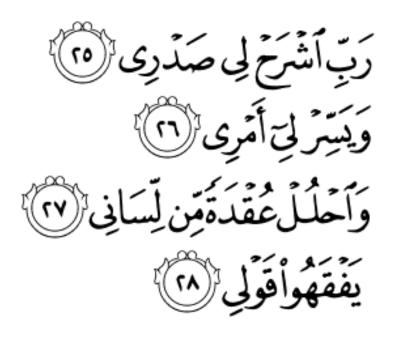
Community Health & Wellness Program At Houses of Worship



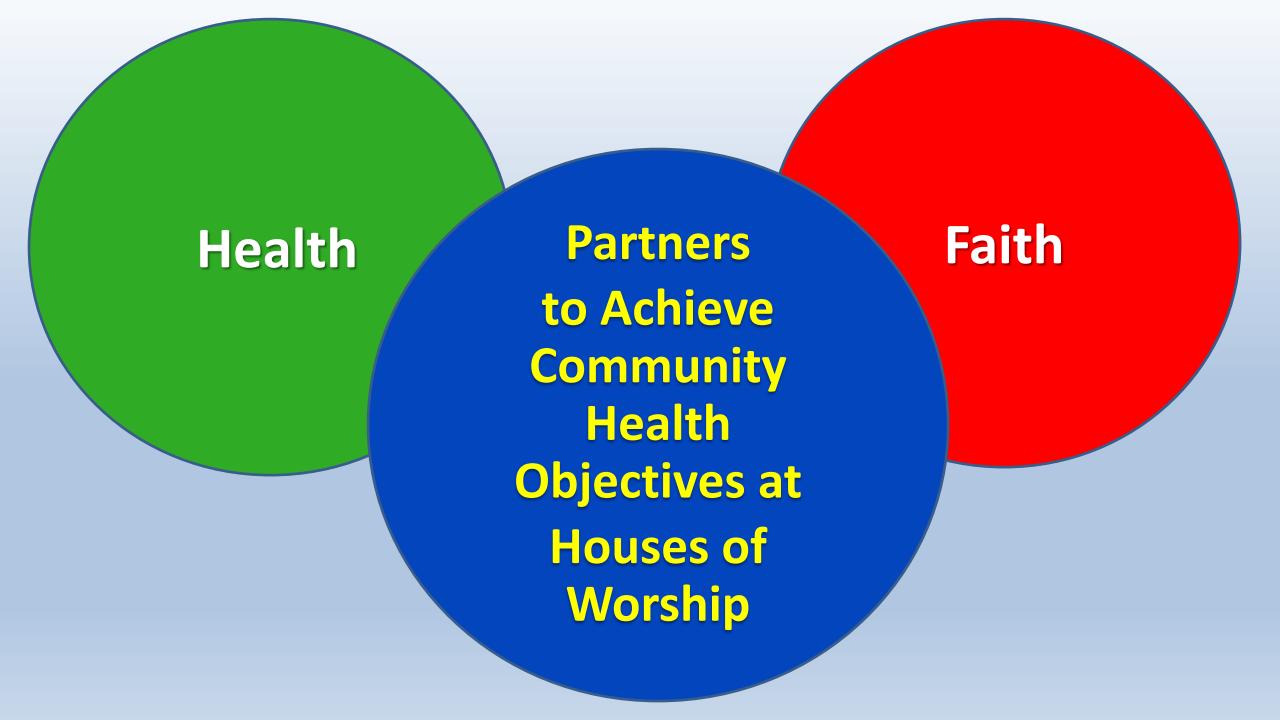




[Moses] said, "My Lord, expand for me my breast [with assurance]
And ease for me my task
And untie the knot from my tongue
That they may understand my speech.
- Quran Taha: 25-28

I do not treat nor advise on medical issues, nevertheless, to raise the health awareness among the community by health education and promotion, and prevention of the diseases. So, the people acquire the knowledge, skills, and information to make healthy choices, enabling them to have better control over their own health and well-being, and adopting healthier lifestyles.

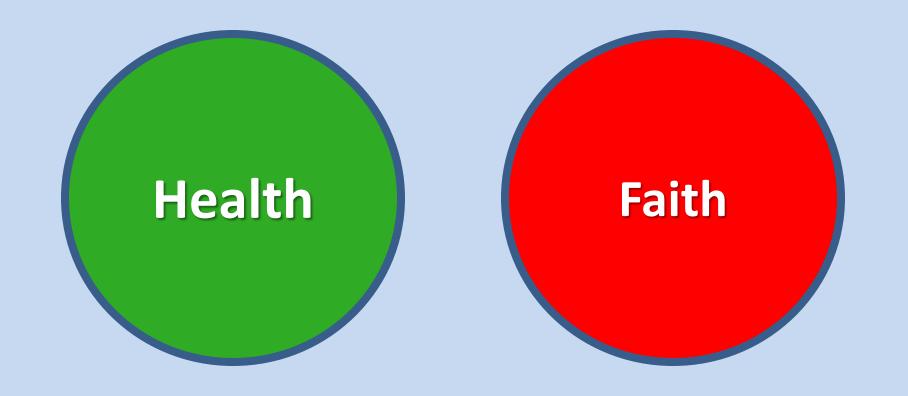
Mohammad Masood Athar, MD, MPH



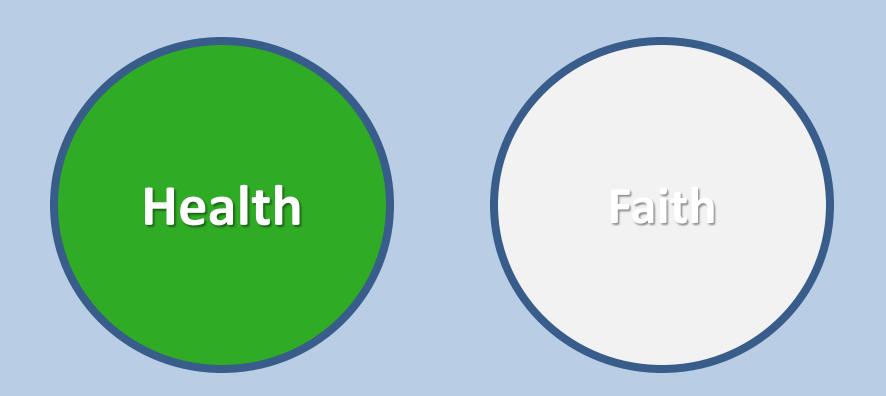
Basic Concepts

Connection between Health And Faith Our Lord created us in the best shape We are the custodian of the His spirit Many diseases are preventable Screening and early detection saves lives Promotion of health and wellness U-turns are always open Every individual is responsible for her/his own health





Historically neither medical science nor faith has embraced each other, rather considered as adversary.





What is health?

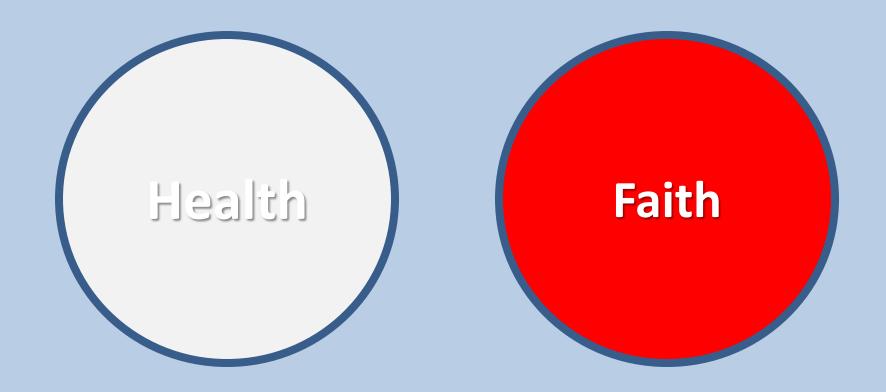
Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

WHO: New York, 19-22 June, 1946

What is public health?

Public Health is the science of protecting and improving the health of communities through education, promotion of healthy lifestyles, and research for disease and injury prevention

Public health is a multi-disciplinary approach to the prevention and control of unhealthy conditions and disease, concerned with protecting the health of a community/entire populations



Definition of Faith

The theological virtue as secure belief in a Supreme Power-God and a trusting acceptance of God's will.

Basic Concepts

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We have indeed created man in the best of stature





Quran 95:4

Creation of Human

Behold! thy Lord said to the angels: "I am about to create man, from sounding clay from mud molded into shape; When I have fashioned him (in due proportion) and **breathed into him of**My spirit, fall ye down in obeisance unto him."

Quran 15:28-29

We have certainly created man in the **best of** stature

Quran 95:4

الَّذِي أَحْسَنَ كُلُّ شَيْءٍ خَلْقَهُ ﴿

He Who has made everything which He has created most good:

Quran 32:7



Him Who created thee. Fashioned thee in due proportion, and gave thee a just bias;

Quran 82:7

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَن تَقُويِم

We have indeed created man in the best of moulds, Ouran 95:4

ثُمُّ سَوًّاهُ وَنَفَخَ فِيهِ مِنْ رُوحِهِ ﴿

But He fashioned him in due proportion, and breathed into him something of His spirit.

Ouran 32:9





These verses from Quran are related to the creation of mankind by Allah, all praise to Him, are very concise and each word has a specific meaning within a certain context. These verses tell us that Allah, all praise to Him, created human fashioning it with the right proportions, and whatever He creates is in the best image. Further, Allah, all praise to Him, breathed into him His spirit to bring to life.

That means we the human are the custodian of His spirit, the honor of guest is reflected onto the house, and the guest's perfection has made it perfect as well. Our body is like a guesthouse where soul stays for an appointed period of time. Thus, our physical bodies are a trust from Allah, all praise to Him, and we are accountable for how we look after our health.

Therefore, every individual is responsible for her/his own health!

Genesis 1

- ▶ 26 Then God said, "Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth."
- ▶ 27 So God created humankind in his image, in the image of God he created them; male and female he created them.

(http://bible.oremus.org/?passage=Genesis+1)

Creation of Human

And the Lord God formed man of the dust of the ground and breathed into his nostril the breath of life.

Genesis 2:4-5, 7

The Spirit of God has made me; the breath of the Almighty gives me life

Job 33:4

Spirit, Soul and Body

- God made man, a being composed of a tri-unity ---body, soul and spirit, in the image of God;
- A perspective on health, therefore, shares the concern of **Paul** that 'our spirit and soul and body be kept sound and blameless'

1 Thessalonians 5:23

And God said, Let us make man in our image, after our likeness: Genesis 1:26

And the Lord God formed man of the dust of the ground, and breathed into his nostril the breath of life. Genesis 2:4-5,7

The Spirit of God has made me; the breath of the Almighty gives me life. Job 33:4

Therefore you are to be perfect, as your heavenly Father is perfect.

Matthew 5:48

For everything created by God is good Timothy 4:4

As for God, His way is blameless; Psalm 18:30

Cease ye from man, whose breath is in his nostrils: for wherein is he to be accounted of?

Isaiah 2:22

CREATION OF HUMAN IN BIBLE

These verses from Holy Bible are related to the creation of mankind by God, the Creator, are very concise and each word has a specific meaning within a certain context. These verses tell us that God, the Almighty, created human fashioning it with the right proportions, and whatever He creates is in the best image. Further, God, the Gracious, breathed into him His spirit to bring to life.

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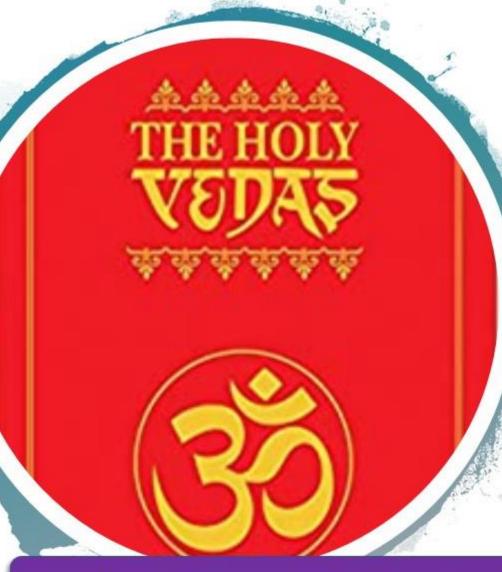
Therefore, every individual is responsible for her/his own health!

Creation of Human

The "Taittiriya Brāhmana" says, "This entire (universe) has been created by Brahmā, ... "Prajāpati" desired, 'May I propagate.' He practiced austerity. His breath became alive. With that breath (asu) he created asuras (manuv).

Chapter IX Vedic and Puranic

Creation of Man in Hinduism



The "Taittiriya Brāhmana" says, "This entire (universe) has been created by Brahmā, ... "Prajāpati" desired, 'May I propagate.' He practiced austerity. His breath became alive. With that breath (asu) he created asuras (manuv).

Chapter IX Vedic and Puranic

The creation of mankind by God, the Creator's words are very concise, and each word has a specific meaning within a certain context. God, the Gracious, breathed into him His spirit to bring to life. That means we as humans are the custodian of His spirit, the honor of guest is reflected onto the house. and the guest's perfection has made it perfect as well. Our body is like a guesthouse where soul stays for an appointed period. Thus, our physical bodies are a trust from God, all praise to Him, and we are accountable for how we look after our health.

Therefore, every individual is responsible for her/his health and well-being!

Dynamic Unity

- God creates human beings as whole persons each one a dynamic unity of body, mind, and spirit
- Religious life is inseparable from secular life, physical, emotional and spiritual health cannot be separated, make a completely healthy person

Health concerns the proper functioning and well-being of the whole person

Best Creation

- ▶ Translated as in the best stature
- ► Body is like a guesthouse where *soul* stays for some period of time
- ► The honor of guest is reflected onto the house, and the guest's perfection has made it perfect as well
- Our bodies are a trust from Almighty and we are accountable for how we look after our health and well-being

Temple of the Holy Spirit

Our body is a temple of the Holy Spirit, have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body.

1 Cor. 6:19-20

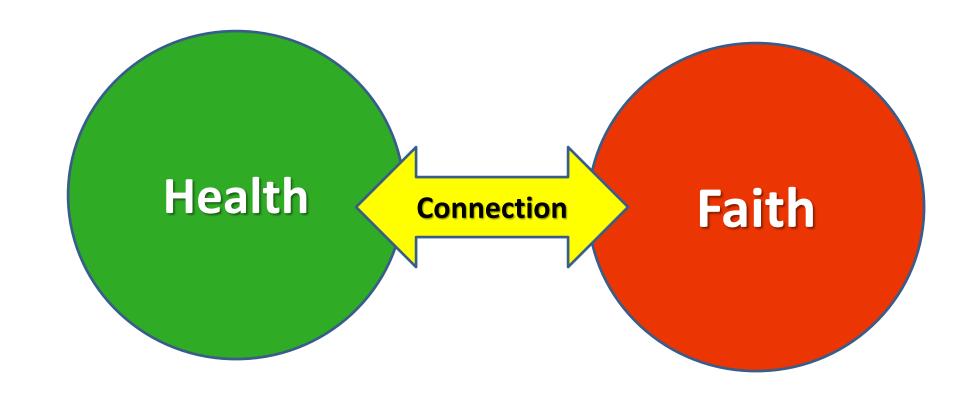
Health & Faith

In the 1990s this nascent area of research began to mature.
 The quantitative as well as methodological qualitative studies on religion and health started

 Research initiatives were launched within National Institute of Health, including extramural programs of the National Institute on Aging, the National Institute on Alcohol Abuse and Alcoholism, and the National Center for Complementary and Alternative Medicine.

Health & Faith

- There is epidemiological evidence linking religiousness to morbidity and mortality, possible biological pathways linking spirituality/ religiousness to health, and advances in the assessment of spiritual/religious variables in research and practice
- There is persistent predictive relationship between religious variables and health, and its implications in research and practice
- The investigation of spiritual/religious factors in health is clearly warranted and clinically relevant



Today, an increasing number of scientific authorities acknowledge that spiritual practices, including prayer, worship, and service to others, influence our health.

Basic Concepts

Connection between Faith and Health Our Lord created us in the best shape We are the custodian of the His spirit Many diseases are preventable Screening and early detection saves lives Promotion of Health and wellness U-turns are always open Every individual is responsible for her/his own health and well-being

What is Public Health?

Public Health is a multidisciplinary scientific approach of protecting and improving the health of communities through education, promotion of healthy lifestyles, and research for disease and injury prevention.



A good number of Chronic diseases are preventable

US: Chronic Diseases

- Recent data show that in the U.S. chronic diseases account for 75% of health care costs and 70% of all mortality
- Illinois mirrors these national statistics for a number of chronic conditions (arthritis, asthma, cancer, coronary heart disease and diabetes) as well as for the primary risk factors for developing chronic disease (high cholesterol, obesity, physical inactivity and inappropriate diet).

Top 10 causes of Deaths in the US

Ischemic Heart Disease 36%

Stroke 23%

Cancer 11%

Other Circulatory/Heart Diseases 4%

Hypertensive Heart Disease 3%

Chronic Obstructive Pulmonary Disease 3%

Rheumatic Heart Disease 2%

Cirrhosis 2%

Diabetes 1%

Road Injury 1%

(<u>+</u> 65%: IHD, Stroke, Hypertension & Diabetes)

Majority Are Preventable

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Screenings and Early Detection **Saves Lives**

Screening Saves Lives!

Screenings are tests that look for diseases before you have symptoms.

Screening tests can find diseases early, when they're easier to treat.

Some conditions that are commonly screened:

- •Breast cancer and cervical cancer in women •Prostate cancer in men
- Colorectal cancer Diabetes High blood pressure High cholesterol
 Osteoporosis Overweight and obesity

Some Tests
Blood Pressure
Diabetes
Cholesterol
Blood in Stool

Which tests you need depends on:
your age, your sex, your family history,
and whether you have risk factors for
certain diseases

Screening
Mammogram
Colonoscopy
PAP smear
PSA

Do not wait, consult your physician and ask what test you need?

Screenings Saves Lives

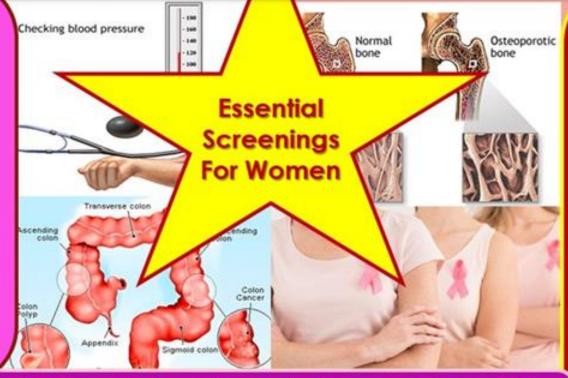
Detecting symptoms of certain health conditions early, when they are more easily treatable, saves lives.

Age 18-39

-Blood Pressure Screening

-Cholesterol Screening

- -Diabetes Screening
 - -Weight Check & Obesity
- -Receive required age related immunizations
 - -Dental check up



Consult your Health Care Provider regularly and enquire for age appropriate screening tests. Discuss your risk for future medical problems keeping in view your family history and risk factors, if any, to prevent the complications.

Age 40 - 65 & beyind

- -Blood Pressure Screening
- Cholesterol Screening: to prevent Heart Disease
 - -Cervical Cancer Screening
- -Breast Cancer Screening
 - -Diabetes Screening:
 - Blood sugar level
 - -Colon-rectal Cancer Screening
- -Osteoporosis Screening
 - -Dental and Eye
 Examination
- -Immunization: regular Flu Shots

Regularly exercise, proper diet, no smoking and alcohol, weight watch & lead healthy Lifestyle!

Remember, every woman is responsible for her own health and well being!

Mohammad Masood Athar, MD, MPH

Screenings Saves Lives

Detecting symptoms of certain health conditions early, when they are more easily treatable, saves lives.

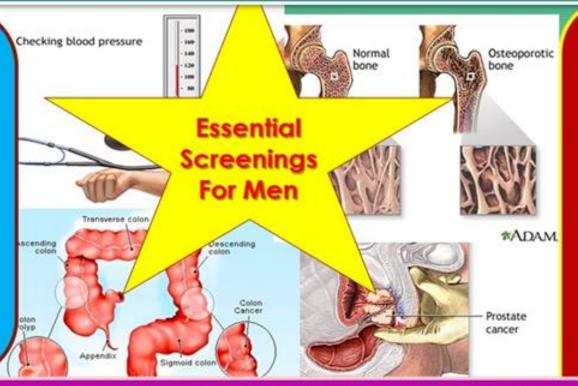
Age 18-39

-Blood Pressure Screening

-Cholesterol Screening

- -Diabetes Screening
 - -Weight Check & Obesity
- -Receive required age related immunizations

-Dental check up



Consult your Health Care Provider regularly and enquire for age appropriate screening tests. Discuss your risk for future medical problems keeping in view your family history and risk factors, if any, to prevent the complications.

Age 40 - 65 & beyond

- -Blood Pressure
- -Cholesterol Screening
 - -Diabetes Screening
- -Colon-rectal Cancer Screening
 - Prostate Cancer
 - Screening
 - -Dental and Eye Examination
- -Immunization: regular Flu Shots
 - -Screening for osteoporosis

Regularly exercise, proper diet, no smoking and alcohol, weight watch & lead healthy Lifestyle!

Remember, every man is responsible for his own health and well being!







H



SCREENINGS

SEXUALLY TRANSMITTED INFECTIONS



WELL-WOMAN, WELL-BABY, AND WELL-CHILD



VACCINATIONS

FLU, PNEUMONA, MEASLES, POLIO, MENINGITIS AND OTHER DISEASES



Can save 100,000 lives/year

- These graphic states that if everyone in the US received recommended clinical preventive care, we could save over 100,000 lives each year
- Preventive health care can help to stay healthier throughout life. For many people, certain preventive health care is now free, with no copays or deductibles.

Centers for Disease Control and Prevention

And whoever saves a life, it is as though he had saved all mankind. (Qur'an 5:32)

"...And whoever saves one life, saves an entire world" (Sanhedrin 4:5)

Basic Concepts

Connection between Faith and Health
Our Lord created us in the best shape
We are the custodian of the His spirit
Many diseases are preventable
Screening and early detection saves lives

Promotion of Health and Wellness

U-turns are always open
Every individual is responsible for her/his own health and well-being

Health Promotion And Wellness

Wellness-oriented Lifestyle

- ► Wellness, as a state of health, is closely associated with your lifestyle.
- ► A wellness-oriented lifestyle encourages you to adopt habits and behaviors that promote better health and an improved quality of life.
- ▶ It also involves the recognition that you have physical, psychological, social, and spiritual needs, with each dimension being necessary for optimal levels of functioning.



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High Blood Cholesterol

High Blood Pressure

. . .

DO NOT

ENTER

Alcohol

Obesity

Diabetes

Smoking

High Salt Low Potassium

Lack of Exercise



Lifestyle Modifications

Regular Exercise
Stop Smoking

Low Salt Diet

Weight Control
Manage Stress

Low Fat Diet

High Fiber Diet
Healthy Diet



U-turns Are Always Open

Concept of U-Turn

- If you carry the risks for any disease got to stop somewhere and take a U-turn. The U-turn is towards good health by adopting healthy lifestyle.
- Lifestyle modification can reduce the risk of many diseases
- ► It has been shown that intensive lifestyle changes can prevent disease, stop the progression in those who have already suffered and even can regress

Indeed, Allah never changes the condition of the people unless they strive to change themselves

-Quran 13:11

Jesus 'Sermon on the Mount' -Matthew
7 "Ask, and it will be given to you; search, and you will find;
knock, and the door will be opened for you.
8 For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened.

Basic Concepts

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Every individual is responsible for her/his own health & well-being

Lifestyle: Take Charge

Since lifestyle has been found to be the single most important factor determining your pattern of general health, it is important that you be educated to "take charge" of your daily life and to set healthy lifestyle goals.

Faith

Partners to Achieve **Community** Health **Objectives at Houses of** Worship

Public Health

Whose Responsibility?

Empirically health status of the community is the responsibility of:

- Individuals
- Public health agencies
- Businesses
- School systems
- Community organizations
- Religious Institutions

Faith Based Organizations (FBO) Houses of Worship (HOW)

- ► Faith-based Organizations/Houses of Worship are stable, enduring, and often the most trusted institutions in the community
- People often turn to their faith for strength in times of illness and stress
- Pastor/priest/pandit/imam etc play important role as opinion leader and communicator
- Often can reach the community, otherwise not easily accessible
- High attendance

Meta-analysis: 106 articles

- Health education: Nutritional guidance, Cholesterol education
- Prevention of Heart Diseases and Stroke
- Screening of high blood pressure and diabetes
- Weight control, physical activity
- Smoking cessation
- Cancer awareness and screening (breast, cervical, and prostate cancer) and prevention
- Geriatric care
- Mental health care

Conclusion: YES, can improve over all health outcomes

De Haven et al. Health Programs in Faith-Based Organizations: Are They Effective?

American Journal of Public Health

Partnership

The religious and spiritual connection with positive health behaviors makes faith-based organizations/Houses of Worship a natural partners for planning and implementing public health initiatives to improve the health of the community

The choices you make have a dominant influence on your health and wellness.

Adopting or maintaining a healthy lifestyle is the right choice - if you want to live a happier, healthier and longer life.

Every Individual Is Responsible For Her/His Own Health & Well-being!

Power to stay healthy is in your own hands, take charge of your health!

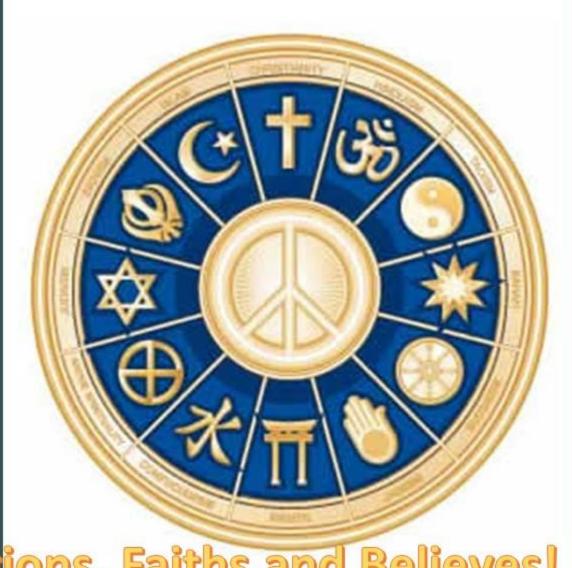
When you see the moon, you see the beauty of Lord!

When you see the sun, you see the power of Lord!

When you see the mirror, you see the best creation of Lord!







Public Health is for all Religions, Faiths and Believes!