2.50
- Charge per person: \$0

Program (P: pre-packaged, S: self run) S

Class sessions

- Number
- Length

Testing (y/n) Y

Staff

- Number needed: 1 or more
- Professionals required (MD, RN, RD, health educator, others) (y/n) Y
- Training required (y/n) N

Food preparation/demonstration part of program (y/n) N

Follow up built in (y/n) Y (referrals & rechecks)

Format

- DVD lecture presentation
- Live presentation: One on one
- Languages: Depends on professional available

Planning (rate 1-5, easy-extensive planning):	1
Hand out material preprinted (y/n):	Y (available)
Advertising/promotion ready to use (y/n):	N
Evaluation (S: structured/planned, U: unstructured/informal):	Either
Comments: Screening should not be done without follow up.	

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Consumer's Guide to Health Ministry Resources *No. 4*

Contact information

- Program **Body Composition Analysis**
- Company Local Church
- Address
- Address
- Telephone number
- Email
- Website
- Contact person

Program description: This simple screening device measures fat percentage by electric impedance. Good for health fairs.

Finances

- Start up costs \$45
- Cost per person based on a group of 25 participants \$0-2.50
- Charge per person \$0

Program (P: pre-packaged, S: self run) S

Class sessions

- Number
- Length

Testing (y/n) Y

Staff

- Number needed 1
- Professionals required (MD, RN, RD, health educator, others) (y/n) Good but not necessary
- Training required (y/n) Y (minimal)

Food preparation/demonstration part of program (y/n) N

Follow up built in (y/n) Not necessary

Planning (rate 1-5, easy-extensive planning)	1
Hand out material preprinted (y/n)	Y
Advertising/promotion ready to use (y/n)	N
Evaluation (S: structured/planned, U: unstructured/informal)	U

Comments: Initial cost depends on the sophistication of the equipment.
Some give BMI, print outs and use scales instead of hand held units.

Purchase options:

- Check on-line under body composition analysis
- Lifelong Health (A Division of Wellsource, Inc.) 800-533-9355

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Format

- DVD lecture presentation
- Live presentation
- Languages Depends on speakers

Planning (rate 1-5, easy-extensive planning) 1

Hand out material preprinted (y/n) N

Advertising/promotion ready to use (y/n) N

Evaluation (S: structured/planned, U: unstructured/informal) U

Comments: Set up guidelines and know your speakers beforehand to avoid any potential misinformation or quackery.

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Consumer's Guide to Health Ministry Resources No. 5
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Consumer's Guide to Health Ministry Resources *No. 6*

Contact information

• Program	Your Health Age
• Company	Lifelong Health (Division of Wellsource, Inc.)
• Address	15431 SE 82 nd . Dr.
• Address	Portland, Or 97015-0569
• Telephone number	800-533-9355 x 238/503-557-9538
• Email	
• Website	www.wellsource.org
• Contact person	Kathryn McLane

Program description: The most popular health fair resource available. Use at malls, too. Fun and easy to use. Your “health age” may be younger than your birth date says you are! Seven health practices directly affect longevity. Research-based output.

Finances

• Start up costs	\$215.00
• 100 Questionnaires and Reports	\$ 35.00
• Cost per person based on a group of 25 participants	\$0-1.00
• Charge per person	\$0

Program (P: pre-packaged, S: self run) P

Class sessions

- Number
- Length

Testing (y/n) Y

Staff

• Number needed (Minimal computer skills required)	1
• Professionals required (MD, RN, RD, health educator, others) (y/n)	N
• Training required (y/n)	N

Food preparation/demonstration part of program (y/n) N

Follow up built in (y/n) N

Format

- DVD lecture presentation
- Live presentation
- Languages English & Spanish

Planning (rate 1-5, easy-extensive planning) 2

Hand out material preprinted (y/n) Y

Advertising/promotion ready to use (y/n) Y

Evaluation (S: structured/planned, U: unstructured/informal) U

Comments: To offer this service, you will need a computer/laptop and printer. Length of time per screening – approx. 1-2 minutes.

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Consumer's Guide to Health Ministry Resources No. 6
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Consumer's Guide to Health Ministry Resources *No. 7*

Contact information

- Program **Step Fast Lifestyle Series**
- Company ABC (Adventist Book Center)
- Address 1501 E. Chevy Chase
- Address Glendale, CA 91206
- Telephone number 818-546-8552; 888-266-5047
- Email
- Website adventistbookcenter.com
- Contact person Aggie de Castro
- Fax 818-546-8464

Program description: Use this 12-part series to present the Step Fast Lifestyle Seminar. Topics covered include: hydrotherapy, tips for using herbs, vegetarian cooking, exercise, stress management, and maximizing the devotional life. 4 DVDs plus CD-Rom.

Finances

- Start up costs \$89.95
- Cost per person based on a group of 25 participants \$ 3.60
- Charge per person \$15.00

Program (P: pre-packaged, S: self run) P

Class sessions

- Number 12
- Length 1 hour, including introduction, discussion and q&a

Testing (y/n) N

Staff

- Number needed 3
- Professionals required (MD, RN, RD, health educator, others) (y/n) N
- Training required (y/n) N

Food preparation/demonstration part of program (y/n) N

Follow up built in (y/n)	Y
Format	
• DVD lecture presentation	Y
• Live presentation	N
• Languages	English
Planning (rate 1-5, easy-extensive planning)	2
Hand out material preprinted (y/n)	N
Advertising/promotion ready to use (y/n)	N
Evaluation (S: structured/planned, U: unstructured/informal)	U
Comments: Easy program to follow. Can include an exercise program at the end.	

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 Consumer's Guide to Health Ministry Resources No. 7
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Consumer's Guide to Health Ministry Resources *No. 8*

Contact information

- Program **Wellspring Healthy Cooking**
- Company Developed by Lifestyle Center of America
- Address PO Box 64
- Address Lone Grove OK 73443
- Telephone number 580-504-2310
- Email lcetean@gmail.com
- Website
- Contact person Linda Cetean (affiliated with Lifestyle Centers)
- Fax

Program description: Wellspring Healthy Cooking is your instructional guide to restored health. By watching demonstrations of preparing more than 50 recipes, participants discover how to prepare delicious cuisine that will help normalize blood sugar, reduce cholesterol and lose weight. 3 DVDs

Finances

- Start up costs \$20.00
- Cost per person based on a group of 25 participants \$0-2.50
- Charge per person \$0

Program (P: pre-packaged, S: self run) P

Class sessions

- Number 16
- Length 30 minutes

Testing (y/n) N

Staff

- Number needed 1
- Professionals required (MD, RN, RD, health educator, others) (y/n) N
- Training required (y/n) N

Food preparation/demonstration part of program (y/n) Either

Follow up built in (y/n)	N
Format	
• DVD lecture presentation	Y
• Live presentation	
• Languages	English
Planning (rate 1-5, easy-extensive planning)	2
Hand out material preprinted (y/n)	N
Advertising/promotion ready to use (y/n)	N
Evaluation (S: structured/planned, U: unstructured/informal)	U
Comments: Copies of the included recipe cards could be made.	

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 Consumer's Guide to Health Ministry Resources No. 8
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Consumer's Guide to Health Ministry Resources *No. 9*

Contact information

- Program **Abundant Living Presentation DVD**
- Company Health Education Resources
- Address 1814 McCarver Loop Road
- Address Dunlap TN 37327
- Telephone number 423-949-8211
- Email info@healthexpobanners.com
- Website www.healthexpobanners.com
- Contact person Charles Cleveland

Program description: Short health talks with colorful illustrations on DVD. This lecture series contains information on healthful living and natural remedies in two versions. The illustrated 12-15 minute health nuggets are available in PowerPoint format on CD or in DVD format, come with thumbnail scripts and are printable. The Western series has 26 lectures with images/language targeted to people in industrialized countries. The Village series includes 25 lectures targeted to people in developing countries.

Finances

- Start up costs \$99.00
- Cost per person based on a group of 25 participants \$0
- Charge per person \$0

Program (P: pre-packaged, S: self run) P

Class sessions

- Number 26 for industrialized, 25 for Village series
- Length 10-15 minutes each

Testing (y/n) N

Staff	
• Number needed	1
• Professionals required (MD, RN, RD, health educator, others) (y/n) but not required	Good
• Training required (y/n)	N
Food preparation/demonstration part of program (y/n)	N
Follow up built in (y/n)	N
Format	
• DVD lecture presentation	Y
• Live presentation	Y
• Languages	English, French, German, Portuguese, Romanian, Slovakian & Spanish
Planning (rate 1-5, easy-extensive planning)	2
Hand out material preprinted (y/n)	N
Advertising/promotion ready to use (y/n)	N
Evaluation (S: structured/planned, U: unstructured/informal)	U

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 Consumer's Guide to Health Ministry Resources No. 9
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Consumer's Guide to Health Ministry Resources *No. 10*

Contact information

- | | |
|--------------------|--|
| • Program | New Beginnings Small Group Series |
| • Company | It Is Written |
| • Address | 101 W. Cochran St. |
| • Address | Simi Valley, CA 93065 |
| • Telephone number | 1-888-664-5573 |
| • Email | sales@iiw.org |
| • Website | www.iiw.org or www.iiw.com |
| • Contact person | Sales Department |

Program description: New Beginnings Small Group Bible Study covers the fundamental beliefs of the Seventh-day Adventist Church in a format suited to small groups focused on spiritual health. Play a program from the DVD, then use the accompanying Leader's Guide to facilitate discussion. 26 programs with 120-page Leaders Guide.

Finances

- | | |
|---|---------|
| • Start up costs | \$49.99 |
| • Cost per person based on a group of 25 participants | \$ 2.00 |
| • Charge per person | \$0 |

Program (P: pre-packaged, S: self run)

P

Class sessions

- | | |
|----------|--------|
| • Number | 26 |
| • Length | 1 Hour |

Testing (y/n)

N

Staff

- | | |
|--|---|
| • Number needed | 1 |
| • Professionals required (MD, RN, RD, health educator, others) (y/n) | N |
| • Training required (y/n) | N |

Food preparation/demonstration part of program (y/n)

N

Follow up built in (y/n)

N

Format	
• DVD lecture presentation	Y
• Live presentation	
• Languages	English
Planning (rate 1-5, easy-extensive planning)	2
Hand out material preprinted (y/n)	Y (Search For Certainty)
Advertising/promotion ready to use (y/n)	N
Evaluation (S: structured/planned, U: unstructured/informal)	U

Comments: Series can be used in a six-month home Bible study series meeting weekly. A great option for existing small groups wanting to review fundamental Adventist beliefs in an easy-to-use format or for small groups of friends and neighbors. Entire meeting outline covers a one and a half to two-hour meeting.

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Consumer's Guide to Health Ministry Resources *No. 11*

Contact information

- Program **QuitNow!**
- Company Ministerial Resource Center
General Conference SDA
- Address 12501 Old Columbia Pike
- Address Silver Spring, MD 20904
- Telephone number 301-680-6508
- Email
- Website www.quit-now.info
- Contact person

Program description: QuitNow is a total lifestyle approach to smoking cessation using all the personal resources -- the mental, physical, social, emotional and spiritual dimensions and features a total balanced lifestyle approach through diet, exercise, rest, relaxation, the mind and emotions. For more than 30 years the QuitNow program has been helping people overcome their addiction to tobacco and features successful features of the famous 5-Day Plan.

Finances

- Start up costs (Starter Packet): \$80.00
Starter Packet includes 12 participant booklets, resource CDs (PowerPoint presentation & Facilitators Guide), forms, & advertising packets
- Cost per person based on a group of 12 participants \$7.00
- Charge per person \$0-250.00

Program (P: pre-packaged, S: self run)

P

Class sessions

- Number 7
- Length 1 to 1½ Hours

Testing (y/n)

N

Staff	
• Number needed	2
• Professionals required (MD, RN, health educator, others) (y/n)	N
• Training required (y/n)	N
Follow up built in (y/n)	N
Format	
• CDs contain 7 PowerPoint presentations	
• Live presentation	Y
• Languages	English
Planning (rate 1-5, easy-extensive planning)	3
Hand out material preprinted (y/n)	Participant Book and Commitment Card
Advertising/promotion ready to use (y/n)	In Starter Packet
Evaluation (S: structured/planned, U: unstructured/informal)	S

Consumer's Guide to Health Ministry Resources *No. 12*

Contact information

- | | |
|--------------------|--|
| • Program | Eight Weeks to Wellness |
| • Company | Lifelong Health (Division of Wellsource, Inc.) |
| • Address | 15431 SE 82 nd . Dr. |
| • Address | Portland, OR 97015-0569 |
| • Telephone number | 800-533-9355 x 238; 503-557-9538 |
| • Email | |
| • Website | www.wellsource.org |
| • Contact person | Kathryn McLane |

Program description: Eight Weeks to Wellness is a broad-based lifestyle change program promoting a healthy lifestyle for a lifetime. Presentations can be given by a local presenter using the CD or by DVD (available separately). DVD presentations are by Don Hall, DrPH, CHES. Practical research outcomes and group support promote lasting, informed behaviors.

Finances

- | | |
|---|----------|
| • Start up costs Coordinator's Guide & CD/DVD presentations | \$325.00 |
| • Cost per person based on a group of 25 participants | \$13.00 |
| • Charge per person \$0-250.00 (suggested min. \$20) | |

Program (P: pre-packaged, S: self run) P

Class sessions

- | | |
|----------|---|
| • Number | 8 |
| • Length | |

Testing (y/n) N

Staff

- | | |
|--|----|
| • Number needed | 1+ |
| • Professionals required (MD, RN, RD, health educator, others) (y/n) | N |
| • Training required (y/n) | N |

Food preparation/demonstration part of program (y/n) N

Follow up built in (y/n) Available

Format

- DVD lecture presentation Y
- Live presentation Y
- Languages English & Spanish

Planning (rate 1-5, easy-extensive planning) 3

Hand out material preprinted (y/n) Y

Advertising/promotion ready to use (y/n) Y

Evaluation (S: structured/planned, U: unstructured/informal) U

Comments: Material is attractively presented and can be easily run in the home.

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Consumer's Guide to Health Ministry Resources *No. 13*

Contact information

- | | |
|--|--|
| <ul style="list-style-type: none"> • Program • Company • Address • Address • Telephone number • Email • Website • Contact person | <p>Foods for Thought
 Lifestyle Matters Health Intervention Series
 Michigan Conference of Seventh-day Adventists
 PO Box 19009
 Lansing, MI 48901
 1-866-624-5433; 517-316-1596
 vmckenzie@lifestylematters.com
 www.lifestylematters.com
 Vicki Griffin</p> |
|--|--|

Program description: Foods for Thought: Nutrition's Link with Mood, Memory, Learning and Behavior. Can what you eat and other lifestyle choices influence how you think, act, and feel? Are lifestyle diseases linked with impaired mental processing and learning? Regardless of your age, discover how to energize your whole system.

Finances

- | | |
|--|---|
| <ul style="list-style-type: none"> • Start up costs • Cost per person based on a group of 25 participants • Charge per person | <p>\$169.95
 \$15.00
 \$20-25</p> |
|--|---|

Program (P: pre-packaged, S: self run)

P

Class sessions

- | | |
|--|-----------------------------------|
| <ul style="list-style-type: none"> • Number • Length | <p>4
 1.5 Hours</p> |
|--|-----------------------------------|

Testing (y/n)

N

Staff

- | | | |
|--|---|---------------------------|
| <ul style="list-style-type: none"> • Number needed • Professionals required (MD, RN, RD, health educator, others) (y/n) • Training required (y/n) | <p>6
 per sixty people
 Training video included</p> | <p>N
 Y</p> |
|--|---|---------------------------|

Food preparation/demonstration part of program (y/n)	Y
Follow up built in (y/n)	Y (8 month supper club)
Format	
• DVD lecture presentation	Y
• Live presentation	Y
• Languages	English
Planning (rate 1-5, easy-extensive planning)	3
Hand out material preprinted (y/n)	Y
Advertising/promotion ready to use (y/n) (through Hamblin Company-800-274-0016/www.lifestylematters.net)	Y
Evaluation (S: structured/planned, U: unstructured/informal)	S
• Comments: Lifestyle Matters provides unique community education programs combining the latest scientific knowledge with practical applications that promote healing, encourage friendships in the church/community and enhance friendship with God and interest in Bible truth. HOPE Promo Materials are available from the Hamblin Co. 800-274-0016/ www.lifestylematters.net	

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Consumer's Guide to Health Ministry Resources No. 13
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Consumer's Guide to Health Ministry Resources *No. 14*

Contact information

- Program **Diet & Stress – Simple Solutions**
- Company Lifestyle Matters Health Intervention Series
- Address Michigan Conference of Seventh-day Adventists
- Address PO Box 19009
- Address Lansing, MI 48901
- Telephone number 1-866-624-5433
- Email vmckenzie@lifestylematters.com
- Website www.lifestylematters.com
- Contact person Vicki Griffin

Program description: Learn the latest from science on how to cope with stress and lower stress proneness, while decreasing your disease risk and increasing your energy. Discover simple lifestyle changes that can have a dramatic effect on your ability to deal with life's daily stressors.

Finances

- Start up costs \$169.95
- Cost per person based on a group of 25 participants \$15.00
- Charge per person \$20-25

Program (P: pre-packaged, S: self run) P

Class sessions

- Number 4
- Length 2 Hours

Testing (y/n) N

Staff

- Number needed 6
per sixty people
- Professionals required (MD, RN, RD, health educator, others) (y/n) N
- Training required (y/n) Training video included Y

Food preparation/demonstration part of program (y/n)	Y
Follow up built in (y/n)	Y (8 month supper club)
Format	
• DVD lecture presentation	Y
• Live presentation	Y
• Languages	English
Planning (rate 1-5, easy-extensive planning)	3
Hand out material preprinted (y/n)	Y
Advertising/promotion ready to use (y/n)	Y
– through Hamblin company-800-274-0016/www.lifestyl matters.net	
Evaluation (S: structured/planned, U: unstructured/informal)	S

Comments: Lifestyle Matters provides unique community education programs that combine the latest scientific knowledge with simple, practical applications that will promote healing, encourage friendships in the church/community and enhance friendship with God and interest in Bible truth. HOPE Promo Materials are available from the Hamblin Co. 800-274 0016/www.lifestyl matters.net

Consumer's Guide to Health Ministry Resources *No. 15*

Contact information

- | | |
|--------------------|---|
| • Program | Living Free |
| • Company | Lifestyle Matters Health Intervention Series |
| • Address | Michigan Conference of Seventh-day Adventists |
| • Address | PO Box 19009 |
| • Address | Lansing, MI 48901 |
| • Telephone number | 1-866-624-5433 |
| • Email | vmckenzie@lifestylematters.com |
| • Website | www.lifestylematters.com |
| • Contact person | Vicki Griffin |

Program description: Living Free: Finding Freedom from Habits That Hurt. Living Free examines how addictions work, outlining practical keys for breaking any bad habit. Topics covered: obesity and food addictions, substance addictions, prescription addiction, smoking and alcohol addiction, entertainment and internet addictions, and behavioral addictions such as gambling and pornography.

Finances

- | | |
|---|----------|
| • Start up costs | \$199.95 |
| • Cost per person based on a group of 25 participants | \$15.00 |
| • Charge per person | \$20-25 |

Program (P: pre-packaged, S: self run) P

Class sessions

- | | |
|----------|---------|
| • Number | 4 |
| • Length | 2 hours |

Testing (y/n) N

Staff

- | | |
|-----------------|------------------|
| • Number needed | 6 |
| | per sixty people |

- | | |
|--|---|
| • Professionals required (MD, RN, RD, health educator, others) (y/n) | N |
|--|---|

<ul style="list-style-type: none"> • Training required (y/n) Training video included 	Y
Food preparation/demonstration part of program (y/n)	Y
Follow up built in (y/n)	Y
	(8 month supper club)
Format	
<ul style="list-style-type: none"> • DVD lecture presentation • Live presentation • Languages 	Y Y English
Planning (rate 1-5, easy-extensive planning)	3
Hand out material preprinted (y/n)	Y
Advertising/promotion ready to use (y/n) (through Hamblin Company-800-274-0016/www.lifestyl matters.net)	Y
Evaluation (S: structured/planned, U: unstructured/informal)	S

Comments: Lifestyle Matters provides unique community education programs that combine the latest scientific knowledge with simple, practical applications that will promote healing, encourage friendships in the church/community and enhance friendship with God and interest in Bible truth. HOPE Promo Materials are available from the Hamblin Co. 800-274-0016/www.lifestyl matters.net

Consumer's Guide to Health Ministry Resources *No. 16*

Contact information

- Program **Stress Beyond Coping**
- Company Stress: Beyond Coping
- Address 4541 Timberland Drive
- Address Berrien Springs, MI 49103
- Telephone number 269-208-3378; 269-685-1914
- Email info@stressbeyondcoping.com
- Website www.stressbeyondcoping.com
- Contact persons Skip MacCarty, DMin;
Pamela Litzak, PhD

Program description: This is the official stress reduction program endorsed by NAD and GC Health Ministries departments. Instructor's CD contains everything a group leader needs to present the Stress: Beyond Coping seminar. Powerpoint graphics and word-for-word scripts are organized into 6 sessions. Participants enthusiastically affirm the effectiveness of this program.

Finances

- Start up costs (introductory special) for 25 participants \$159.95
- Cost per person based on a group of 25 participants \$7.95+
- Charge per person \$25.00 - \$30.00

Program (P: pre-packaged, S: self run) P

Class sessions

- Number 6
- Length 2 hours

Testing (y/n) N

Staff

- Number needed 3
- Professionals required (MD, RN, RD, health educator, others) (y/n) N
- Training required (y/n) N

Food preparation/demonstration part of program (y/n)

Follow up built in (y/n)	N
Format	
• PowerPoint lecture presentation	Y
• Live presentation	Y
• Languages	English
Planning (rate 1-5, easy-extensive planning)	3
Hand out material preprinted (y/n)	Y
Advertising/promotion ready to use (y/n)	Y
Evaluation (S: structured/planned, U: unstructured/informal)	U

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Consumer's Guide to Health Ministry Resources *No. 17*

Contact information

- | | |
|--------------------|---|
| • Program | Wellspring Diabetes Program |
| • Company | Developed by Lifestyle Center of America |
| • Address | PO Box 64 |
| • Address | Lone Grove OK 73443 |
| • Telephone number | 508-504-2310 |
| • Email | lcetean@gmail.com |
| • Website | |
| • Contact person | Linda Cetean (affiliated with Lifestyle Center) |

Program description: The Wellspring Diabetes Program is a comprehensive, community-based program that can be used effectively as a community ministry. Participants learn how to treat the cause of diabetes rather than just medicating the symptoms. Participants must work closely with their personal physician and are encouraged to purchase a \$49 basic kit, or a \$99 advanced kit (basic kit plus heart-rate monitor).

The Wellspring Diabetes Program may be coordinated with the Wellspring Healthy Cooking program.

Finances

- | | |
|---|------------|
| • Start up costs | \$199 |
| for coordinator's kit | |
| • Cost per person based on a group of 25 participants | \$99-\$195 |
| • Charge per person | \$99-\$195 |

Program (P: pre-packaged, S: self run) P

Class sessions

- | | |
|----------|------------|
| • Number | 16 |
| • Length | 45 minutes |

Testing (y/n) N

Staff

- | | |
|---------------------------|-----|
| • Number needed | 1-5 |
| depending on program size | |

<ul style="list-style-type: none"> • Professionals required (MD, RN, RD, health educator, others) (y/n) • Training required (y/n) 	N Included
Food preparation/demonstration part of program (y/n)	Y
Follow up built in (y/n)	N
Format	
<ul style="list-style-type: none"> • DVD lecture presentation • Live presentation • Languages 	Y English
Planning (rate 1-5, easy-extensive planning)	3
Hand out material preprinted (y/n)	Y
Advertising/promotion ready to use (y/n)	N
Evaluation (S: structured/planned, U: unstructured/informal)	S
Comments: Obtaining donations to subsidize participants can assist individuals needing help to enroll.	

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Contact information

- Program **Nedley Depression Recovery Program**
- Company Nedley Health Solutions
- Address PO Box 1565
- Address Ardmore, OK 73402
- Telephone number 888-778-4445 or 580-226-8007
- Email info@drnedley.com
- Website www.drnedley.com
- Contact person Paula Reiter

Program description: Community-based mental health education program motivates participants in self-help strategies to improve mental health. Helps each participant evaluate for depression, indicating level of severity, learn the 10 major causal categories and how to reverse them; understand and apply Cognitive Behavior Therapy; detect and reverse nutritional, frontal lobe and lifestyle causes of depression.

Finances

- Start up costs \$249
- Cost per person based on a group of 25 participants.
Material costs only: \$99/individual, \$130/family couple.

Program (P: pre-packaged, S: self run) P

Class sessions

- Number Free Intro session, 8 weekly sessions (one per week), and completion banquet
- Length Each session includes 1-hour lecture, 1-hour small group time.

Testing (y/n) Y

Staff

- Number needed 3 – 5 minimum (1 – 2 additional per 10 participants)
- Professionals required (MD, RN, RD, health educator, others) (y/n) N, but helpful

- Training required (y/n) Not absolutely necessary, but beneficial for greater success rates.

Food preparation/demonstration part of program (y/n) Y

Follow up built in (y/n) N

Format

- DVD lecture presentation Y
- Live presentation An option for those who take NAD training
- Languages English

Planning (rate 1-5, easy-extensive planning) 4

Hand out material preprinted (y/n) Y

Advertising/promotion ready to use (y/n) Y

Evaluation (S: structured/planned, U: unstructured/informal) S

Comments: Participants are impressed with materials and caring atmosphere program provides; bond with facilitators; accept follow-up programs. Homework is vital; facilitators should plan time to discuss assignments, urge participants to keep current.

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Contact information

- | | |
|--------------------|--|
| • Program | Breath Free Plan to Stop Smoking |
| • Company | Health Connection |
| • Address | 55 West Oak Ridge Dr. |
| • Address | Hagerstown, MD 21740 |
| • Telephone number | 800-548-8700 (closed Fridays) |
| • Email | sales@healthconnection.org |
| • Website | www.healthconnection.org &
www.adventistwellness.org |
| • Contact person | Larry Macumber |
| • Fax | 888-294-8405 |

Program description: PowerPoint CD contains nine sessions with colorful illustrations and text for a first-quality presentation This program includes a planning and advertising guide for attracting large groups, detailing job description for all staff, the partners-kit manuscript, evaluation procedures plus sample diploma, button, advertising flier, poster, personal plan booklet and more.

Finances

- | | |
|---|----------|
| • Start up costs
for Director's kit | \$69.95 |
| • Cost per person based on a group of 25 participants | \$1.65 + |
| • Charge per person | \$25.00 |

Program (P: pre-packaged, S: self run) P

Class sessions

- | | |
|----------|----------------|
| • Number | 9 |
| • Length | 1 to 1 ½ hours |

Testing (y/n) N

Staff

- | | |
|---|---|
| • Number needed | 3 |
| • Professionals required (MD, RN, RD, health educator, others) (y/n)
(health professional is recommended, but not required.) | N |
| • Training required (y/n) | N |

Food preparation/demonstration part of program (y/n)	N
Follow up built in (y/n)	Y
Format	
• DVD lecture presentation	
• Live presentation	Y
• Languages	English
Planning (rate 1-5, easy-extensive planning)	4
Hand out material preprinted (y/n)	Y
Advertising/promotion ready to use (y/n)	Y
Evaluation (S: structured/planned, U: unstructured/informal)	S

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Contact information

- Program **CHIP** (Coronary Health Improvement Project)
- Company Adventist CHIP Association
- Address 247 Peach Orchard Road
- Address Greeneville, TN 37745
- Telephone number 866-732-2447
- Email info@adventistchip.org
- Website www.adventistchip.org
- Contact person Kathy Pflugrad

Program description: CHIP is a 30-day intensive lifestyle education program designed to reduce the risk factors for coronary artery disease, diabetes type 2, hypertension, and obesity through the adoption of better health habits and lifestyle choices. Lifestyle risk factors and clinical indicators (Total Cholesterol, HDL, LDL, Triglycerides, Radio, and Fasting Blood Sugar) are measured at the beginning and end of the program.

Finances

- Start up costs \$685.00
- Cost per person based on a group of 25 participants \$233.00
(approx. & includes 2 blood tests)
- Charge per person Suggested: \$250/person, \$375/couple

Program (P: pre-packaged, S: self run)

P

Class sessions

- Number 16 + graduation & follow up
- Length 2 hours

Testing (y/n)

Y

Staff

- Number needed 5-15 (depends on group size)
- Professionals required (MD, RN, RD, health educator, others) (y/n) Y
- Training required (y/n) Y

Food preparation/demonstration part of program (y/n) --	Y
Follow up built in (y/n)	Y
Format	
• DVD lecture presentation	Y
• Live presentation	Y
• Languages	English
Planning (rate 1-5, easy-extensive planning)	5
Hand out material preprinted (y/n)	Y
Advertising/promotion ready to use (y/n)	Y
Evaluation (S: structured/planned, U: unstructured/informal)	S

Comments: Articles about CHIP have appeared in multiple peer-reviewed medical and health journals including the *American Journal Cardiology* (1988), *Journal of Occupational and Environmental Medicine* (2002), and the *Journal of Preventive Medicine* (2004). Startup costs include the DVD lecture series with license for public use and software for submitting confidential clinical results and the *CHIP Operations & Resource Manual* (300 pages) with CD of reproducible documents. Routine participant expenses: one set of materials, two blood draws and analyses. Other expenses include additional handouts, food samples, and office supplies.

Testing (y/n) N

Staff

- Number needed: 1
- Professionals required (MD, RN, RD, health educ., others) (y/n) N
- Training required (y/n) N

Food preparation/demonstration part of program (y/n) N

Follow up built in (y/n) N

Format

- DVD/video lecture presentation
- Live presentation
- Languages

Planning (rate 1-5, easy-extensive planning) 1

Hand out material preprinted (y/n) N

Advertising/promotion ready to use (y/n) N

Evaluation (S: structured/planned, U: unstructured/informal) U

Comments: If magazines are sold/resold, follow local sales tax rules.