

North Caribbean Conference Health Department
2022 Healthful Living Challenge
Program Outline/Timeline

Challenge Explained

All of NCC membership will be challenged to adopt a new health habit every month during 2022. These habits include drinking enough pure water, moving more, eating healthier, getting enough sunlight & adequate rest, etc. “Let’s Get Healthy Together!”

You’re invited to come up with a catchy slogan that we can use. Here’s a sample:

N-C-C
Healthier Together
Before 2023

Our goal is to get a minimum of 100 persons to register as individuals or families to take on this challenge. We must also be intentional about inviting non-SDAs to sign up for the challenge. Each month a 2–3-minute video introducing the new habit will be sent shared.

The first challenge is for people to know their numbers: Blood pressure, fasting glucose, cholesterol, & BMI. Therefore, we need each church or district to become screening centers at least for the blood pressure & fasting glucose numbers during the month of January 2022. This can be done once a week for four weeks, but you’ve got to advertise ahead of time.

Here’s a timeline on what needs to happen.

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| Nov. 20 | Meet with Health Team |
| Nov. 25 | Share <i>Happy, Healthy & Helpful Special Edition Newsletter</i> to promote the challenge. |
| Nov-Dec | Speak with your team & pastor about inviting the community to come to your local site to check blood pressure and glucose for the month of January 2022. |
| Jan. 8, 2022 | Healthful Living Challenge Launch (3-minute video) |
| January | Local churches Health Departments become centers of influence through screening program. All leaders continue to get members and non-members to sign up for the challenge. They can start at any time. Invite members to invite others also. |
| Feb-Dec | New habit video comes out by first week of each month. |
| July & Dec. | Testimonies of improved health will be included in the challenge video. |