

# Church Lifestyle Ministry Information

The following is a ministry to assist others to engage in good practices in order to lessen the risk of disease and early death. It also includes the spiritual component that is the foundation of our worldview, and how we see ourselves, others, and God.

## Facts about health in our nation:

- Most Americans have one chronic medical illness. 40% have two or more!
- 80% of chronic disease is **preventable!**
- Our lifestyle behaviors are responsible for 40% of all premature (early) deaths.
- The United States spends the most of any country in the world on healthcare.
- BUT, we rank **34th** in life expectancy!!!

## Major contributors to chronic illness and death are:

- Poor diet
- Smoking
- Inactivity
- Alcohol and other substance use
- Poor or inadequate sleep
- Stress
- Lack of good relationships (feeling lonely and isolated)

## Lifestyle changes are extremely important to treat (for example):

- Type 2 diabetes
- High Blood Pressure
- Obesity
- High lipids / cholesterol

## Leading causes of death in America (that can all be reduced with good lifestyle choices):

- Heart disease
- Cancer
- Accidents
- Chronic lung disease
- Stroke
- Alzheimer's disease
- Diabetes
- Kidney disease

## How might this ministry help, and what is being offered?

- 1) For those interested, they will receive a 26 question evaluation.
- 2) I will then meet with each individual to review the results and provide:
  - 1) Written educational material
  - 2) Personal recommendations
  - 3) Ongoing support as desired
  - 4) A followup survey in about a month to check progress
  - 5) Additional testing if interested (blood pressure and blood sugar measurements)
  - 6) All done with great care to avoid any conflict with care received from your healthcare provider.
- 3) Participants will then complete the Personal Lifestyle Planner and indicate a commitment to reasonable goals they wish to set for themselves under each category that is applicable to each person.
- 4) I will then meet with each participant in about a month to repeat the questionnaire to check for change.
- 5) The ministry will continue to offer support and periodic screening, education and support for all who are interested.

**Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; [20] you were bought at a price. Therefore honor God with your body. (1 Corinthians 6:19-20 NIV84)**

♦ Let me know if you are interested in participating and I will set up a time to begin with a 26 question survey that does not take long to complete.

For more information, comments or questions, call or text \_\_\_\_\_  
at \_\_\_\_\_, or send an email to \_\_\_\_\_

**Thank you for your willingness to participate!**