

HEALTH

In its simplest terms, HEALTH is:

- A state of complete physical, mental, and social well-being,
- It is not merely the absence of disease,
- A human right



Personal Knowledge, Perceptions, & Practice of Health

Use as a discussion starter for an adult class in your congregation.

1. What does HEALTH mean to you?
2. How do you keep healthy? List 5 things.
3. How do you get sick? List 5 things.
4. What are the most common illnesses in your family?
 - For the children
 - For adults
 - For seniors
5. Why does each of these age groups get sick? Common causes?
6. Where do you first go for health advice?
7. Where do you first go for health treatment?
8. What role does your faith tradition and your spirituality play in your health?



Provided by Outreach International
Health Assessment Tools
by Drs Dennis and Lorna Labayen

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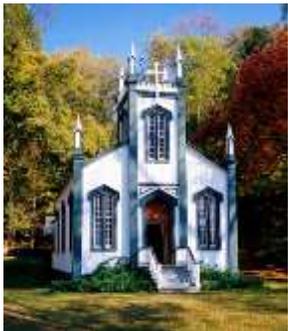


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COMMUNITY HEALTH ASSESSMENT

1. Identify 3 most common health problems or issues.
2. What are the most common causes of death for:
 - Children under 5
 - Children 6-12 years old
 - Youth 13-18 years old
 - Young adults 18-35 years old
 - Adults 35-65 years old
 - Senior adults 65+ years old
3. Are there health services in your community?
4. Do you know people without health insurance?
5. Where do people go if they have no health insurance?
6. Where do people go if they have no dental insurance?
7. What other obstacles prevent folks from receiving medical care?

WHAT ROLE in HEALTH SHOULD the CHURCH PLAY?



How does your congregation address the physical, mental, and spiritual needs to assist each person to become whole?

How does your congregation handle attendees with a health crisis?

How does your congregation bring healing ministries to your community?

“The restoring of persons to healthy or righteous relationships with God, others, themselves, and the earth is at the heart of the purpose of your journey as a people of faith.”
Doctrine & Covenants 163:2b

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