



Northwest Parish Nurse Ministries

Everyone a Health Minister

Fact Sheet

After taking this class, my mindset changed. I realized I'd put my life on hold, expecting to 'get better.' When I accepted the fact that I had a chronic condition that I need to manage, I can't begin to tell you how much freedom I felt. This workshop was a life-changing event.

Participant in *Living Well with Chronic Conditions*

Programs and Services

- **Education** – offers classes throughout the Pacific Northwest in basic and advanced faith community nursing/health ministry studies approved by the International Parish Nurse Center and sponsors leadership training for caregiver classes;
- **Consultation/Support** – responds to individual, congregational and organizational requests for assistance in establishing and sustaining a health ministry program;
- **Conferences/Retreats** – hosts a conferences every other year and participates in regional retreats on the alternate years, as well as retreats for Coordinators;
- **Resource Center** – Provides information and links to resources and best practices relating to health ministry, in addition to interactive forums on its webpage;

Did you know?

- 87% of American adults do not follow the 4 rules of healthy living – eating right, keeping a healthy weight, exercising, and not smoking.
- 25% of the American population is obese and diabetes, especially among children, is increasing at record-breaking rates.
- The 3 leading causes of death in the United States are heart attacks, cancer and strokes, the risks of which can be reduced through early intervention and prevention.
- 1 in 4 households involve caregiving, which without adequate support and access to resources can lead to depression, exhaustion, increased risk of illness, and early death.
- More than half of Americans suffer from one or more chronic diseases with treatment costs and productivity losses totaling over \$277 billion per year.

Some 2009 Accomplishments

- Saved millions of dollars in healthcare costs by promoting prevention and healthy living to at least 80,000 people in the Northwest and logged well over half a million miles in walking programs.
- Trained 62 people as faith community nurses/health ministers in classes held in Portland, Hillsboro and Bend, OR, Tacoma, WA, and Anchorage, AK, totaling well over 2000 since 1992.
- Supported and nurtured over 600 faith community nurses/health ministers in 7 states as they provided a range of services that included blood pressure clinics, health fairs, health classes, walking programs, health counseling, advocacy, prayer shawls, home and hospital visits, and countless referrals.
- Provided 12 *Living Well with Chronic Condition* workshops in Oregon and Washington for 116 people suffering from one or more chronic illnesses.
- Offered 16 *Powerful Tools for Caregiver* classes to 164 family caregivers and trained 10 additional class leaders.
- Hosted 4 Regional Retreats in Oregon and Washington on *The Gift Within: Nurturing and Sustaining a Compassionate Heart*, with over 100 in attendance.
- Organized the fourth annual Humor and Health Fest attracting over 255 people with Jenny Herrick, motivational speaker, author, clown and nurse, as the featured speaker.

