



Abundant Health

Enhancing Wellness Through Faith

A Guide to Walking by Faith Toward Better Health

WISE HEALTH





Thank You to Our Contributing Churches

First AME Zion Church SF
Pastor Christopher Lee Zacharias

Neighborhood Baptist Church
Pastor Lane Hawkins

Providence Baptist Church
Reverend Calvin Jones, Jr.

True Hope COGIC
Pastor Dr. Arelious Walker

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*For I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord.
- Jeremiah 30:17*



Authors

*Jylana L. Sheats, PhD, MPH
Brittney N. Doyle, MPH
Vanessa C. Mason, MPH*

Support Team

*Helen LaMar, BA
Silvester Nobleza
German Blanco, MPH
Victoria Doyle, BS
Ana Cortes, BS
LaTrenda Smith*

Purpose

Heart disease is the leading cause of death in the United States. It has been well established that African Americans and Latinos have higher risks of heart disease compared to other racial/ethnic groups. Therefore, supported by the Centers for Disease Control and Prevention (CDC) and the San Francisco Department of Health, the Providence Foundation of San Francisco received funding to develop a faith-based toolkit to support heart health among racial and ethnic minorities.

A Guide to Walking by Faith Toward Health focuses on physical activity and healthy eating behaviors. They primary “lifestyle” behaviors that, if improved, can decrease one’s risk of poor health. At least 150 minutes of physical activity per week and consuming a balanced diet that includes foods such as vegetables, fruits, and whole grains, can help prevent or reduce the impact of heart disease and related chronic disease (e.g., diabetes, stroke, some cancers).

1 in 4

Deaths in the United States
are from heart disease

(Mozaffarian et al., 2015).

About a Guide to Walking by Faith toward Better Health

A *Guide to Walking by Faith Toward Better Health* is designed to provide African American and Latino faith-based institutions with ideas and resources to plan, implement, and evaluate physical activity and healthy eating activities and programs. The toolkit was developed in response to racial/ethnic minorities being relatively inactive compared to other populations (CDC, 2007). Through a series of activities conducted with the churches located in predominantly African American and Latino San Francisco, California communities. Namely, the Bayview, Tenderloin, Mission, Crocker Amazon, Silver Terrace, Oceanview and Visitacion Valley neighborhoods.

To facilitate the development of the Toolkit, the Providence Foundation of San Francisco and their Abundant Health Team partnered with the Tabernacle Community Development Corporation (TCDC). The TCDC has a long-standing relationship with the Providence Foundation of San Francisco, therefore, partnering for this effort was a

natural collaboration. **TCDC's participating churches included:**

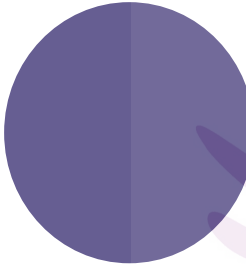
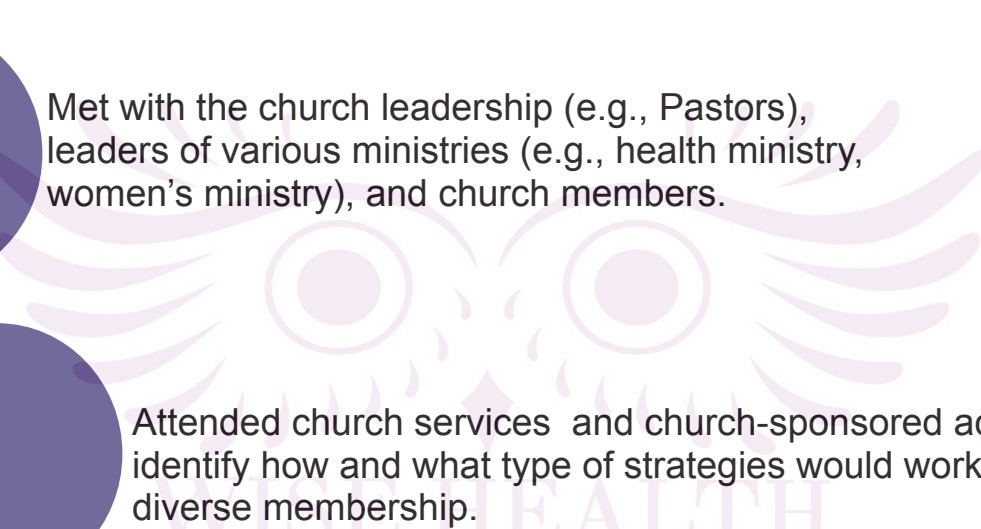
- Neighborhood Baptist Church
- Providence Baptist Church
- True Hope COGIC
- SF Christian Center
- First AME Zion

TCDC churches, their members, and the surrounding communities provided the foundation for Toolkit content. The Abundant Health Team gained a greater understanding of members' health status as well as factors that make it easier or harder to 1) plan activities and 2) ensure participation from the membership. Given the diversity of participating churches in terms of denomination, location, size, whether or not there was an existing "culture of health," etc., best practices were identified. Finally, with the understanding that where we live, work, play, and pray, can impact our health (negatively or positively), the toolkit also highlights environmental and policy changes that support heart healthy behaviors.

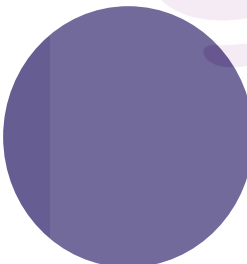


Developing the Toolkit

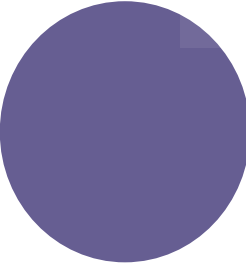
The Abundant Health Team conducted a series of activities that informed the development of the *Guide to Walking by Faith Toward Better Health*. Primary activities included the following:



Met with the church leadership (e.g., Pastors), leaders of various ministries (e.g., health ministry, women's ministry), and church members.



Attended church services and church-sponsored activities to identify how and what type of strategies would work best for the diverse membership.



Conducted needs assessments at the congregant, church, and community level to determine interests, assets, and needs.



Researched best practices throughout the nation.



Using the Toolkit

According to the National Cancer Institute's Body and Soul program (2004), an effective faith-based health promotion program should include the following core features:

- Three church-wide activities
- Church members' participation
- Pastor involvement in at least one program
- At least one policy-related activity.

The Guide to Walking by Faith Toward Better Health contains each of these core components, as well as easy-to-use templates and tools that will support

churches in implementing health promotion activities.

Regardless of how big or small the congregation may be, the activities are easy to implement and enjoyable for all ages. The Abundant Health Team encourages churches to review and implement the activities within each section. This will allow participants to make informed decisions that have the potential to impact not only their health, but quality of life. *The Guide to Walking by Faith Toward Better Health* is not exhaustive and allows for churches to start their journey of developing or enhancing their health promotion

program at a place that's most appropriate for them.

Further, the *The Guide to Walking by Faith Toward Better Health* is NOT just for churches that don't currently have a health ministry or health promotion program. If a church desires to build upon or expand what is outlined in their current programming, the toolkit can be used as a resource. Our team suggests that churches use whichever aspects of the toolkit that works best for their congregation. We only ask that you **MOVE MORE, EAT BETTER,** and most, important, **HAVE FUN!**

And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.

- Matthew 4:23



Integrating Health & Faith

Health is more than the absence of disease. It is an ever-changing state of “complete physical, mental, social, and spiritual well being” (World Health Organization, 1948). This definition of health connects multiple aspects of an individual’s life. When we think of health from this perspective, if one aspect is out of balance, then it can impact other aspects. For example, evidence has shown that if an individual has insomnia (i.e., the inability to sleep) then that may lead to poor mental and physical health (e.g., depression, weight gain, heart failure, etc.) (Katz & McHorney, 2002). In recent years, there has been even more of an emphasis on the spirituality realm of health. Several studies have identified connections between spirituality/faith and health (Chester, Himburg, & Weatherspoon, 2006; Underwood & Powell, 2006). These linkages between faith and healing have also been expressed through religions across the world. Spiritual author, Norman Shealy, highlighted teachings from various religions to show how some religions view health in his book *Sacred healing: The curing power of energy and spirituality* (1999). Examples are in the table below:

- **Baha’i**: “All healing comes from God.”
- **Buddhism**: “To keep the body in good health is a duty...”
- **Christianity**: “The prayer of faith shall heal the sick, and the Lord shall raise him up.”
- **Confucianism**: “High mysterious Heaven hath fullest power to heal and bind.”
- **Hinduism**: “Enricher, Healer of disease, be a good friend to us!”
- **Islam**: “The Lord of the worlds created me...and when I am sick, He healeth me.”
- **Judaism**: “O Lord, my God, I cried to Thee for help and Thou has healed me.”
- **Sikhism**: “God is Creator of all, the remover of sickness, the giver of health.”
- **Taoism**: “Pursue a middle course. Thus will you keep a healthy body and a healthy mind.”

Regardless of one’s religion, faith-based institutions have the ability to help ensure that healthy behaviors are encouraged, supported, and maintained over time through education, resources, social support. Connecting health and faith are important for long-term wellbeing. This include the prevention and/or management of chronic diseases such as heart disease and diabetes. Implementing a health ministry that focuses on physical activity and healthy nutrition coupled with church policies that support healthy behaviors (e.g., no fried foods or sugar sweetened beverages at church-sponsored events) can provide a platform for congregants to access: information, resources, and support within a familiar network and environment.

Integrating Health & Faith: Benefits

- Family and community relationships within faith-based communities have the potential to support decision making and behavior changes that positively impact health and quality of life.
- Health messaging may have a lasting effect on individual behavior change by connecting one's quality of life and healthy living with biblical principles, such as "taking care of God's child."
- Church members may be more open to messages received at church since they respect the Pastor and church leadership.
- Churches are a type of social network-- therefore, messages may be shared extended family, friends, and others outside of the church.
- Members can engage with, reinforce, and build upon positive health messages and practices together.
- Churches generally have an array of programs (e.g., women's ministry, men's ministry, youth and elder care programs, feeding programs for the homeless) where messaging and programming can be shared and disseminated.



Health Ministries: Connecting Faith & Health in the Church

Defining Health Ministry

A health ministry is a structured organization within the church that implements health-related activities and programs. The efforts of a health ministry are driven by the needs and interests of the congregation and surrounding community. They generally implement structured activities and programs that focus on:

- Assessing health status
- Increasing knowledge and awareness of health-related topics
- Promoting well-being and improving the health of the congregation and community
- Changing negative health behaviors that lead to poor health outcomes, such as chronic disease



Examples of Activities Organized by Health Ministries

- Health Screenings
- Education - promoting wellness and spiritual support – integrating faith and health
- Assisting in advocacy and identify health resources
- Listening, personal health counseling, advocating personal responsibility
- Training and coordinating volunteers
- Home, hospital, shut-in visitation

Planning Health Promotion Activities through a Health Ministry

Program Planning

Program planning is a critical component of developing and implementing a health ministry. When deciding on tools and strategies that will meet the needs of your congregation, aim to match up your congregation's programs with ongoing national strategy or observance for the greatest success. This is a great way to jump start initial activities before tailoring your efforts to meet the needs of the congregation. It will also enable health ministries to have access to timely, free resources, program planning tools, and support from relevant community partners.

National Guides for Health Promotion

The current national strategy for Americans is US Department of Health and Human Service's Healthy People 2020 initiative. [Healthy People 2020](#) is a relatively new initiative that aligns with the goals and objectives of [Healthy Churches 2020](#)-- but framed around faith. Healthy Churches 2020 aims to equip churches with tools needed to help improve the health outcomes of church congregations and their surrounding communities. Coupled together, both initiatives:

- Provide helpful resources and tools that provide support for better understanding of major health issues and their impact on certain populations.

- Help identify health promotion activities and strategies for churches to implement.

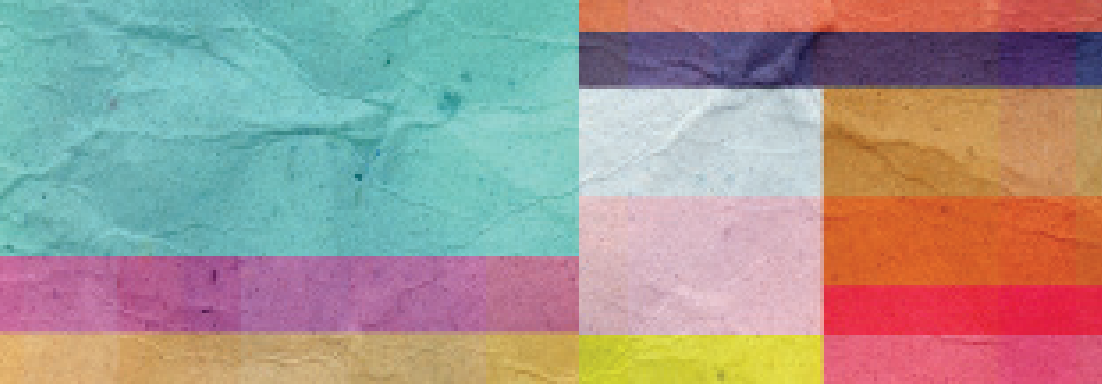
National Health Observances

In addition to the Healthy People and Healthy Churches initiatives, there are national health observances that you may plan activities around as well. At the start of each calendar year the DHHS Office of Disease Prevention and Health Promotion list the dates for each health observance organized by month. Please visit <https://healthfinder.gov/nho/nhoyear.aspx?> to view the entire calendar year.

Increase the proportion of adults who have had their blood pressure measured within the preceding 2 years.

Increase the proportion of adults who can state whether their blood pressure is normal or high.

- Healthy People 2020, Sample Heart Disease and Stroke Objectives



*“God doesn’t call
the qualified! He
qualifies the
called!”*

STEP 1: Identify, Convene, Educate & Mobilize Members

Obtain the Pastor’s Buy-in:

Whether your program is large or small, new or old, comprehensive or integrated, formal or less formal, buy-in (e.g., endorsement) from the church leadership and congregants is critical. Therefore, when starting a health ministry, start by meeting with your Pastor or other church leaders. According to Mount Carmel Health (2016), “It is important that the Pastor, staff, leaders, governing bodies and the congregation are given educational opportunities, both written and verbal, before a health ministry is started so that they all see the value of this ministry. If any of these groups are not supportive, your health ministry may not succeed.”

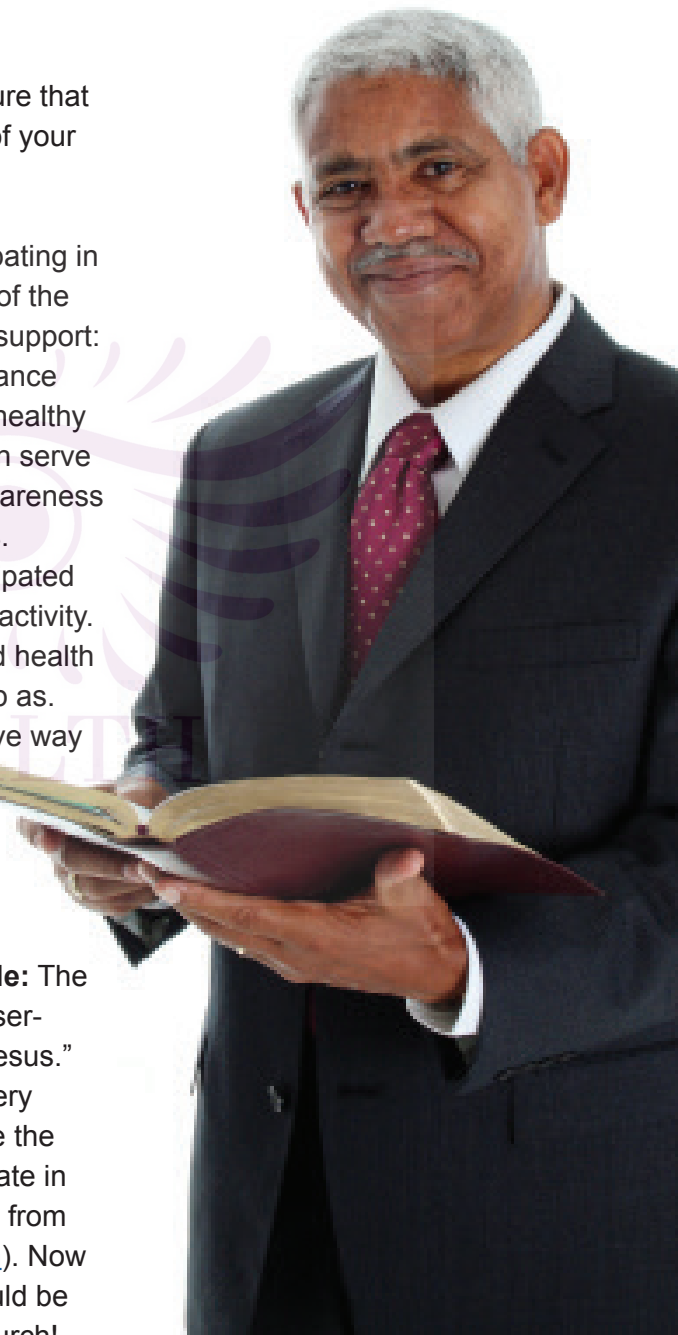
Thus, there is a lot of weight behind the word of a Pastor and other church leadership. Sometimes it will take a special “shout

out” from the Pastor to ensure that the congregation is aware of your ministry or program.

Pastors of churches participating in Abundant Health did some of the following activities to show support:

- Incorporated the importance of physical activity and healthy eating into a sermon can serve as a way to promote awareness of health ministry efforts.
- Attended a class, participated in a screening or other activity.
- Combine a spiritual and health message during worship as. This could be an effective way to motivate current participants and bring on new ones!

Here’s another example: The Pastor could present a sermon on “Walking with Jesus.” This message can be very effective and can inspire the congregation to participate in a prayer walk. (Adapted from www.healthyhawaii.com). Now think about how this could be implemented in your church!





Health Ministry Leadership

Each health ministry should have a leader(s). The leader(s) should be caring, spiritually mature, have good communication skills, and have a genuine passion for helping/serving others.

Ministry Leadership Responsibilities (Mount Carmel Health, 2016):

- Supports and models healthy behaviors
- Surveys the congregation (i.e., assessment)
- Identifies appropriate priorities and goals for the membership
- Develops plans to meet the congregation's diverse health needs
- Assists in identifying internal and external resources for developing partnerships

- Oversees programs and assists with the introduction and ongoing implementation of programs
- Advises members on the coordination and planning of programs
- Evaluates and continually improves the quality of programming
- Facilitates health ministry committee meetings

If possible, one or more members should have a background in health and human services (e.g. health educators, dietitians, pharmacists, social workers, physicians, dentists, nurses), education, and/or be committed to living a healthier lifestyle.

Identifying Members

When identifying health ministry members, think about:

- *Who in the congregation would be effective for the health ministry?*
- *Who is already interested in promoting good health?*
- *Who has passion and personal experience in dealing with health*

issues?

- *What groups or professions should be represented on the committee?*
- *Which staff need to be involved to make your ministry run smoothly?*
- *Whose involvement or support would impact a larger group?*
- *Whose involvement or support is necessary for maintaining the logistics of the program?*
- *Who has access to the resources necessary to maintain activities and programs of the health ministry?*

Ideally a health ministry should be comprised of no more than 10-12 individuals.

** Note that the committee does not perform invasive procedures, nor are they similar to home health caregivers or navigators.*

TIP: With pastoral support, health promotion programs can shape the lives of the congregation and impact the community.



But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith. Meekness, temperance: against such there is no law.
- Galatians 5:22, 23

STEP 2: Assess

In addition to understanding the needs of the congregation, assessments (i.e., surveys) will help health ministries get a better sense of what they *can do*, versus what they would like to do. Thus, as committee members are identified, convened, and mobilized to develop health programming, ask them the following questions.

- *Would the congregation support and/or participate in a health ministry program?*
- *What is the expected level of support by the church leadership?*
- *How would the congregation benefit from having a health ministry?*
- *What potential partners would support health ministry program efforts?*

Responses will help guide discussions about support and general interests in health programming. As priorities are determined, consider:

- **Feasibility** (What can we do that is possible?)

- **Effectiveness** (Where can we have the greatest impact?)
- **Measurability** (How can we be sure that our efforts have been successful?)

While asking committee members about their interests and perceptions, a health ministry should also assess the interests/needs and assets (i.e., available resources) of their congregation. Refer to the [Abundant Health Congregation Survey](#), and use this assessment to gather information on your congregations wants and needs. Aim to get the entire congregation to complete the assessment(s). The results will assist the ministry with developing programs and activities that meet the needs of the congregation. This process will ultimately enable the committee to develop tailored strategies to address; and identify resources that currently exists or are needed. Potential resources to think about are:

- **Human resources** - staff, volunteers, board members
- **Physical resources** - location, building, equipment
- **Financial** - grants, funding agencies, other sources of income

Findings from the assessments may help to identify interests and set priorities for planning activities and programs. Again, consider the feasibility (Is it possible?), effectiveness (Where can we have the greatest impact?), and measurability (How can we be sure that our efforts have been successful?).



*Pleasant words are
as a honeycomb,
sweet to the soul,
and health to the
bones.*

- Proverbs 16:24

You have assessed the church's needs-- Now what?

We suggest that you create a [2x2 Feasibility Matrix](#) to help prioritize your efforts. Check out the example scenario below.

Example Scenario

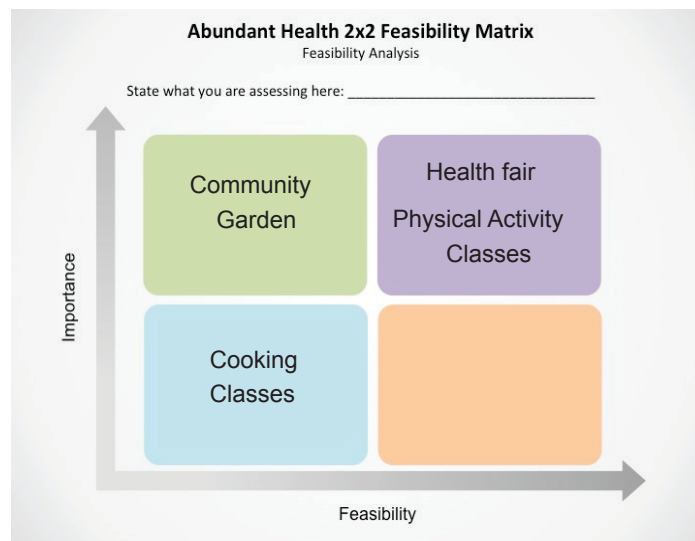
Congregants at Brentwood Baptist Church were surveyed and asked to list types of activities that they were interested in their health ministry planning. Results showed that the top activities that congregants were interested in included:

1. Hosting a health fair (37%)
2. Weekly physical activity classes at the church (33%)
3. Creating a community garden (18%)
4. Cooking classes with a chef (12%)

The health ministry used a 2x2 Feasibility Matrix to determine and prioritize the events based on:

- High or low importance (i.e., percentage of participants interested)
- High or low feasibility given available resources (e.g., pastoral support, volunteers, space, and funding).

The cooking classes had low importance and low feasibility. The community garden was of high importance, but there was low feasibility. The ministry decided to plan the health fair and physical activity classes at the church. They decided that they would seek grants to secure information and funding for a community garden.



Sample Needs Assessments

The Church Planning Inventory

[This inventory](#) is designed for congregations engaged in a serious in-depth planning process. Review the document and select elements of the survey that you can use to create a more customized survey for your congregation.



Abundant Health Congregation Assessment

[This survey](#) is a great way to learn more information about potential barriers as well as motivations, values, needs and strengths of a congregation as they relate to physical activity and healthy eating. The assessment will help you better understand the demographics, behaviors, attitudes, and preferences of your members.

***TIP:** It is two pages (front and back) and will fit nicely in the church bulletin handed out prior to the worship service.

Community Asset Mapping Worksheet

[This worksheet](#) is designed to help users identify community assets (i.e., resources) and may assist with finding potential partners.





STEP 3: Set Goals

The results of the assessment form the foundation for planning the health ministry's priorities and goals. A good plan includes clearly defined goals and concrete steps to achieve them.

Every church will have different goals and plans due to the variety of needs that impact the diverse and ever-changing needs of the congregation and environments in which we live. Therefore, aim to make your goals specific to the needs of YOUR congregation. Start with areas where you can create change as outlined in the results from the assessment. Addressing the intersection of your congregation's NEEDS and WANTS will best position you to implement a successful program.

Important questions to ask and answer when thinking about health ministry goals:

- *What are our priorities and goals of our ministry?*
- *What do we need to do to reach*

our goal? Who will do it? Who will we partner with?

- *How will we know when we have reached our goal?*

SMART Goals are structured to improve the chances of success.

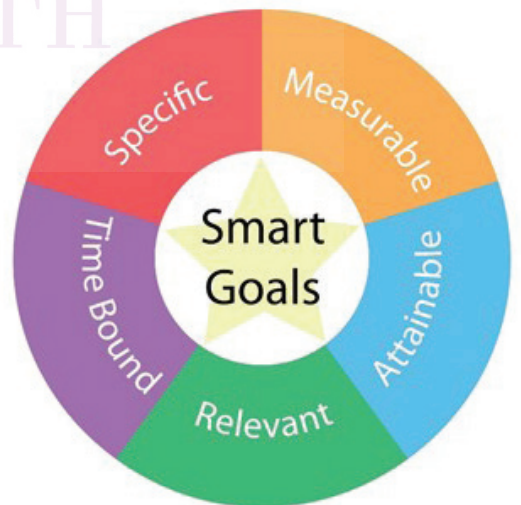
According to Smartsheet (2016) **SMART goals are: Specific, Measurable, Attainable, Relevant, and Time-bound:**

Examples of SMART Goals include:

- Increase the proportion of physically active congregation members from 20% to 40% of the congregation from November 2016 to November 2017.
- Over the next month increase the total daily min. of physical

activity by 5 min. (e.g., from 25 min. daily to 30 min. daily).

- Increase physical activity level of intensity from moderate-intensity to vigorous-intensity (e.g., moving from walking to running) for 10% of the physically active congregants within 6 months.
- Increase number of servings of fruits and vegetables consumed by congregants each week over the next 12 months (e.g., from 3 vegetables to 7 vegetables each week).





S – Specific: When setting a goal, be specific about what you want to accomplish. Think of this as being the mission statement for your goal. This isn't a detailed list of how you are going to meet a goal, but it should include an answer to the popular 'W' questions below:

- **WHO** – Who needs to be involved to achieve the goal?
- **WHAT** – What exactly needs to be accomplished? (Be as detailed as possible)
- **WHEN** – When will you achieve this goal? Set a time frame. You will get more specific about this question under the “time-bound” section of defining SMART goals.
- **WHERE** – Where will you implement your activities to achieve your goals? This question may not always apply, but if there's a location or relevant event, identify it here.
- **WHICH** – Which barriers and/or facilitating factors can affect your chances of success? Determine any related obstacles or requirements. This question can be beneficial in deciding if your goal is realistic. For example, if the goal is to bake fish for a cooking demonstration at the church, but you've never baked anything before, that might be an issue. As a result, you may refine the specifics of the goal to be “Learn how to bake fish in order to conduct a healthy cooking demonstration.”
- **WHY** – Why is achievement of this goal important? When it comes to using this method for congregants, the answer may be along the lines of wanting to improve healthy behaviors or develop or expand the health ministry.

M – Measurable: What metrics do you need to determine if you met your goal? This makes a goal more tangible (i.e., achievable) because it provides a way to measure progress. If it's a project that's going to take a few months to complete, then set some milestones by considering specific tasks to accomplish.

A – Attainable: What factors make a goal challenging yet attainable? Making goals attainable focuses on the relative importance of the goals as well as the necessary changing skills and attitudes. Your goal should inspire motivation, not discouragement. Think about how you can accomplish the goal and if you have the tools/skills needed. If you don't currently possess those tools/skills, consider what it would take to attain them.

R – Relevant: Relevant goals are those that align with broader strategy. For example, if the goal is to launch a new product, it should be something that's in alignment with the overall health ministry objectives. Your committee may be able to launch a new program, but it must be relevant and of interest to the intended participants.

T – Time Bound: Anyone can set goals, but without realistic timing, you will likely not succeed. Identify a target date for achievement of each goal. Providing time constraints creates a sense of urgency and provides structure to your activities. Ask specific questions about the goal deadline and what can be accomplished within that time period. This will help you to identify midpoint targets as well as other key milestones.



Turning Goals into Activities

For each SMART goal, develop activities/strategies to achieve the goal. To make planning fun, brainstorm potential activities as a group. But, always reference your goal to make sure that the activity aligns with your goal.

The Activities are Planned -- Now What?

After the health ministry has identified its goals and potential health promotion activities, present ideas to the Pastor or church leadership for feedback and support. This is a great opportunity to show your hard work and dedication to promoting health and wellbeing. It is also an opportunity to see whether or not the Pastor or church leadership has resources to support your efforts. Regardless of what you do, the key is to start small and build on your idea to suit the needs of your congregation and community.

ABUNDANT HEALTH IN PRACTICE

Churches who have worked with Abundant Health have found the greatest success when they have the endorsement and support of the Pastor. Even more beneficial is the Pastor's participation and active support of healthy policies.

Goal	Potential Activities
Goal #1: Increase the number of physically active congregation members from 20% to 40% of the congregation from November 2016 to November 2017.	<ul style="list-style-type: none"> • Conduct free monthly health screenings (assess height, weight, blood pressure, and cholesterol) and distribute physical activity “prescriptions” to motivate behavior change. • Offer free exercise classes in the church before weekly bible study or other church activities. • Update the playground, field, or other areas in and around the church so that children can move/play more. • Prior to, during, or after service, play one of the Instant Recess™ DVDs on a TV or projector at the church to get the congregation moving and energized.
Goal #2: As a congregation, each week over the next 6 months increase the total daily minutes of physical activity by at least 5 minutes (e.g., from 25 minutes daily to 30 minutes daily).	<ul style="list-style-type: none"> • Weave physical activity into church activities and services (e.g. 5 minute stretch break before the sermon or use the Instant Recess™ DVDs). • Encourage church members to take the stairs rather than the elevator. • Encourage church members to park further away from their destination. • Provide congregants with Healthy Hearts SF's calendars with free physical activity opportunities around the city. • Organize carpools to Healthy Hearts SFs free physical activity classes.
Goal #3: Increase physical activity level of intensity from moderate-intensity to vigorous-intensity (e.g., moving from walking to running) for 10% of the physically active congregants over the next 6 months.	<ul style="list-style-type: none"> • Offer classes for a diverse range of activities. People tend to push themselves a bit more intensely within the structure of a class. This is also a way for people to experiment and find fun activities that they will be more likely to engage in. If you have space at your church, open your multi-purpose room or other less frequently used spaces for dance classes or other physical activity. • Enroll as a team in a race (5k or a health association walk/run) and train together
Goal #4: Increase number of servings of vegetables consumed by congregants each week over the next 12 months (e.g., from 3 vegetables to 7 vegetables each week).	<ul style="list-style-type: none"> • Offer 1 healthy cooking class each month that demonstrates creative ways to cook fresh and/or frozen vegetables. • Plant a community garden and use it as a way to increase food literacy, teach congregants about growing their own food, and farm to table practices. • Host a local farmer's market at your church.

STEP 4: Identify Partners

The assessment results will help guide the selection of partners for your activity or program. Specifically, identify partners who have a stake in creating healthy communities and align with your ministry's goals and focus, can contribute to the process, and provide resources if available. There are several resources and potential partners who can support you by providing resources (health information, funding, potential guest speakers, etc.), data, and already established programs or curricula that may meet the ministry's goals. Often, the best way to have the largest impact is by engaging in partnerships. Potential partners are provided below.

ABUNDANT HEALTH IN PRACTICE

One church that worked with Abundant Health partnered with the American Heart Association. They received funding for programming, health information, etc.

<ul style="list-style-type: none"> • Faith community groups • YMCA and YWCA • Voluntary health organizations (e.g., American Cancer Society, American Heart Association, American Diabetes Association, and the National Kidney Foundation, etc.) • Community service organizations (e.g., sororities and fraternities, Masons, Eastern Star, the Rotary Club, the Links, Incorporated, etc.) 	<ul style="list-style-type: none"> • Local health departments or clinics • Local parks and recreation offices • Cooperative Extension (e.g., Extension offices at University of California Berkeley, University of California Davis) • Community health councils such as Healthy City (San Francisco) and local Physical Activity and Nutrition Coalitions • Local research hospitals (e.g., University of California San Francisco, Stanford Healthcare) • Health focused non-profit/agencies (e.g., Public Health Institute, Policy Link, etc.) 	<ul style="list-style-type: none"> • Area Agency on Aging • Day care facilities/Head Start • Multicultural community centers • Homeless shelters • Youth coalitions/teen centers • Migrant worker groups • Minority and gay/lesbian organizations • Women's organizations
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Potential Partners and Resources (Local and National)

American Association of Retired Persons (AARP)

<http://www.aarp.org/health>

American Cancer Society

<http://www.cancer.org>

American Diabetes Association

<http://diabetes.org>

American Heart Association

<http://americanheart.org>

American Lung Association

<http://lungusa.org>

American Red Cross

<http://www.redcross.org>

Arthritis Foundation

<http://www.arthritis.org>

Bay Area Nutrition and Physical

Activity Collaborative

<http://www.banpac.org>

Food and Nutrition Information Center Rural Information Center

<http://www.nal.usda.gov/fnic>

Healthy Hearts San Francisco

<http://www.healthyheartssf.org>

National Cancer Institute (NCI)

<http://www.cancer.gov>

National Center for Health Statistics (NCHS)

<http://www.cdc.gov/nchs>

National Cholesterol Education Program NHLBI Information Center

<http://www.nhlbi.nih.gov/about/ncep/index.htm>

National Diabetes Education Program

<http://ndep.nih.gov>

National Heart, Lung and Blood Institute

<http://www.nhlbi.nih.gov>

National Kidney Foundation

<http://www.kidney.org>

National Institutes of Health (NIH)

<http://health.nih.gov>

National Stroke Association

<http://www.stroke.org>

National Health Information Center

<http://www.health.gov/nhic>

<http://www.healthfinder.gov>

TIP: A partnership with your local Food Bank will allow you to provide healthy snacks for less than 20 cents per pound. You must have a 501c3 to sign up.



STEP 5: Assign Committee Roles & Responsibilities

A leader will need to be established early on to implement the previous steps in the toolkit. This individual will help manage the process and ensure that everything is done in a timely manner. Once you have completed the program plan that lays out the concrete action steps, identify who is responsible for completing them, and then set a timeline for the deadlines. Make sure that all the program ministry members agree with the work plan and their roles and responsibilities for implementation. By having members take on responsibilities that align with their personal and/or professional interests and strengths, member participation and overall engagement may increase. Alternatively, this could also be an opportunity for individuals to learn new skills. Examples of responsibilities for health ministries may include:

- Facilitating meetings
- Engaging with the congregation
- Planning healthy activities and

- leading fundraising efforts
- Developing and presenting health-based workshops
- Develop church policies in collaboration with the church leadership and congregants
- Evaluating efforts of the health ministry
- Developing partnerships
- Leading grant writing efforts to secure funding
- Marketing activities and events

Be sure to share responsibilities across ministry members and do not forget to periodically:

- Bring in new partners for a boost of energy and fresh ideas.
- Check in with existing partners often to see if they have suggestions or concerns.
- Check in with your congregation to hear their feedback and suggestions for improvement.

[Tool: Health Ministry Meeting Guidance template](#)

“Two are better than one, because they have a good reward for their toil.”

- Ecclesiastes 4:9



Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.

- Jeremiah 33:6

STEP 6: Develop a Communication & Recruitment Plan

To raise awareness about your activities and programs, create a communication plan! Start by identifying the goals of your communication and work backwards to create make your plan. In his blog on growing healthy churches, [Thomas Rainer](#) suggests (2016) that there are three components of a church's communication plan:

- 1. Inform members regularly.** Schedule communication efforts in advance week by week. Once a weekly plan is set, plan by month. Having a schedule will enable you to be consistent in your communications. The schedule will also allow you to coordinate communication with major church events.
- 2. Inspire members to share with others.** Sometimes pictures speak louder than words. Therefore, do not forget that graphics, illustrations and photos can be more inspirational than lengthy paragraphs. Both text and visuals are important, but visuals can be more appealing at a glance and draw the individuals in.

- 3. Engage the Audience** Whether it is on social media, a traditional church bulletin, or an announcement on the pulpit, make your messages “*memorable, sharable, and relevant*” for the greatest chances of success. Consider the desired result, the best communication channel to achieve your goal, and use language in your message in a way that resonates with your congregants. For example, the health ministry may use social media to reach younger congregants; whereas bulletins and verbal announcements during the church service may be appropriate for less tech and social media savvy individuals.

*“A word fitly spoken
is like apples of gold
in a setting of
silver.”*

- Proverbs 25:11 (ESV)





Social Media

Using a simple networking platform such as Facebook can help you engage your congregation. Nearly three-quarters (71%) of teens use at least one social networking site (Lenhart, 2015). A common misconception is that mid-life to older adults are not tech savvy and do not access the internet. In fact, Pew Research (Madden, 2010) reports that 47% of internet users age 50-64 years and one in four (26%) users age 65 years and older use social media. To set up a Facebook or Twitter account for the health ministry, visit www.facebook.com or www.twitter.com. Below are examples of how social media can be used to promote activities and programs to the congregation and the community-at-large:

- Promote the Facebook page on the church website, bulletin, or announcement at worship services that the page exists and invite members to visit, “Like,” and share the page.
- Promote healthy eating by posting healthy recipes on a weekly basis.
- Post short exercise videos from YouTube onto Facebook. Videos can range from simple to advanced. Select a video that is appropriate for your congregation/program participants.
- Promote a “health rockstar” in your congregation by posting their picture and a brief description on how they have achieved a health goal; or include a quote about how the health ministry’s activities have impacted them.
- Update your followers with recent pictures of various events or congregants being physically active around the church.



Be sure to visit, “LIKE,”
and share the
Abundant Health and
Healthy Hearts SF
Facebook pages for
ideas on types of health
messages to post!



Recruitment & Engagement

When starting a health ministry it is important to know your purpose, goals, partnership, (wo)man-power, resources/budget, etc. With each of these different elements in place, you can start the implementation process quickly and easily.

To recruit a greater number of participants, enroll congregants before, during, and after: worship services, Sunday school classes, Bible study, other ministry meetings (e.g., Women's Ministry, Men's Ministry, Youth Ministry, Singles Ministry, etc.), church health events, and other church-related gatherings. For churches with tech-savvy

congregants, creating on-line/electronic enrollment forms via [Google Forms](#) or [Survey Monkey](#) may also be a good option. If recruitment activities are not going as planned, revisit your communication plan and get input from congregants.

Remember that the health ministry is a sub-group of the congregation, so their buy-in and engagement is very important. To get the congregation involved in what you are doing, make it exciting! Provide members with volunteer opportunities so that they can feel a part of your health ministry efforts. Start attending other ministry events and meetings to let your congregation members see you. Sit by someone new at every service and introduce yourself. Let them know about the health ministry and its goals. The ministry can start off by having small health events before or prior to service as a promotional effort. The events can be, but not limited to the following:

- Offer coffee or smoothies the hour before or after church.
- Lead a 10 minute "stretch break" in the pews or in a separate room in between services, for those that usually stay for more than one service.
- Set up a table before or after church and provide members with health education information.
- Conduct brief presentations or "stretch breaks" at other ministry meetings or during the worship service.



REMEMBER!

- Don't forget about your assessment results! They will help you learn about the best ways to market events at your church.
- Ask event attendees how they found out about your event! This will help determine what the most effective communication strategies are for specific types of activities and programs.
- Design your communications around the interests of your congregation. For example, if most people use the church bulletin, newsletters, social media, or posters to learn about events then use those methods to connect with members.
- Convene kick-off events, activities, and community meetings to showcase your accomplishments (and partners).
- Be open to inviting your partners to speak at your ministry meetings. This can help you learn about available resources.

ABUNDANT HEALTH IN PRACTICE: *A table's visual appeal can draw people to visit. Make sure that you have engaging health information, giveaways, and flowers or fresh fruit are a nice touch!*



Step 7: Implement & Evaluate Health Ministry Activities

Once the activity and/or program plans, goals, timelines, and communication and recruitment plans are in place (with the Pastor's approval and support), activities can now be implemented. Again, be sure to follow your timeline as much as possible, but realize that there may be "hiccups" or delays. Therefore, it is important to have a "Plan B" (and sometimes a Plan C!).

Evaluating your program or activity is very important. The evaluation impacts future decisions, processes, budgeting, etc. for the health ministry. Essentially, the information from your evaluation will guide the Pastor and church leadership's decisions about whether or not the activity or program should be repeated or continued. *Regular evaluations should take place before, during, and after implementation to measure and track your processes for implementation and progress over time.* The evaluation will allow you to see how well your program meets your goals. In the short-term, you can use some of the sample questions on the right.

If you see a positive trend in your evaluation results, issue an announcement or press release. But again, first share with your Pastor or church leadership to determine what is most appropriate. If you see a negative trend in your evaluation:

- Create a list of "lessons learned."
- Work with the ministry to determine how the activity or program can be modified to achieve a greater impact.

Share your Progress!

Create a report detailing your program and any progress. Share the report with your Pastor and then work together to determine the best outlet(s) to disseminate the report to the congregation-at-large. These outlets may be the same channels that you used for your communication plan (e.g., church bulletin). This report can also help you write grants that will fund future health activities and programs.

And when he had called unto him his twelve disciples, he gave them power against unclean spirits, to cast them out, and to heal all manner of sickness and all manner of disease.

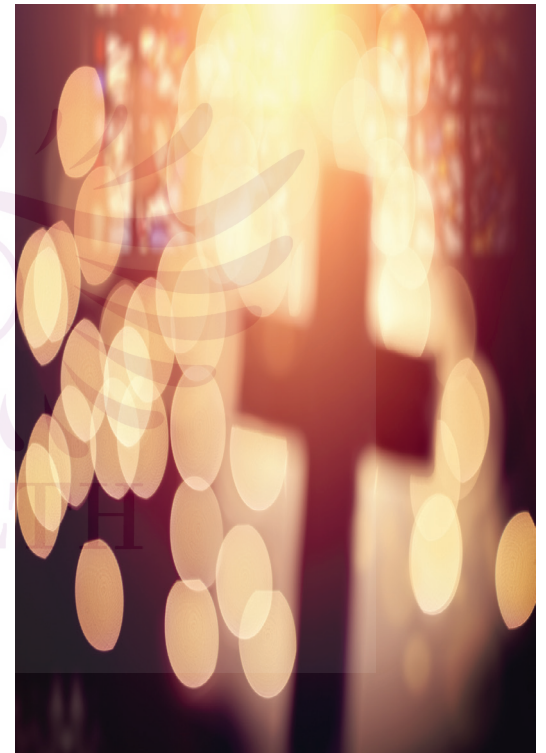
- Matthew 10:1



Sample Evaluation Questions

Sample Evaluation Questions for an Activity (i.e., a one-time event)	
How many people (children, adults, older adults) were in attendance?	What were the strengths of the activity?
Did the activity reach its goal(s) and objective(s)? Explain.	What were the weaknesses of the activity?
Did the activity benefit the congregation? If so, how?	What can be done better in the future?
Did the activity reach extend beyond the church and benefit the community? Explain.	How many staff and volunteers were present?
Did the activity benefit the community? If so, how?	Were staff volunteers trained?
Which groups (within and outside of the church) were partners for the activity.	Was the physical space appropriate for the activity (e.g., too large, too small, uncomfortable chairs, etc.)? Explain.

Sample Evaluation Questions for a Program (i.e., a program occurs more than one time)	
Total number of participants (children, adults, older adults)	Did the program stay within the allocated budget? Explain
What were the number and type of activities that were part of the program.	What were the strengths of the program?
Did the program reach its goal(s) and objective(s)?	What were the weaknesses of the program?
Did the program benefit the congregation? If so, how?	What can be done better in the future?
Did the program's reach extend beyond the church and benefit the community?	How many staff and volunteers were present?
Did the program benefit the community? If so, how?	Were staff volunteers trained?





Abundant Health in Practice: Lessons Learned

- A good tool for securing your Pastor's support are sharing sermon talking points. Throughout this toolkit you will find biblical proverbs, verses, and principles that support caring for, and attending to, one's health. Share these with the Pastor so that he can use them to promote the ministry! Along with these verses, you can share a summary of your findings from your assessments. [Resource: Bible verses.](#)
- Deliver health news and updates to the congregation immediately before the Pastor's sermon to ensure that a greater proportion of congregants were available to receive the information.
- **Host activities, such as health screenings and classes held immediately after the worship service.**
- Promote events through emails, text messages, and personal phone calls.
- Send thank you emails and messages of encouragement to event attendees who have been absent from health ministry events for some time.
- Acknowledge the efforts of participants and promote

their successes. The more people see other's successes and acknowledgments they may want the same for themselves and others.

- Acknowledge a job well done or the "health rockstar" of the month during the announcements.
- Make an effort to provide the congregation with a variety of fun physical activity and/or nutrition activities that will meet their diverse needs and activity levels.
- Distribute a sign-in sheet at every event. This will allow the ministry to not only create a database, but also keep track of event attendance.
- Read assessment questions out loud during the worship service to allow members to follow-along and ensure that as many surveys as possible are complete.
- **Ask youth to pass out water, coffee, or healthy snacks before and after service to the congregation or the community.**
- Sharing personal testimonies with members of the congregation. This is an especially effective way of encourag-

ing others to make positive changes in their own lives. Encourage members of the congregation to share their "healthy" success

- **Post a health bulletin board that can be used to promote classes, health information and recipes, etc. It can also be used to promote the "health rockstar of the month" display photos from classes.**
- Provide members and participants with t-shirts or buttons to wear, as a way to not only promote the ministry/program but to give them a sense of ownership and pride knowing that together they are working toward a common goal of health.





- Appeal to all ages. At times this may be difficult. Here are some ideas to help in your planning:

- Change the name of the ministry to give it more appeal. Instead of calling it “First Baptist Health Ministry” you can add a creative spin to it and as an example you can call it “Passages: A ministry focusing on the Wellness of First Baptist Church.”
- The name of a class or educational workshop can be modified so that it also speak to the interest of the congregation. If the activity is specifically for youth, you will want to name it something that is age appropriate or puts a “spin” on something in pop culture.
 - For example, a youth-focused healthy cooking demonstration could be called “The Chop” or something fun that appeals to youth.

- Involve children, youth, and young adults in health promotion activities. They may come up with novel ideas

that can add to the program’s success.

- It would be beneficial for a member of the youth and/ or young adult ministry to participate in the planning of health ministry events that way you can stay connected to youth issues as well as ways to appeal to younger congregants.
- Have youth give a health announcement or presentation once a month during service
- Have youth conduct cooking classes for their peers or for adults
- Conduct parent-youth events

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies.
- 1 Corinthians 6:19-20



Physical Activity: Facts & Resources

Defining Physical Activity and National Recommendations

Physical activity is defined by the Department of Health and Human Services (DHHS) (2008) as “any body movement that works your muscles and requires more energy than resting.” The difference between physical activity and “exercise” is that exercise generally more structure and some type of planned activity. In short, physical activity is essentially anything that makes you move your body and burn calories. Whether you say physical activity or exercise, just know that it is very important for heart health! The 2008 Physical Activity Guidelines for Americans (DHHS, 2008) identify specific recommendations for children and adolescents, adults, and older adults and outline 3 physical activity intensity levels:

- 1. Light-Intensity** - Light-intensity activities are common daily activities that don't require much effort. Some examples of light physical activities include: walking slowly and household chores.
- 2. Moderate-Intensity** - Moderate-intensity activities make your heart, lungs, and muscles work harder than light-intensity activities do. Not sure if you are engaging in light or moderate-intensity activities? Here's something to remember-- a person doing moderate-intensity activity can talk but not sing. Examples include: walking briskly, slow dancing, and shooting a basketball.
- 3. Vigorous-Intensity** - Vigorous-intensity activities make your heart, lungs, AND muscles work hard. Not sure if you are engaging in moderate or vigorous-intensity activities? Here's something to remember-- a person doing vigorous-intensity activity can't say more than a few words without stopping for a

breath. Examples: running, swimming, shoveling, soccer, jumping rope, etc.

To maintain health and reduce your risk of poor health, it is recommended that adults, for example, engage in at least 30 minutes of moderate-level physical activity per day (or what is equivalent to at least 150 minutes per week). Moving more can be an important source of joy when you find activities that are fun and enjoyable for YOU. Start slowly and try experimenting with different types of activities to find what works for you. Short-term benefits of physical activity include (DHHS, 2008):

- Increased energy for daily activities
- Better, more restful sleep
- Reduced stress
- Reduced symptoms of depression
- Improved quality of life

Some people are not aware that physical inactivity is a risk factor for heart disease and related to obesity and a other conditions, such as diabetes, cancer (colon and breast), bone and joint conditions (Bijnen et al., 1994). Long-term benefits of engaging in regular physical activity, include (DHHS, 2008):

- Lower blood pressure and cholesterol
- Lower risk for heart disease and stroke
- Helps with weight loss or maintenance
- Improves blood circulation
- Strengthens muscles and bones
- Keeps joints flexible
- Improves balance and can aid in fall prevention

Ways to be Active

The level of intensity for physical activity depends on how hard your body has to work to move. Individuals who are less fit or have health problems typically have to work harder than those who are more fit. Increasing physical activity does not have to be difficult or time intensive. Small changes in daily activity levels can come from made throughout your day. For example, get off the train or bus a stop earlier and walk the rest of the way, or walk with children to school. Other examples are listed below-- but keep in mind that depending on your level of fitness, each activity may be light, moderate, or vigorous intensity (DHHS, 2008):

- Walking, hiking, jogging, running, yoga
- Water aerobics or swimming laps
- Bicycling, skateboarding, roller-blading, and jumping rope
- Dancing and aerobic dancing
- Tennis, soccer, hockey, and basketball
- Gardening can cause your heart rate to go up

Given that heart disease is the leading causes of death among African Americans and Latinos, engaging in regular physical activity is one way to reduce the risk of, or improve, one's heart health. For individuals who would benefit from lowering their blood pressure or cholesterol, the American Heart Association recommends 40 minutes of aerobic exercise of moderate to vigorous intensity three to four times a week to lower the risk for heart attack and stroke.

Is time an issue?

The physical activity guidelines state that it is okay to break up physical activity sessions into 10 minute bouts. For example, an person can do a brisk walk or climb the stairs at work 3 times per day and still receive the same health benefits of a single 30-minute workout session.



Liability

It is important that every person participating in a church-sponsored activity held signs a liability waiver. This protects the individual and the church.

Before you get people moving, ask them to visit their doctor!

Be sure to offer a variety of programs that will meet all the activity levels of your congregation (i.e. youth, seniors, disabled, beginners, advanced). But, please advise members to see their doctor before starting physical activity if they:

- Are age 45 years or older
- Experience chest pain during or after physical activity
- Faint or have spells of severe dizziness
- Experience severe breathlessness after moderate physical activity
- Have a higher risk of heart disease
- Think that they may have heart disease or other heart problems
- Is pregnant

Providers will conduct a pre-physical activity screenings to identify people with medical conditions, such as those above, that may increase the risk of experiencing a health problem or emergency during physical activity (DHHS, 2008). If you have a higher risk, work with your provider to determine how you can work to reduce those risk. There may also be modified versions of physical activities that you *can* do.

Opportunities to be Active at Church

The size of your church and the amount of space available will influence what types of activities your church can offer. If there is an empty space available, create your own exercise room (large or small) with a stationary bike, treadmill, and free weights. This will enable participants to engage in both aerobic and strength training activities. If funding is not available for such equipment, seek donations from members, local gyms, or purchase from places like the Goodwill. There are a variety of classes that can be conducted on-site, so assessing space in the church will help the health ministry understand where congregants and members of the community can safely conduct physical activity. [Here's a sample facilities and equipment assessment](#)

If there is currently no space available, create one! A fancy gym is not required to be physically active. Health ministries

can work with their Pastor to identify a space-- large or small, where congregants can be physically active. If a space is not available, store equipment (e.g., free weights, yoga mats, jump ropes, exercise balls, DVDs, etc.) in a secure closet or cabinet on-site so that they can be used as needed. If weather permits, use these items outside in the parking lot or a nearby park if space is still a limitation. Again, if equipment is not available, seek donations or have a fundraiser.

Below are more ideas on how your church can work to help members be active on-site:

- Develop walking groups to walk the community on certain days throughout the week
- Install a basketball hoop in the parking lot
- Identify nearby trails via your local department of parks and recreation. You can also create your own walking maps. Check out what was done in [North Carolina-- Eat Smart](#)

[Move More: A Guide to Creating Walking Maps.](#)

- Partner with programs like Healthy Hearts SF that can [help coordinate physical activity facilitators to provide your members a variety of classes for FREE.](#)
- Participate in annual health awareness walks and runs (e.g., Cancer walks, Jump Rope for Hearts)
- Post signage encouraging members to engage in healthy behaviors (e.g., use the stairs instead of the elevator, drink more water, eat more vegetables)
- Create church policies that promote and reinforce physical activity and healthy eating. For example, require all new members to attend at least one physical activity and one healthy eating class.

Did you know?

Every minute of walking can extend your life by 1½ to 2 minutes! So, starting or joining a walking group is one activity that may help you live longer!

- Find a walking route. Check out the website of your local Parks and Recreation Office if you don't know where one is.
- Establish meeting times when people can meet and walk. Consider offering different times to accommodate different work and life schedules.
- Invite members from neighboring churches to participate. The more the merrier!
- To measure progress, track your walks. Distribute log sheets with the date, time, and number of miles (or minutes). Members can use these for groups walks and on so walks.

ABUNDANT HEALTH IN PRACTICE: *One of our churches did the gospel themed Instant Recess™ in their all-purpose room after their Sunday worship service. A fun time was had by all!*

Healthy Eating: Facts & Resources

Your body is a temple. Therefore, it must be treated that way. Similar to physical activity, the decisions that we make around food can impact our health in a significant way-- today and as we age. Unhealthy eating can increase one's risk of obesity, heart disease, stroke diabetes, some cancers, and other diseases. Unfortunately, racial/ethnic minorities, including African American and Latinos, have a greater risk of these conditions compared to other Caucasian individuals ([Centers for Disease Control and Prevention, 2015](#)).

Eating a healthy, balanced diet can help reduce those risks. One way to do this is to be knowledgeable about the [2015 Dietary Guidelines for Americans](#) (DHHS, 2015). The guidelines differ based on gender and age, but generally, the key recommendations as follows:

Vegetables and Fruits: Consume a variety of vegetables from all of the subgroups—dark green, red and orange, legumes

(beans and peas), starchy, and other fruits, especially whole fruits.

Grains: At least half your grains should be whole grains. Tip: popcorn is a whole grain and an excellent source of fiber! Just don't put too many toppings like butter and salt-- which makes it less healthy.

Dairy: Aim to consume fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages.

Protein: A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products are essential. *Tip: Bake, broil, or grill your protein (meat)!*

Healthy Oils and Fats: Oils should be consumed in moderation. Aim to select healthy oils (e.g., olive oil) or cooking spray.

Saturated fats and trans fats, added sugars (e.g., in sugar-sweetened beverages), and sodium (salt) should be limited. For example, *salt intake should*

not exceed 2300 milligrams per day (DHHS, 2015). This is even lower if you are at risk for heart disease-- which many African Americans are. Instead *use fresh or dried herbs and other non-salt seasonings to adjust the taste of your food.*

This is a lot to remember, so the Department of Health and Human Services created [MyPlate](#). Myplate demonstrates what a balanced plate looks like. *Essentially, half (50%) off your plate should be fruits and vegetables, 25% should be protein, 25% should be grains. Then you should have a serving of low-to-no-fat dairy.*



For more information on MyPlate visit [www.choosemyplate.gov](#). The website has online tools and printable handouts and tip sheets that can be distributed to congregations (hard copies or electronic). Visit the [Abundant Health](#) website to download a wealth of nutrition materials (cookbooks, tips, etc.) in English and Spanish. The following page has examples of healthy eating activities that can be promoted within and outside of the church.

Abundant Health in Practice:

One of the churches participating in Abundant Health offers water and healthy snacks in front of the church each Sunday. Items are at no-cost and available for members and non-members. This is a great way to engage with the community; and an opportunity to advertise your events!



REMINDER: Don't forget
the Physical Activity
Liability Waivers!

Physical Activity Promotion Ideas	Healthy Eating Promotion Ideas
<ul style="list-style-type: none"> • Offer aerobic activities, such as Praise Dancing and Zumba. • Organize a walking club after church. If week-day's work best, find out who lives in the same neighborhood or city and plan activities together. • Purchase weights and offer an upper and lower body exercise class. • Virtual walking competition. • Health awareness walks and runs. • Establish or join a church sports league. • Encourage church members to take the stairs rather than the elevator. • Weave physical activity into church activities and services, This would be a great opportunity to use Instant Recess™ • Encourage church members to park further away from the sanctuary, so they can have a nice walk to church. • Create a play space that encourages children to be physically active. • Arrange for members to have discounts at a health club. Otherwise see they have income-based discounts. • Place health messages in stairways to reinforce messages about physical activity and health eating. • For those with limited mobility offer chair exercise classes. 	<ul style="list-style-type: none"> • Host a monthly Healthy Cooking class. • Create a community garden and prepare food with it for church events. • Invite guest speakers from a local food bank or the nutrition division at the health department. • Visit a local farm and learn about how food makes it from the farm to the table. • Conduct Family Meal planning workshops. • Conduct free health screenings (assess height, weight, blood pressure, and cholesterol) once a month. • Provide healthy breakfast to community kids before church every Sunday. • Have a “scavenger hunt” at a local farmers market • Encourage members to try a fruit or vegetable that they have never had before. • Have a “recipe rehab” potluck where members prepare healthy versions of their favorite entrées, appetizers, or desserts. • Have someone from the city come speak about composting and how it benefits the environment. • Organize a weight loss competition similar to the “Biggest Loser. • Select a “recipe of the month” for members to and cook at home and report back on how it tasted. • Work with farmers markets and the community-at-large to organize a farmers market in low-income neighborhoods.

Implementing Innovative Healthy Policies in the Church

Congrats for making it this far! You are well on your way to implementing church activities that support healthy behavior changes for your congregation. But, an important question is: How can an individual change or maintain their behavior if their environment(s) do not support or encourage healthy behaviors? The answer is implementing a multi-level approach that focuses on the individual(s), community, and environment. One way to do this is by developing healthy church policies. These policies aim to sustain positive behavior change. Policies can be simple to complex. For example, [*Holly Baptist Church in Georgia's policy was to provide heart healthy foods at events. To support this, red tablecloths were used at church events to indicate that heart healthy foods were available.*](#)

Churches that develop policies to support and reinforce healthy behaviors may have greater success in behavior changes among its members. They may help to increase motivation for behavior change and normalize healthy behaviors. Churches can also duplicate or reinforce local policies (e.g., city, school, worksites, etc.) and ordinances that support healthy behaviors. [Resource: Policy examples.](#)

Examples of physical activity policy changes include:

- Setting guidelines for including physical activity in meetings and events such as Bible study (e.g., walking meetings, Instant Recess™).
- Negotiating subdivision and/or city ordinances and land use plans with provisions for sidewalks.
- Creating shared use agreements with nearby schools so that playground equipment can be used by congregants.
- Advocating for state legislation for daily physical education in schools.
- Planning physical activity breaks at all church meetings, aside from church services.

Examples of healthy eating policy changes include:

- Creating menus for church meals that include more fresh (or frozen) fruits and vegetables.
- Serving water or “spa water” (i.e., water flavored with fresh fruit or vegetables) instead of sugar sweetened beverages.

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

- 111 John 2

Additional Resources

Free Physical Activity and Healthy Eating Materials

- Eat Fresh - www.eatfresh.org. Offers free bilingual recipe cards. You can have your logo printed on the cards for free).
- Healthy Hearts SF-- www.healthy-heartssf.com. Offers free physical activity classes and resources throughout the SF Bay Area.
- San Francisco Health Department - Provides free [Champions for Change](#) cookbooks, recipe cards, physical activity booklets and more at no cost. (Must place order in advance).
- The National Kidney Foundation will send a health educator out to speak groups about kidney health and the importance of physical activity and healthy eating.

Funding Opportunities

- Office of Faith-Based and Neighborhood Partnerships Resources
- The Center for Faith-based and Neighborhood Partnerships
- Grant Watch Faith-Based Grants
- SAMSHA Faith-Based and Community Initiatives
- US Department of Justice Task Force for Faith-Based and Community Initiatives
- Guidance to Faith-Based and Community Organizations on Partnering with the Federal Government (PDF)
- National Minority AIDS Council Faith-Based Leadership Development
- Walmart, Home Depot, Lowes offer funding to non-profits organizations.



Pastor Zacharias of First AME Zion having fun with Instant Recess™ after Sunday worship service.

The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

-John 10:10



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Appendix

Appendix 1: Church Congregation Assessment

https://docs.google.com/document/d/19MgCMKcdGC4otGfKcHtNnZa50WKkju_6ZirmviLNoNY/pub

Appendix 2: Community Asset Mapping Form

<https://drive.google.com/open?id=0B5VljHxwGgVMZFdzcnAzc2F4a1E>

Appendix 3: Potential Partners

https://drive.google.com/open?id=15xCfRdLKxCBGTHCKOtW5QJXOG1tA04KUKtotz_FME-A

Appendix 4: Sign in sheet template

<https://drive.google.com/open?id=0B5VljHxwGgVMTFI3VUlvZVlvdjA>

Appendix 5: Liability

<https://drive.google.com/open?id=0B5VljHxwGgVMbms5bHgwNTIHd2M>

Appendix 6: Feasibility Matrix

<https://drive.google.com/open?id=1EnyDdJiYLPBCkgYrzcQmXvOqmEpRnM293x8ZT8VD28k>

Appendix 7: Bulletin

https://drive.google.com/open?id=1Z5StjjXipXGuZLTsNUe3DT6So7wnNw8R_qkYKfnsS6g



WISE HEALTH

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The Providence Foundation of San Francisco (PFSF) is the nonprofit philanthropic arm of Providence Baptist Church, a 2,000-member cornerstone of the predominantly African-American Bay View Hunters Point (BVHP) community of San Francisco for 65 years. Founded by members of the congregation in 1996, the Providence Foundation obtained its 501(c)3 status September 1997 to establish programs that would help to improve the quality of the residents of the Bay View Hunters Point community. The services provided by the Foundation demonstrate a concern for community issues as well as the ability to meet community needs.



Founded by five of San Francisco's most prominent African American ministers in 2001, the Tabernacle Community Development Corporation (TCDC) is a faith-based nonprofit aiming to provide safe, clean and reasonably priced housing for working-class families.

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