

# What can a health advocate do to help prevent chronic diseases?

## Promote healthy living by...

Giving health talks to the whole congregation



Giving one-on-one health advice



Organizing healthy cooking classes



Organizing regular group exercise sessions



## Perform simple health checks, like...

Testing blood pressure, checking weight, screening for diabetic foot disease

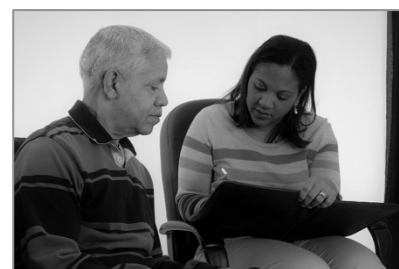


## Provide general health support, by...

Referring persons to the health centre as needed



Helping to fill out forms, like NIS claims



Checking that patients are using medicines as prescribed



Helping persons to keep records of their test results

**Here are your results**

Component	Date	Date		Date	
		Goal	Results	Goal	Results
Blood Pressure	<input checked="" type="checkbox"/>				
Eye Exam	<input type="checkbox"/>				
Dental Exam	<input type="checkbox"/>				
Brief Foot Exam	<input type="checkbox"/>				
Complete Foot Exam	<input type="checkbox"/>				
Weight	<input type="checkbox"/>				
Waist Circumference	<input type="checkbox"/>				
Immunizations	<input type="checkbox"/>				
Cardiovascular Risk	<input type="checkbox"/>				
Hemoglobin A1c	<input type="checkbox"/>				

## Would you like to be a health advocate for your place of worship?

- ☐ Would you like to stay healthy and help others do the same?
- ☐ Are you someone who is well-respected by your congregation?
- ☐ Did you complete secondary school?
- ☐ Are you able to keep good records?
- ☐ Do you respect the need for privacy and confidentiality?
- ☐ Do you have good writing and speaking skills?
- ☐ Are you able to remain calm and patient in stressful situations?
- ☐ Do you enjoy volunteer work and planning events?

If you answered "Yes" to all the questions above,



you may be the right person to serve as  
a health advocate for your congregation!

If you are interested in serving as a health advocate, please inform the leader of your place of worship. He or she will provide additional information about the CONTACT Study and the selection process. You may also reach out to CONTACT Study team members:

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