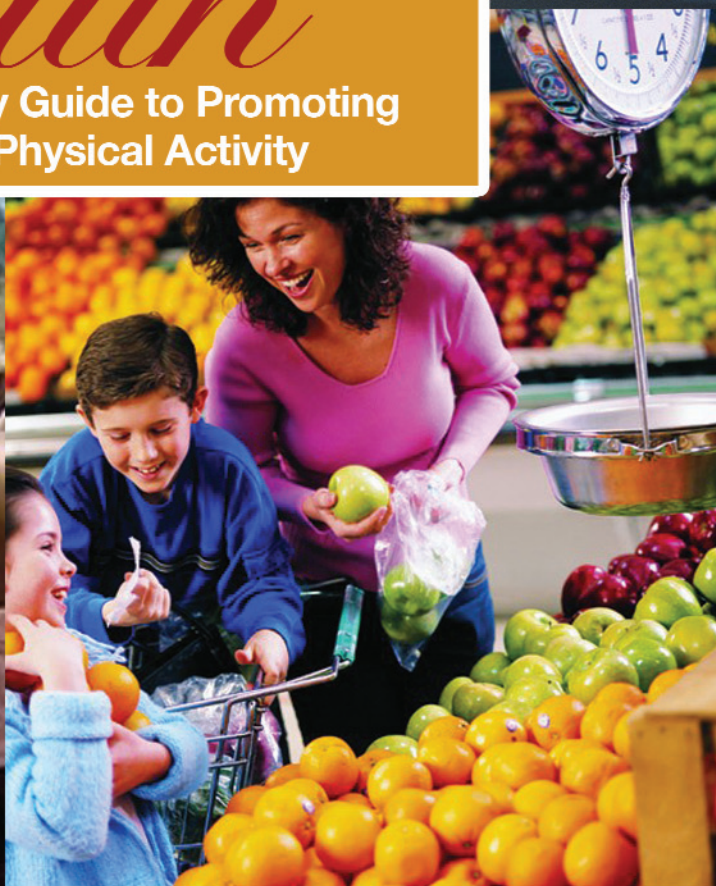
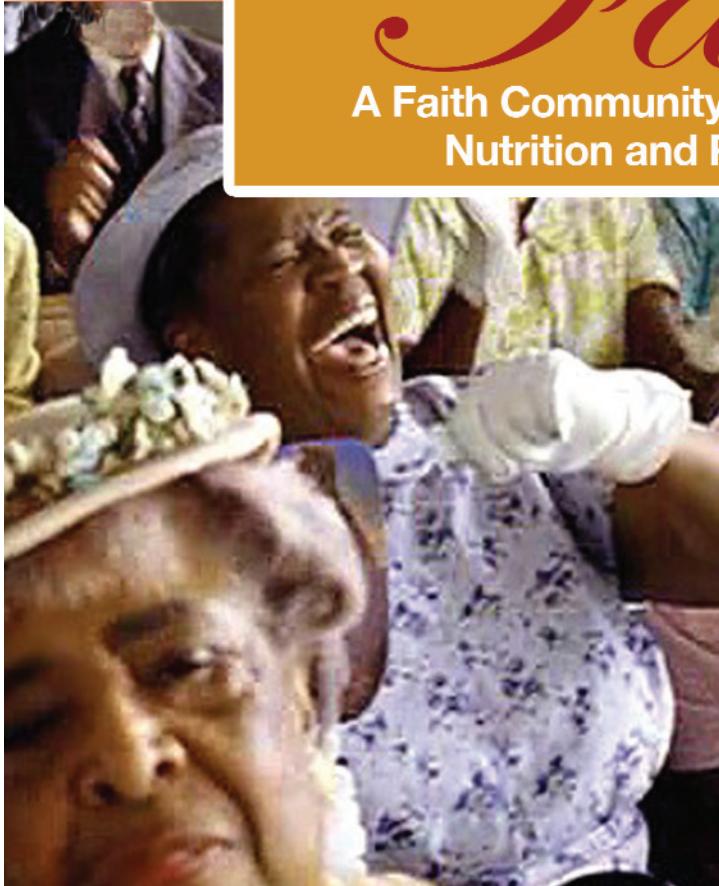




**Live Healthy in**  
*Faith*  
A Faith Community Guide to Promoting  
Nutrition and Physical Activity





**Live  
Healthy  
Georgia**



**Live Healthy in**

*Faith*

A Faith Community Guide to  
Promoting Nutrition and Physical Activity



**Live  
healthy  
georgia**



**Live Healthy in**  
A Faith Community Guide to Promoting  
Nutrition and Physical Activity

*Faith*



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Section I  
**INTRODUCTION**



## Introduction

***Pastor Ricky Bolden of New Community Church in LaGrange, Georgia was becoming increasingly alarmed. Lately, it seemed that the vast majority of the prayer request cards being completed by his members had one ominous theme in common – they were all about failing health!***

Coincidentally, Pastor Bolden had been having troubles of his own; he was no longer able to maintain his own blood pressure within normal ranges. Suddenly he understood that for people of faith – *a body of people who were supposed to be living an abundant life* – something was terribly wrong! And it was time to do something about it.

Within days, Pastor Bolden and his staff had settled on the beginnings of a solution: a Healthy Lifestyles series, which they would kick off with a contest called The Biggest Loser – a 30-day challenge for the entire faith community to lose a whopping total of 5,000 pounds by increasing their daily intake of fruits and vegetables and starting some kind of exercise routine. To showcase the church-wide effort, fifteen of the 100 people who volunteered for the contest were grouped into three five-member teams and pitted against each other to see who could achieve the largest percentage of collective weight loss at the end of 30 days. And to the winners would go a superb grand prize: local gym memberships, fruit and “veggie” baskets, certificates for free spa treatments, hair styling, color analysis, yearly memberships at the local parks & recreation center, physical activity and nutrition handouts, and various other gifts. All designed to encourage them, and others, to continue in their “healthy lifestyles.”

Capitalizing on the success and synergy of The Biggest Loser, Pastor Bolden and his staff lost no time in “kicking things up a notch” with First Place, an ongoing faith-based weight loss program. Now in its second phase, the First Place program began by establishing a free clothes closet for members who decreased their clothing sizes, offering more nutritious selections in church vending machines, and other measures to encourage ongoing weight loss and healthy activity. The church is now considering building a walking/running track as a next step.

Experiences such as that of New Community Church have led the Faith-based Workgroup of Georgia’s Nutrition and Physical Activity Initiative to create this “Live Healthy in Faith” Guide to assist faith communities in their efforts to improve the health of their members. Georgia’s Nutrition and Physical Activity Initiative, led by the Department of Human Resources’ Division of Public Health, is funded by the Centers for Disease Control and Prevention through the Nutrition and Physical Activity Program to Prevent Obesity and other Chronic Diseases. The Georgia Division of Public Health and its more than 170 Initiative partners across the state have joined together to combat the rise of obesity across the life span by focusing on increasing healthy eating, physical activity, and breastfeeding and reducing TV and screen time in Georgia in response to some troubling statistics:



- Overweight among Georgia’s young children ages 2-5 years, enrolled in the Women, Infants and Children (WIC) Program, has increased 60% over the past decade.
- The Georgia Student Health Survey (2003) indicated that 33% of middle school students and 26% of high school students are either overweight or obese.
- The annual cost of obesity in Georgia – from direct health care cost and lost productivity – is estimated at \$1.2 billion.
- According to the United Health Foundation, Georgia ranks 43<sup>rd</sup> among states in the overall health status of its citizens.

Furthermore, the 2005 *Overweight and Obesity in Georgia* report identifies numerous health risks associated with excess body weight, including:

- Heart disease, stroke, hypertension
- High cholesterol
- Diabetes
- Asthma
- Gallbladder disease
- Osteoarthritis
- Some forms of cancer
- Depression
- Sleep apnea

Sadly, several of the leading causes of death in Georgia are considered “lifestyle” diseases because the risks could be reduced simply by changes in lifestyle!

It’s a well-known fact that nutrition and physical activity are two important factors related to obesity. Consequently, making even modest lifestyle changes to increase healthy eating habits and physical activity levels could greatly enhance the lives of Georgians. Couple that with another well-known fact – that family and community relationships can have a tremendously positive impact in helping people make these important behavioral adjustments, and communities of faith are an ideal case in point.

### Why Health and Faith?

Through the ages, health and healing have been important components of the world’s religions, stressing attention to health, care for the sick, and positive behavioral choices. Norman Shealy, in his book entitled Sacred Healing: The Curing Power of Energy and Spirituality, cites teachings that exemplify how various religions view health:

**Bah'i:** *“All healing comes from God.”*

**Buddhism:** *“To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear.”*



**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.”*

**Jainism:** *“All living beings owe their present state of health to their own Karma.”*

**Judaism:** *“O Lord, my God, I cried to Thee for help and Thou has healed me.”*

**Shinto:** *“Foster a spirit that regards both good and evil as blessings, and the body spontaneously becomes healthy.”*

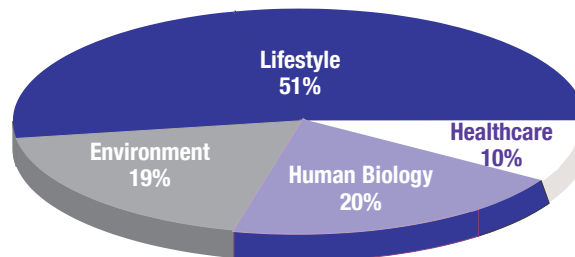
**Sikhism:** *“God is Creator of all, the remover of sickness, the giver of health.”*

**Taoism:** *“Pursue a middle course. Thus will you keep a healthy body and a healthy mind.”*

**Zoroastrianism:** *“Love endows the sick body of man with firmness and health.”*

As integral and vital elements of every community, institutions of faith are a fundamental part of the lives of millions of Georgians. They are the places we go first for guidance, the people we seek first for support. And they make up the very core of many Georgians’ systems of belief – and behavior.

It comes as no surprise that the World Health Organization (1998) defines health not merely as the absence of disease or infirmity, but as a dynamic state of complete physical, mental, social – *and spiritual* – wellbeing. According to the following illustration published in the Journal of the American Medical Association, many factors influence an individual’s ability to attain this level of health – and lifestyle tops the chart.



**Source:** McGinnis, M. J. and Foege, W. H. 1993. Actual Causes of Death in the United States. JAMA, 270, 19:2207-2212.



Given the clear importance of lifestyle behaviors on our health and wellbeing, and the fundamental influence of faith and faith-based relationships in providing the benchmark for many Georgians' lives, it is apparent that faith communities can play a compelling role in encouraging and supporting their members in making the healthy lifestyle choices that will keep them well and whole – and enjoying the abundant life into a ripe old age.

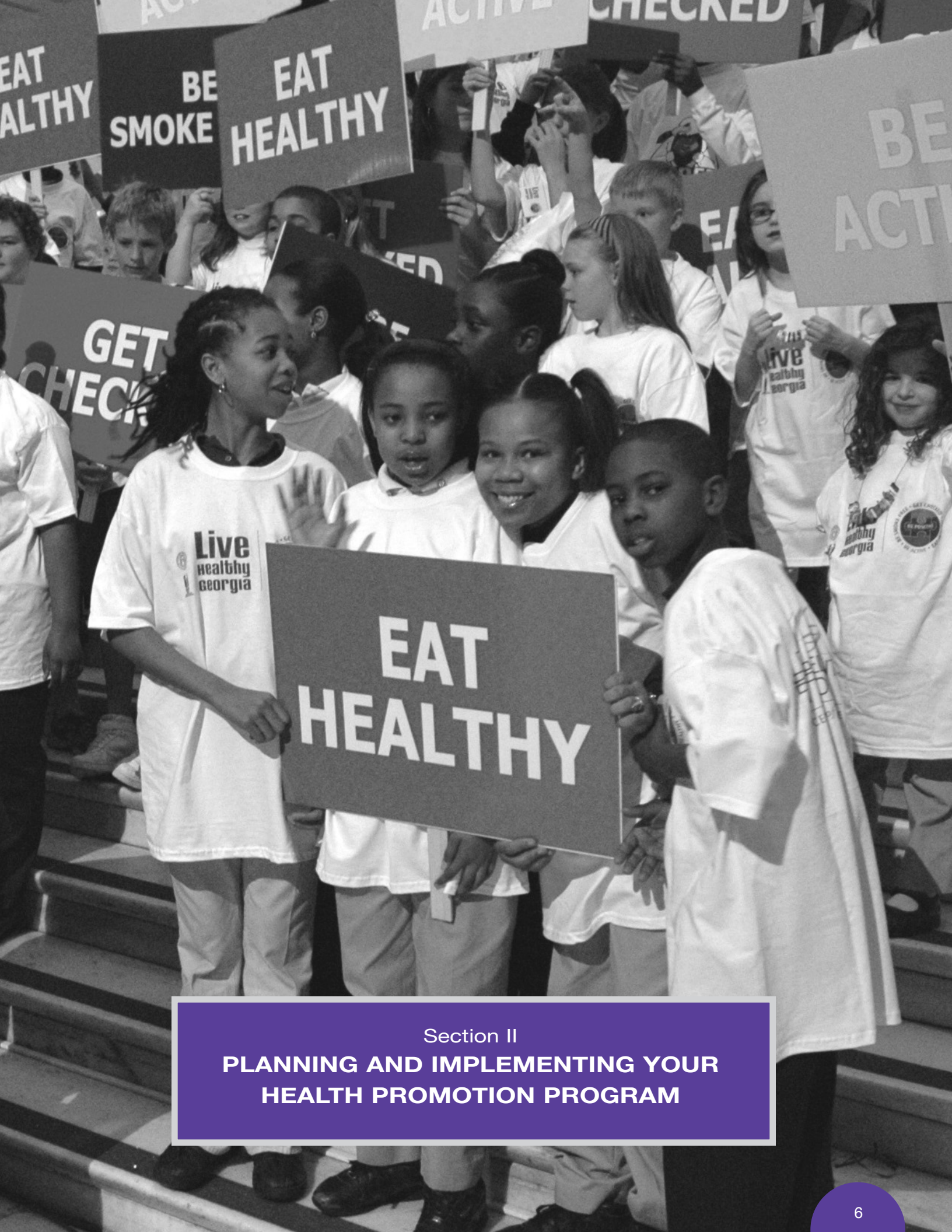
## About this Guide

This “Live Healthy in Faith” Guide has been designed to help your faith community establish a health promotion program focused on better nutrition and enhanced physical activity. And, it’s easy to use – by providing ideas and step-by-step instructions for making changes in your environment that will support the healthy lifestyles, good health and wellbeing we were created to enjoy!

- **Section II** offers advice for establishing a health ministry outreach and a Wellness Committee within your faith community that will administer health promotion initiatives among your membership body.
- **Section III** provides instructions for assessing the needs of your individual body of members, helps you determine the assets available within your own particular faith community, and steers you to an appendix filled with sample forms for completing these assessments.
- **Section IV** offers suggestions for policy and environmental changes that support healthy lifestyles.
- **Section V** suggests a variety of health promotion programs to choose from and includes supporting information on how to implement the programs you choose.
- **Section VI** lays out month-by-month ideas for educating and engaging your membership in nutrition and physical activities.

An Acknowledgements and Resources section catalogs a wide range of organizations and their associated websites that will be useful to you as you engage in efforts to improve the health of your membership. And finally, helpful appendices give you practical tools to guide you along the way.





Section II  
**PLANNING AND IMPLEMENTING YOUR  
HEALTH PROMOTION PROGRAM**



# Planning and Implementing Your Health Promotion Program

***Laying a strong foundation will help support the development of your health promotion program and guide it in the appropriate direction.  
Taking adequate time to plan will ease the process and lead to success.***

## Health Ministry and the Role of the Health Promotion Program

It's a fact that a growing number of faith communities are incorporating health ministry aspects and health promotion into their programs of outreach. These ministry initiatives can take on various forms, and have best been described as *anything* the faith community is doing to promote the holistic wellbeing of individuals, either within its own membership body or among the local area at large. Some health ministries and their programs of outreach are well organized, and their activities are highly integrated into the organization; others are less formal, with occasional activities. But you can be confident in understanding that each faith community is unique and has its own level of needs and resources that can be devoted to health ministry programming – and whatever direction you decide to go will be the right one for you!

Typically, a health ministry and its overall health promotion program is led by a Wellness Committee consisting of volunteers who are equipped with an appropriate level of experience and knowledge in health and wellness and its relationship to your community of faith, as well as an understanding of the practical aspects of the current health care system. These volunteers may be health care professionals themselves, or individuals who simply have a call in this area. The fact is, anyone with experience in whole person health, such as caring for an ill family member, can be a good candidate for leadership. And while your Wellness Committee will guide the health promotion program of your internal faith community, it may ultimately expand its outreach to share with other local communities of faith – and touch even more lives.

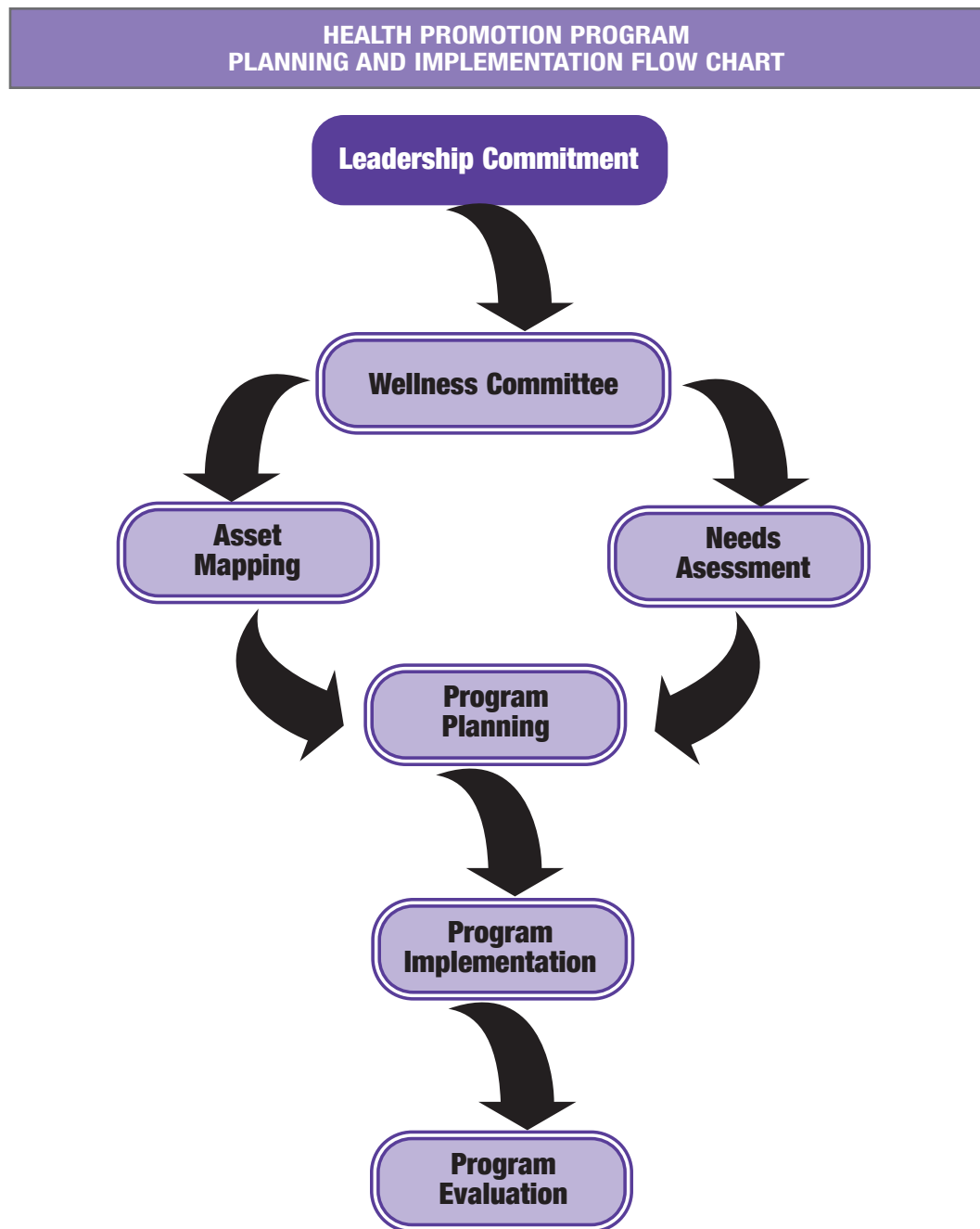
Whether you're just starting a health ministry outreach or want to strengthen or expand your current health promotion program, here are some resources you might find helpful:

- *The Health Cabinet: How to Start a Wellness Committee in Your Church* by Jill Westberg McNamara, available from The International Parish Nurse Resource Center, Park Ridge, IL, 800-556-5368, <http://ipnrc.parishnurses.org/>.
- *Developing a Health Ministry Resource Guide*, available from the West Central Health District, Columbus, GA, 706-321-6300.
- Health Ministries Association, Roswell, GA, 800-280-9919, [www.hmassoc.org](http://www.hmassoc.org).



## Organizing Your Health Promotion Program

Implementing a health promotion program in your faith community requires a team approach. Whether your program is a comprehensive, integrated effort or a less formal undertaking, what you will be doing – *and who is going to be responsible* – should be understood and endorsed by everyone. There are *seven key steps* to planning and implementing a successful health promotion program, as outlined on the flow chart and the text that follows:



Adapted from B. Cottrell, Health Ministry 101



## Key Steps

### **Step 1: Seek Your Leadership's Endorsement**

It goes without saying that the support of your faith community leadership is essential before undertaking any new initiative. While the leadership does not have to be actively involved in implementing your health promotion program, their endorsement sends an important and essential message of support to the full membership body.

Before approaching your leaders, prepare a summary of your ideas on implementing an effective health promotion program, then follow formal organizational procedures to arrange a meeting to gather leadership support for, and interest in, having a health ministry outreach and health promotion program. Become familiar with and share the relationship of health and wellbeing to your particular body of faith, as outlined in Section I, the Introduction to this Guide, and show how your program fits into the body's overall mission and outreach. Use this Guide to outline what you would like to do and how you think the program can be integrated into your faith community. Remember – the better prepared you are, the more likely you are to achieve the endorsement and enthusiasm you need to implement an effective new ministry outreach.

### **Step 2: Assemble the Wellness Committee**

The Wellness Committee will develop, guide, implement and maintain the health promotion programs of your body's health ministry outreach. Together, your Committee will establish the character of your ministry and its initiatives and determine its success.

Depending on the size and resources of your institution, the Committee should ideally be comprised of about eight to twelve members, either volunteers or those appointed by leadership. But above all, seek to include those who share a genuine commitment to accomplishing the program's mission and overall success – and who will generate interest and enthusiasm among membership. To help identify the right individuals, ask these questions:

- Who is already interested in promoting good health?
- Who has passion and personal experience in dealing with health issues?
- What health ministries do we already have in our faith community? Who is involved?
- What groups should be represented on the Committee?
- Which staff members need to be involved to make your program 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 the program?



Aside from those who are actual health care professionals, such as doctors, nurses or those in other health related fields, good Wellness Committee candidates might be found among a variety of sources, such as:

- Coaches
- Community agency representatives
- Dietitians/Nutritionists
- Team sports participants
- Health educators
- Lay persons interested in health and wellbeing
- Social workers

### **Step 3: Complete a Needs Assessment and Map Out Your Assets**

Before you implement any health promotion program, you must first know what needs are most urgent and what resources are available to you. First, use the Membership Health Assessment questionnaire (see Appendix) to gain an understanding of what your members want and need. The form will help you identify crucial trends and target the most urgent areas of need in terms of health issues, dietary and physical activity habits.

Next, use the Faith Organization Health Assessment, Family Skills Inventory and Local Community Assets Inventory forms (see Appendix) to take stock of the assets you have within your faith institution, your membership and your surrounding community – and provide a picture of what you have in hand to work with in meeting your members' identified needs.

**Consult Section III of this Guide for more detail on conducting these assessments.**

### **Step 4: Establish a Mission, Identity, Goals, Objectives, Action Plan and Budget**

Once you have identified the needs of your membership and the assets available, you should develop an overarching vision of your health promotion program, followed by specific steps to guide you along the way.

#### **■ Mission Statement**

Every undertaking should have a mission and a purpose; in short, a reason for doing what you are doing. And your mission statement should reflect just that. An effective mission statement should accurately explain why your program exists and what it hopes to achieve in the future. Such a mission statement must resonate not only with your faith community and program leadership, but with all program volunteers and the constituencies and individuals that the program hopes to impact.



*A mission statement should:*

- Express the program’s purpose in a way that inspires support and ongoing commitment.
- Motivate those who are involved.
- Articulate in a way that is convincing and easy to grasp.
- Use proactive verbs to describe what will be done.
- Avoid jargon.
- Be short enough so that everyone involved can readily repeat it.

Some examples of a good health promotion program mission statement include:

*Our mission is to make a positive difference in the lives of our members by helping them lead healthy lifestyles through education, motivation and spiritual support.*

*Our mission is to improve the health of our faith community by providing educational and supporting programs to enrich members’ lives physically, emotionally, and spiritually.*

*Our mission is to promote physical, emotional and spiritual health so that our members may lead abundant lives.*

### ■ **Program Identity**

Next, consider giving your program a name, such as the “First Place” program at New Community Church that was discussed in the Introduction to this Guide. Be creative! Give your program a name that is not only consistent with your overall mission, but that will be memorable. And most important, that will generate excitement and participation in the program.

### ■ **Goals**

Once you are in agreement on a mission statement and your overall program identity, you will need to outline the supporting goals and objectives necessary to realize your mission. In setting your program goals, consider the following:

- The unique qualities of your faith community.
- The demographic and ethnic composition of your membership.
- The human and financial resources available for program implementation.

Establish clear goals and objectives. Shape them from the results of your needs and resources assessments. Set both short- and long-term goals. Be practical and realistic by choosing obtainable goals and objectives. Remember that you are a faith community, and for that reason, your health promotion program should address your faith’s beliefs of healthy living: physically, emotionally, spiritually – and interpersonally.



**Keep in mind that goals:**

- Are broad statements that indicate what you hope to accomplish.
- Create the setting for what you are proposing.
- Focus how a situation will be changed as a result of a successful project, not what a project will do.

**Objectives**

Objectives provide the methods for meeting your goals – the means to the end.

They should be **SMART**:

*Specific about the problem to be addressed.*

*Measurable so that you can determine whether or not the goal has been achieved.*

*Action-oriented by using action verbs like “increase,” “improve,” “implement,” “reduce”.*

*Reasonable about the result that can be achieved.*

*Time-bound by identifying a specific date for achievement.*

**The following template will help in developing your objectives:**

Audience to be affected	Behavior that will change	Method to be used	Level of success	Date effectiveness will be measured



### **Action Plan**

Complete your action plan by identifying the specific tasks required to accomplish each objective, the schedule for completing these tasks and the person responsible. The following chart provides a sample action plan you can use:

Goal:	The adult membership of our faith community will increase physical activity through social activities.		
Objective	Action Steps	Time Frame	Assigned to
<b>Organize walking groups to increase members' daily physical activity to the recommended level of "30 minutes of moderate activity most days of the week" by June.</b>	Solicit volunteer team leaders to organize walking groups	Leaders identified within one month	Jane Doe
	Locate 1/4-, 1/2-, and 1-mile walking courses	Within one month	Jim Smith
	Develop a schedule for walking groups	Within one month	Peggy Jones
	Prepare announcement and kick-off walking groups	Within two months	Jane Doe

### **Budget**

The final stage in program planning is to develop a budget. Understanding the costs related to the activities you are proposing will help to set your priorities. Once you've decided on these activities and their related costs, you should develop funding mechanisms for them. Some projects may be funded as a line item in the budget for your faith community, but others may require funding from other sources, such as grants or fees for the services being provided.

Taking the necessary time to adequately plan and budget for your health promotion program will make implementation easier and lead to greater success.





### **Step 5: Introduce Your Wellness Committee to the Faith Community**

To gain member buy-in, endorsement and participation, it is vital that your Wellness Committee be formally introduced to the members of your faith community. This can be done in a variety of ways:

- Ask your faith leader to conduct a formal commissioning service for the Wellness Committee at the end of a regular service.
- Have faith leadership announce the new health ministry outreach at the end of a service and conduct a Question & Answer session among membership and the Wellness Committee.
- Place an announcement in the newsletter or bulletin about the formation of the Wellness Committee.

### **Step 6: Implement Your Program**

Once you have established your mission statement, goals, objectives, action plan and budget, you'll be ready to implement your program. *Please* – do NOT take on too much at one time. Remember that starting small allows you to gauge the reception of your membership, make adjustments as your program grows, and enjoy incremental successes. So, be realistic about what you can accomplish with available resources and start there.

As a first step, you'll want to create awareness about the importance of healthy lifestyles and introduce your new health promotion program to the membership body. A good way to do that is with a kick-off event, such as:

- Pass out a give-away item e.g., a copy of the food pyramid, a pedometer or refrigerator magnet along with information about your new program.
- Conduct blood pressure, cholesterol or other health screenings and distribute information about the health promotion program.
- Plan a community meal showcasing healthy food choices.

Whatever program you choose to implement and however you elect to kick it off, don't give up! Remember the story of the turtle who won the race and the hare that lost? It took him longer, but he won because he was persistent – and kept going. Being persistent and not giving up are the keys to maintaining your members' interest and participation and ultimately realizing your mission.

### **Step 7: Evaluate Your Program**

Did we do what we set out to do? Conducting periodic evaluations of your health promotion program initiatives not only helps you answer that question, but lets you showcase your successes as well. An evaluation should provide an assessment of your program's benefits and accomplishments relative to the personnel, activities and resources that have been used to implement the program. A program evaluation can:



- Demonstrate the effectiveness of the program.
- Justify the cost of the program and help ensure future funding.
- Identify areas where the program can be improved and help with new program planning and development.
- Assess the satisfaction of program participants.
- Provide evidence-based data for securing funding from both internal and external sources.

It's best to decide on your evaluation process early in the planning stage, because your evaluation measures will determine the type of information you will need to collect from the outset. The following table provides an overview of the major methods used for collecting data during evaluations. Choose the method that will be easiest and most effective for the type of program you are implementing.

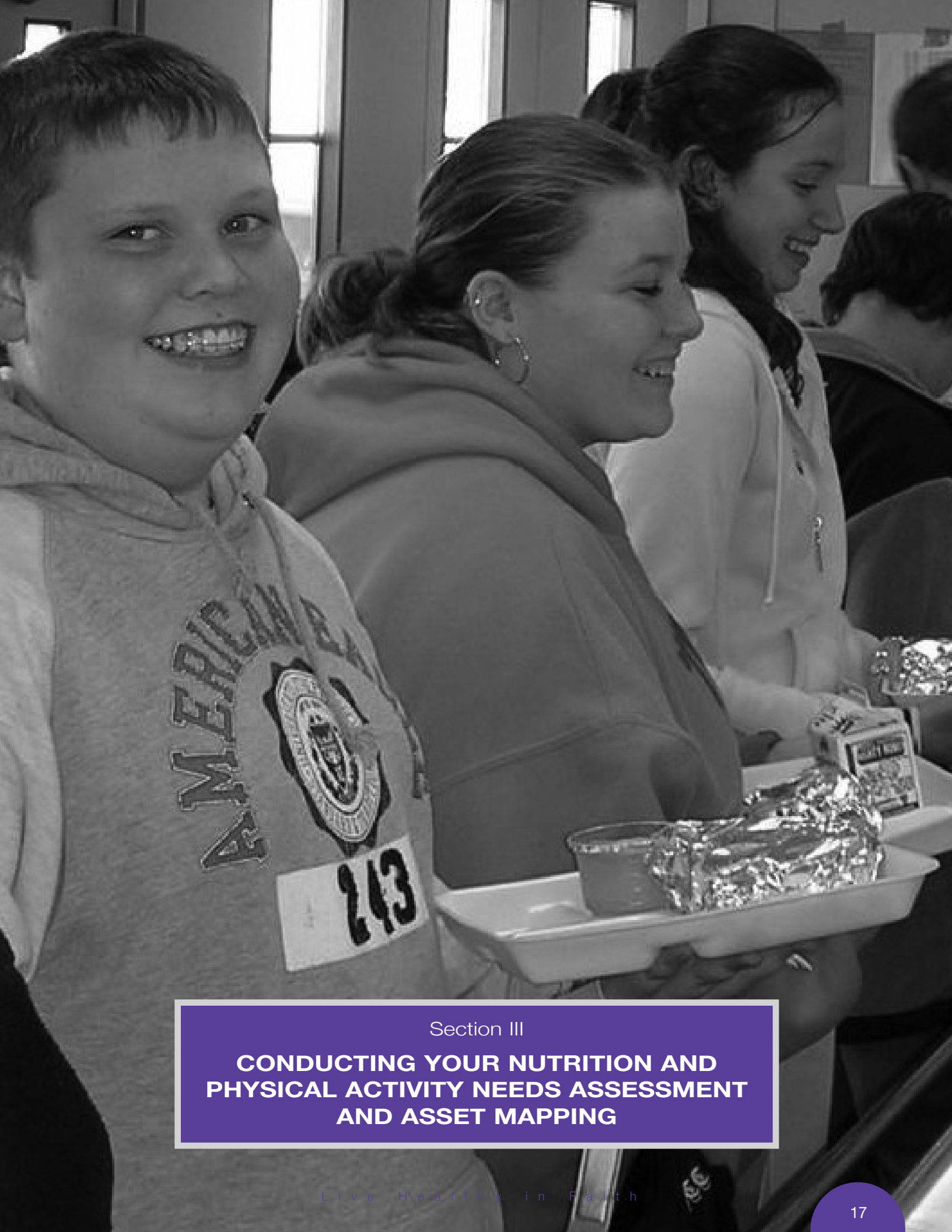
Method	Overall Purpose	Advantages	Challenges
<b>Questionnaires, Surveys, Checklists</b>	quickly and/or easily get lots of information from people in a non-threatening way	-can complete anonymously -inexpensive to administer -easy to compare and analyze -administer to many people -can get lots of data -many sample questionnaires already available	-might not get careful feedback -wording can bias responses -are impersonal -in surveys, may need sampling expert - doesn't get full story
<b>Interviews</b>	fully understand participants' impressions or experiences, or learn more about their answers to questionnaires	-provide full range and depth of information -foster relationship with participant -can be flexible based on participant needs	-can be time-consuming -can be hard to analyze and compare -can be costly -interviewer can bias responses
<b>Documentation Review</b>	get an impression of how program operates without interrupting the program; is from review of applications, finances, memos, minutes, etc.	-provide comprehensive and historical information -doesn't interrupt program or participant's routine in program -information already exists -few biases about information	-often time-consuming -information may be incomplete -need to be quite clear about what looking for -not a flexible means to get data; data restricted to what already exists
<b>Observation</b>	gather accurate information about how a program actually operates, particularly about processes	-views program operations as they are actually occurring -can adapt to events as they occur	-can be difficult to interpret observed behaviors -can be complex in categorizing observations -can influence behaviors of program participants -can be expensive
<b>Focus Groups</b>	explore a topic in depth through group discussion, e.g., about reactions to an experience or suggestion, understanding common complaints, etc.; useful in evaluation and marketing	-quickly and reliably get common impressions -can be efficient way to get much range and depth of information in short time - can convey key information about programs	-can be hard to analyze and fairly report responses -transcribing and evaluating recorded conversations can be cumbersome -need good facilitator for safety and closure -difficult to schedule 6-8 people together
<b>Case Studies</b>	fully understand or depict participant's experiences in a program, and conduct comprehensive examination through cross-comparison of cases	-fully depicts participant's experience in program input, process and results -powerful means to portray program to outsiders	-usually quite time-consuming to collect, organize and describe -represents depth of information, rather than breadth

Source: Basic Guide to Program Evaluation by Carter McNamara, Ph.D.



You may be well-advised to seek the help or input of a competent professional in designing or conducting your program evaluation. One suggestion is to survey your membership for someone who has expertise in this area and ask him or her to join your Wellness Committee. Another resource is your local college or university. A professor in the sociology, economics, or social work department may be willing to help or assign your evaluation to students for a class project. Your local health department may also be able to provide assistance with your evaluation.





Section III

**CONDUCTING YOUR NUTRITION AND  
PHYSICAL ACTIVITY NEEDS ASSESSMENT  
AND ASSET MAPPING**



# Conducting Your Nutrition and Physical Activity Needs Assessment and Asset Mapping

***Conducting an assessment of your faith community's needs and mapping out your available assets are essential in setting the direction for your health promotion program.***

## **These activities will help you to:**

- Understand your membership's nutrition and physical activity status needs.
- Understand the current environment and “mindset” of your faith institution and its members with regard to nutrition and physical activity issues.
- Identify the resources within your faith institution that are available to support your health promotion program.
- Identify the resources within your broader community that are available to support your health promotion program.

You must undertake three types of activities before you can effectively set the goals of your health promotion program: the first addresses the assets and needs of the members of your faith organization, the second evaluates the assets of the faith organization itself, and the third does likewise for the surrounding community at large. Together, the results of these assessments will provide a dynamic “snapshot” and associated guidelines for targeting your members' needs, prioritizing the needs in order of importance, and identifying resources to help meet these identified needs.

## **Assessing the Needs of Your Membership**

A basic assessment of some key attributes of your membership will help your Wellness Committee recognize members' levels of understanding about the lifestyle issues that impact health, their current behavior patterns regarding nutrition and physical activity, and their needs for support. You can use the Membership Health Assessment questionnaire provided in the Appendix to conduct your assessment, or tailor it to suit your specific needs.

Establish a goal of what percentage of member participation you want to achieve. Although 100% participation is usually out of reach, you can and should set a realistic goal and keep calling for participation until you reach or surpass that goal. Don't be hesitant to ask the leaders of your faith community for their support in conducting the assessment and pressing upon members to participate. And, assure members that the questionnaires will remain anonymous and will only be reported in the aggregate. Members are more likely to participate if they are provided these endorsements and assurances.



Questionnaires can be distributed at a service, ministry meetings or other function, inserted in a newsletter or bulletin, or mailed separately. You might also consider making the questionnaire available by email or as an online download. Give clear directions for returning the completed forms – taking care to make it easy to do so – and definitely include a deadline. Methods of return or collection might include:

- Place a collection box at the entrance of your place of worship or social hall.
- Return them to the office.
- Place them in the offering basket during a service.
- Mail or email them directly to the Wellness Committee.

Or, all of the above! The easier it is to fill out and return, the greater your return rate will be.

Once the questionnaires have been returned, have members of the Wellness Committee compile the answers and prepare a report for the members and leadership. The results should provide direction to the Wellness Committee in setting the goals for your health promotion program.

### **Assessing the Current Environment of Your Faith Community**

As with assessing member attitudes and needs, the Wellness Committee will need to conduct an assessment of your faith community itself by surveying faith community leadership and staff. This assessment will examine the current policies and practices of health related issues within your faith community. Once completed, this assessment will identify ways in which your faith community does, or does not, actively support healthy lifestyles, expose current activities that may inadvertently contribute to unhealthy practices, and showcase opportunities for implementing new policies and practices that promote the health of your members. You can use the Faith Organization Health Assessment questionnaire provided in the Appendix to conduct your assessment, or tailor it to suit your specific needs.

### **Mapping the Assets of Your Faith Community and Your Community at Large**

Along with an understanding of member and faith organization *needs*, the Wellness Committee should possess a good working knowledge of available *assets and resources*; that is, knowing what types of programs, activities and resources are available for your use in implementing your health promotion program – and what skills and talents among your membership or local community constituents can be tapped.

The Family Skills Inventory questionnaire will reveal the variety of capabilities that may be represented and what contributions individuals are willing to make in support of your program. You can use the form provided in the Appendix, or tailor it to suit your specific needs.



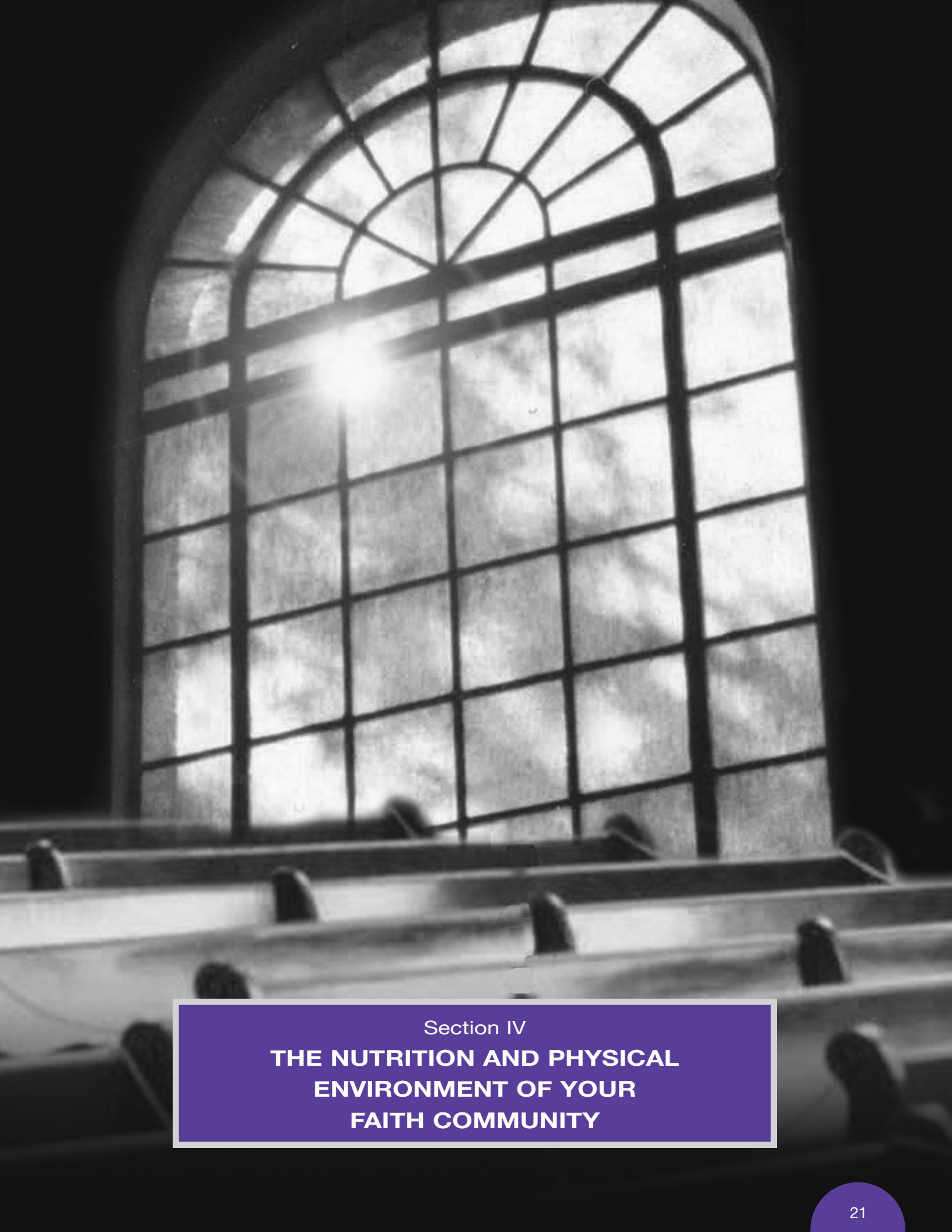
Likewise, the Local Community Assets Inventory questionnaire, also available in the Appendix, will help the Committee gauge the resources that may be available to you through community institutions, non-profit organizations, associations and businesses. Sources for identifying such groups include the Internet, yellow pages and other community directories, newspapers, local chambers of commerce, and knowledgeable leaders. You should also consider informal organizations that could be assets for your health promotion program. Such groups tend to involve people who share a common interest but have no formal structure, such as sports leagues, various support groups, and neighborhood associations.

### Understanding Your Assessments and Asset Mapping

Now that you've collected the data, the Wellness Committee should begin the process of understanding what it means and how it should guide you in drafting your goals and objectives. One helpful way to do this is to organize the information you have gathered into a simple table like the one below, which is based on a template developed by the University of Missouri System and Lincoln University Outreach and Extension:

Problem, Issue or Concern to be Addressed	Resources Needed	Faith Community Members Who Can Assist <i>(Include a note about talent, skill or gifts that make this person a good choice.)</i>	Local Community Institutions That Can Assist
Lack of understanding about healthy eating	Educational materials on healthy eating	Sally Jones is the high school dietitian	Public Health Department County Extension Agent General Hospital Health Education Department





Section IV

**THE NUTRITION AND PHYSICAL  
ENVIRONMENT OF YOUR  
FAITH COMMUNITY**





# The Nutrition and Physical Activity Environment of Your Faith Community

**Because meal sharing and communal meals are such a key part of faith community life, it is absolutely essential that your health promotion program include elements that will encourage and facilitate healthy eating and physical activity within the environment of the faith community itself. Keep in mind that even *small changes* can make a *big difference* in improving the overall health status of your membership.**

## **Nourish the Body**

Fellowship and meals are without question important elements of most faith communities. Numerous activities center on the sharing and partaking of food, and many of your members may eat one or more meals weekly at your facility. Consequently, faith communities should endorse healthy eating by considering balanced nutrition whenever food is served, whether it be snacks, full meals or vending machine products.

It is particularly important to plan healthy meals for both the youngest and the eldest members of your faith community. If you have a day care program or provide child care during services, carefully consider the meals and snacks that are being served so that they are both appealing and healthy. Likewise, services for the elderly, such as Meals on Wheels, should consider the balance needed to provide appropriate nourishment and encourage a healthy weight.







Your Wellness Committee can help your membership maintain an overall healthful diet by setting guidelines that require that meals sponsored by your faith community fall within the following parameters:

- Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Are low in saturated fats, cholesterol, salt and added sugars.
- Include no- or low-calorie beverages, such as water and unsweetened tea.

As you consider setting standards for the snacks and meals served within your faith community environment, the Wellness Committee will want to consider the USDA Guidelines for Americans, as illustrated on the following page:



## Sample 2005 USDA Food Guide at the 2,000-Calorie Level

Food Groups and Subgroups	USDA Food Guide Amount	Equivalent Amounts
<b>Fruit Group</b> 	2 cups (4 servings)	<b>½ cup equivalent is:</b> <ul style="list-style-type: none"> <li>■ ½ cup fresh, frozen, or canned fruit</li> <li>■ 1 med fruit</li> <li>■ ¼ cup dried fruit</li> </ul>
<b>Vegetable Group</b> <ul style="list-style-type: none"> <li>■ Dark green vegetables</li> <li>■ Orange vegetables</li> <li>■ Legumes (dry beans)</li> <li>■ Starchy vegetables</li> <li>■ Other vegetables</li> </ul> 	2.5 cups (5 servings) 3 cups/week 2 cups/week 3 cups/week 3 cups/week 6.5 cups/week	<b>½ cup equivalent is:</b> <ul style="list-style-type: none"> <li>■ ½ cup of cut-up raw or cooked vegetable</li> <li>■ 1 cup raw leafy vegetable</li> </ul>
<b>Grain Group</b> <ul style="list-style-type: none"> <li>■ Whole grains</li> <li>■ Other grains</li> </ul> 	6 ounce-equivalents 3 ounce-equivalents 3 ounce-equivalents	<b>1 ounce-equivalent is:</b> <ul style="list-style-type: none"> <li>■ 1 slice bread</li> <li>■ 1 cup dry cereal</li> <li>■ ½ cup cooked rice, pasta, cereal</li> </ul>
<b>Meat and Beans Group</b> 	5.5 ounce-equivalents	<b>1 ounce-equivalent is:</b> <ul style="list-style-type: none"> <li>■ 1 ounce of cooked lean meats, poultry, fish</li> <li>■ 1 egg</li> <li>■ ¼ cup cooked dry beans or tofu</li> <li>■ 1 Tbsp peanut butter, ½ oz nuts or seeds</li> </ul>
<b>Milk Group</b> 	3 cups	<b>1 cup equivalent is:</b> <ul style="list-style-type: none"> <li>■ 1 cup low-fat/fat-free milk, yogurt</li> <li>■ 1½ oz of low-fat or fat-free natural cheese</li> <li>■ 2 oz of low-fat or fat-free processed cheese</li> </ul>
<b>Oils</b> 	27 grams (6 tsp)	<b>1 tsp equivalent is:</b> <ul style="list-style-type: none"> <li>■ 1 Tbsp low-fat mayo</li> <li>■ 2 Tbsp light salad dressing</li> <li>■ 1 tsp vegetable oil</li> </ul>
<b>Discretionary Calorie Allowance</b> <ul style="list-style-type: none"> <li>■ Example of distribution: Solid fat Added sugars</li> </ul>	267 calories  18 grams 8 tsp	<b>1 Tbsp added sugar equivalent is:</b> <ul style="list-style-type: none"> <li>■ ½ oz jelly beans</li> <li>■ 8 oz lemonade</li> </ul>

**Notes:** All servings are per day unless otherwise noted. USDA vegetable subgroup amounts are per week

The 2,000-calorie USDA Food Guide is appropriate for many sedentary males 51 to 70 years of age, sedentary females 19 to 30 years of age, and for some other gender/age groups who are more physically active.



Additionally, the Wellness Committee should assess the healthiness of the foods and beverages that are offered in your vending machines. Vending machines are a quick and convenient way to purchase food, but they often do not provide healthful food options. As part of your health promotion program, consider asking your vending machine company to replace high-calorie, high-fat foods such as candies, crackers, and sodas with such items as fruits, vegetables, pretzels, energy bars, milk and water.

By setting an example for healthful eating within the faith community environment, you will be encouraging better eating habits at home, work and play and contributing to the improved health of your membership.

## Keep the Kitchen Safe

According to public health and food safety experts, millions of illnesses can be traced to food-borne bacteria each year. While the likelihood of serious complications is unknown, it is estimated that two to three percent of all food-borne illnesses lead to secondary long-term illnesses. For example, certain strains of *E.coli* can cause kidney failure in young children and infants; *Salmonella* can lead to reactive arthritis and serious infections; and *Listeria* can cause meningitis and stillbirths.

The idea that food served at one of your meetings or gatherings could make someone ill may be disturbing, but there are many steps you can take to protect those who partake of the food you serve; it is simply a matter of following basic rules of food safety. The USFDA (U. S. Food and Drug Administration) offers these very practical tips for keeping kitchens safe:

### USFDA Healthy Kitchen Guidelines

- Keep the temperature in a refrigerator at 40°F (5°C) or less and your freezer at 0°F (-18°C).
- Sanitize a sink drain, disposal and connecting pipe by periodically pouring a solution of 1 teaspoon of chlorine bleach in 1 quart of water down the sink.
- Clean countertops with hot water and soap followed by a bleach solution or commercial sanitizing agent.
- Wash hands with warm water and soap for at least 20 seconds before and after handling food, especially raw meat, poultry and fish.
- Wash cutting boards, dishes, utensils with hot soapy water after preparing each food item and before going on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often in the hot cycle of a washing machine.
- Thoroughly rinse fresh produce under running tap water, including those with skins and rinds.
- Never use detergent or bleach to wash fresh fruits and vegetables.
- Keep food on a hot buffet table at 140°F or higher.
- Hot foods should be refrigerated within two hours after cooking. Don't keep the food if it's been standing out for more than two hours.



- Date leftovers so they can be used within a safe time. Generally, they remain safe when for 3 to 5 days – *“If in doubt, throw it out!”*
- Never allow raw meat, poultry and fish to come in contact with other foods.
- Never place cooked food back on a plate that previously held raw meat, poultry or seafood.
- To prevent juices from raw meat, poultry or seafood from dripping onto other foods in the refrigerator, place them in sealed containers or plastic bags on the bottom shelf.
- Never defrost food at room temperature. Thaw food in the refrigerator.
- When preparing food, cover long hair with a net or scarf. Be sure that any open sores or cuts on the hands are completely covered.

## Be Faithful to Fitness

*Bulletin – Physical Activity Does Not Have to be Strenuous to be Helpful!* People of all ages can benefit from participating in regular, moderate-intensity physical activity, such as 30 minutes of brisk walking five or more times a week. Yet, national statistics show that despite the proven benefits of physical activity, more than 50% of American adults do not get enough physical activity to provide health benefits – *and 20% percent of adults are not active at all in their leisure time!*

Activity decreases with age and is less common among women than men and among those with lower incomes and levels of education. All of which provides a prime opportunity for communities of faith to fill in the gap and improve the odds for their respective membership bodies or local communities.

No doubt about it, physical activity pays. According to the Centers for Disease Control and Prevention (CDC), regular physical activity greatly reduces the risk of dying of coronary heart disease, the nation’s leading cause of death. Being physically active on a regular basis decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. It also helps to control weight and contributes to healthy bones, muscles, and joints. Other benefits include reducing falls among older adults, helping to relieve the pain of arthritis, and reducing the symptoms of anxiety and depression. Regular physical activity is linked to fewer hospitalizations, doctor visits, and medications, as well.

One easy method of increasing physical activity is to promote the use of stairs by providing clean, safe and attractive stairwells. The CDC’s StairWELL to Better Health Project ([www.cdc.gov/nccdphp/dnpa/stairwell.index.htm](http://www.cdc.gov/nccdphp/dnpa/stairwell.index.htm)) offers a number of excellent suggestions for increasing stairwell use:

- Post signs to encourage members to take the stairs.
- Add carpet or rubber treading to the stairs.
- Put artwork on stairwell walls.
- Add footsteps that lead from elevators to the stairs or post arrows showing the way to the stairs.
- Put numbers on the doors inside stairwells to let users know which floor they are on.
- Start at the bottom floor and give each stair a number so that users can easily track their progress.
- Allow users to add their signatures to each floor, creating a graffiti wall.



Another easy way to increase physical activity is to provide a safe walking environment on your facility grounds. Walking is a healthy behavior that does not require equipment, has a low risk of injury, and has proven to improve wellness. If facilities for walking are in place, your members are more likely to use them. Try the following tips to promote walking:

- Keep sidewalks well lit and free of obstacles.
- Designate areas in your parking lot for pedestrian access.
- Consider amenities like benches, water fountains and signage.

Your Wellness Committee may also want to consider establishing an on-site fitness room or exercise facility. An inexpensive approach is to set up a television with a video or DVD player in a room with adequate floor space for a small group to exercise. Keep a library of videotapes or DVDs with a variety of exercise programs so that groups of any age can get together on their own, play a tape, and have fun. Weights and accompanying video/DVD instructional programs could be provided as well. Or, if space and resources permit, your faith community could offer a fully equipped gymnasium-type facility. If you choose such an undertaking, keep in mind that research should be done on liability and other legal issues.

However your faith community decides to incorporate physical activity into its policies, every appropriate opportunity should be taken to remind your membership of the Physical Activity Recommendations of the 2005 Dietary Guidelines for Americans:

#### **2005 Dietary Guidelines for Americans**

- Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.
- To reduce the risk of chronic disease in adulthood, engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.
- For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.
- To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood, engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week while keeping the number of calories eaten within the recommended range.
- To sustain weight loss in adulthood, participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. Some people may need to consult with a health care provider before participating in this level of activity.
- Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.



## **Tend to the Needs of Breastfeeding Mothers**

Breast milk is the ideal nutrition for infants and the only food infants need for growth and development during the first six months of life. After six months, food should be introduced gradually, with supplemental breastfeeding continuing for at least one year.

Research has shown that breast milk provides the best nutrition for infants, protects against infections, diseases and allergies, and enhances physical development. The primary benefit of breast milk is nutritional. It contains the right amount of fatty acids, lactose, water and amino acids for human digestion, brain development and growth.

The decision to breastfeed is a personal choice, but research shows a number of benefits to both the mother and child.

### **Benefits to the Child**

- Lower rates of overweight and obesity.
- Decreased risk of developing ear infections and respiratory illnesses.
- Protective effects from many digestive problems, allergies, and diabetes.
- Potentially clearer vision and better brain function.

### **Benefits to the Mother**

- Fewer trips to the doctor as a result of a healthier baby.
- Lower costs to breastfeed, saving as much as \$2,500 per year in formula and \$200 less in medical bills.
- Decreased risk of developing pre-menopausal breast, ovarian, and endometrial cancers.
- Increased caloric burn of 300 to 500 calories a day which may help with post-pregnancy weight loss.

**The American Academy of Pediatrics provides the following breastfeeding recommendations:**

### **American Academy of Pediatrics Guidelines**

- Human milk is the preferred feeding for all infants, including premature and sick newborns, with rare exceptions. The ultimate decision on feeding of the infant is the mother's. When direct breastfeeding is not possible, expressed human milk, fortified when necessary for the premature infant, should be provided.
- Breastfeeding should begin as soon as possible after birth, usually within the first hour.
- Newborns should be nursed whenever they show signs of hunger, such as increased alertness or activity, mouthing, or rooting. Newborns should be nursed approximately 8 to 12 times every 24 hours until satiety, usually 10 to 15 minutes on each breast.



- No supplements (water, glucose water, formula, and so forth) should be given to breastfeeding newborns unless a medical indication exists.
- When discharged less than 48 hours after delivery, all breastfeeding mothers and their newborns should be seen by a pediatrician or other knowledgeable health care practitioner when the newborn is 2 to 4 days of age. In addition to determination of infant weight and general health assessment, breastfeeding should be observed and evaluated for evidence of successful breastfeeding behavior.
- Exclusive breastfeeding is ideal nutrition and sufficient to support optimal growth and development for approximately the first 6 months after birth. Infants weaned before 12 months of age should not receive cow's milk feedings but should receive iron-fortified infant formula. Gradual introduction of iron-enriched solid foods in the second half of the first year should complement the breast milk diet. It is recommended that breastfeeding continue for at least 12 months, and thereafter for as long as mutually desired.
- In the first 6 months, water, juice, and other foods are generally unnecessary for breastfed infants. Vitamin D and iron may need to be given before 6 months of age in selected groups of infants. Fluoride should not be administered to infants during the first 6 months after birth, whether they are breast or formula-fed. During the period from 6 months to 3 years of age, breastfed infants (and formula-fed infants) require fluoride supplementation only if the water supply is severely deficient in fluoride.
- Should hospitalization of the breastfeeding mother or infant be necessary, every effort should be made to maintain breastfeeding, preferably directly, or by pumping the breasts and feeding expressed breast milk, if necessary.

Your faith community can support new mothers by providing a Nursing Mother Room (NMR) for women to breastfeed or express breast milk, by holding lactation classes (refer to the Sample Programs section of this Guide), and by accommodating the needs of staff who are breastfeeding by allowing the time and appropriate private space for expressing breast milk.

In setting up an NMR, remember that it should be private and provide comfortable seating. It should have adequate ventilation and lighting and an electrical outlet. If possible, it should also include a sink and small refrigerator for temporary storage of expressed milk. Ideally your NMR would be located so that mothers can view and/or hear the worship service.

By supporting breastfeeding mothers, your faith community will show its commitment to good nutrition for all family members.



## Section V

### **SAMPLE PROGRAMS**

Following is only a sampling of the many programs you can incorporate into your health promotion program to improve the health and well being of your membership. The possibilities are endless – all you need is imagination!





## Sample Programs

### Healthy Weight Classes

#### **Why –**

On-site healthy weight classes can provide a supportive and comforting environment for your members who want to achieve or maintain a healthy lifestyle. Spending time with others who are facing similar challenges provides support and encouragement and strengthens the resolve of participants in the group by offering a forum for exchanging tips and sharing practical experiences.

#### **How –**

1. **Establish a committee to organize and take the leadership in developing and maintaining the program.**
2. **Survey membership to determine interest and needs as well as the best time of day, and day of the week, to hold classes.**
3. **Research existing programs that can be adapted to your faith community. Consider the program's reputation, cost, class content, and how well the program matches the needs of your membership.**
4. **Interview other communities of faith and faith-based organizations that have implemented similar programs to learn from their experiences.**
5. **Determine the best method for communicating to your membership about the program and soliciting participants.**
6. **Schedule and hold classes.**

#### **Resources –**

- TOPS – Take Pounds Off Sensibly: [www.tops.org](http://www.tops.org)
- Weight Watchers: [www.weightwatchers.com](http://www.weightwatchers.com)
- LifeWay Church Resources – Fit 4 Christian Wellness Plan: [www.lifeway.com/fit4](http://www.lifeway.com/fit4)
- First Place – The Bible's Way to Weight Loss Plan: [www.firstplace.org](http://www.firstplace.org)





## Healthy Cooking Demonstrations or Classes

### **Why –**

In today's FoodTV culture, cooking demonstrations and classes make a great seminar or after-service activity. Demonstrations can be tailored to fit a variety of settings and time limitations. Seeing and tasting foods prepared quickly and easily can provide people the incentive they need to get creative in the kitchen.

### **How –**

1. **Contact your County Extension Office for help in organizing demonstration or cooking classes.**
2. **Host a one-hour cooking demonstration after a service or as part of your health fair.**
3. **Create a theme for your demonstration, such as “Meals in a Minute,” “Take Nutrition to Heart,” or “Healthy Holidays”.**
4. **Invite a local restaurant chef to lead or participate in your cooking demonstration.**
5. **Offer a cooking class that includes a demonstration, hands-on participation, and a sampling of food.**
6. **Start a video lending library of healthy cooking videos.**

### **Resources –**

- Body & Soul – A Celebration of Healthy Eating and Living: [www.bodyandsoul.nih.gov](http://www.bodyandsoul.nih.gov)
- American Heart Association – Search Your Heart: [www.americanheart.org/presenter.jhtml?identifier=3008521](http://www.americanheart.org/presenter.jhtml?identifier=3008521)
- American Dietetic Association:
- County Extension Office
- Cooking schools
- Food section or cooking class calendars in local newspapers





## Pedometer Walking Challenges

### **Why –**

Research shows that incentive-based programs help people maintain positive behavior change, and a little good hearted competition is fun! Encouraging members to add physical activity to their day by joining in a short-term pedometer challenge can help them make permanent lifestyle changes.

### **How –**

1. **Establish a committee to organize and take the leadership in developing and overseeing the challenge.**
2. **Decide on the type of challenge that best suits your membership, such as challenging them to jointly walk the number of steps it would take to reach a particular place of worship, holy city, shrine or other locale of significance, or track the number of steps walked in an 8-week period.**
3. **Set the rules and duration for the challenge and clearly define how prizes will be awarded. Prizes do not have to be expensive. Small items such as water bottles, t-shirts, and cookbooks are sufficient. Prizes can be awarded on the basis of completion or level of achievement, or by a drawing or other means.**
4. **Advertise the challenge to your membership.**
5. **Sign up challenge participants.**
6. **If funds are available, obtain and distribute pedometers to those who wish to enter the challenge. Otherwise, have participants provide their own pedometers.**
7. **Walk, walk, walk!**
8. **Hold an event to celebrate everyone's achievements and award prizes.**

### **Resources –**

- National Health Ministries – Let's Get Moving: [www.pcusa.org/nationalhealth/programs/walking/walking.pdf](http://www.pcusa.org/nationalhealth/programs/walking/walking.pdf)
- America on the Move: [www.americaonthemove.org](http://www.americaonthemove.org)
- Active for Life: [www.cancer.org/docroot/PED/content/PED\\_1\\_5X\\_Active\\_For\\_Life.asp](http://www.cancer.org/docroot/PED/content/PED_1_5X_Active_For_Life.asp)
- Crosswalk America: [www.crosswalkamerica.org/prayerwalk.htm](http://www.crosswalkamerica.org/prayerwalk.htm)





## Activity Clubs or Sports Teams

### Why –

Activity clubs and sports teams encourage members with similar interests to interact in a healthy environment. They help foster camaraderie, improve physical fitness, reduce stress, and build self-esteem. These clubs or teams can be formally or informally organized depending on resources, and can be organized by volunteers or staff. Examples include:

- Basketball
- Bicycling
- Hall walking/outdoor track walking
- Hiking
- Softball
- Running
- Volleyball

### How –

1. **Survey your membership to determine their interest in participating in an activity club or sports team.**
2. **Form a committee for each of the activities or teams that generates sufficient interest.**
3. **For sports teams, investigate leagues in the community for your team to join or identify facilities where the team can play.**
4. **Lay out or demarcate a course for activities such as bicycling or running.**
5. **Establish a schedule and roster of players/participants.**
6. **Promote the activity/team to your membership.**
7. **Enjoy!**

### Resources –

- President's Council on Physical Fitness and Sports: [www.fitness.gov](http://www.fitness.gov)
- Local city or county Parks and Recreation Department





## Community Gardens

### Why –

The American Community Gardening Association lists some of the benefits of community gardening as stimulating social interaction, producing nutritious food, reducing family food budgets, conserving resources and creating opportunities for recreation, exercise, therapy and education. As a faith-based organization, sponsoring a community garden can provide opportunities for enjoyable physical activity and interactions among your membership as well as generate produce that can be donated to combat hunger in your community. With regular work, community vegetable gardens typically produce about 500 servings per year in a 40 ft. by 5 ft. raised bed. The best gardens have produced more than twice this amount. Fresh produce from community gardens supplements the canned supplies that stock the shelves of food pantries and homeless shelters. Additionally, community gardens teach people how to grow the best-tasting varieties of fresh, pesticide-free produce, which increases the chance that people working in the garden will eat the targeted five to nine servings of fruits and vegetables a day.

### How –

1. **Contact your County Extension Agent for information on such programs as urban gardening or master gardening.**
2. **Establish a committee to organize and take the leadership in developing and maintaining the program.**
3. **Identify a location, either on your campus or at another location in the community, that can be used for several years. Make sure there is access to water.**
4. **Survey your membership to identify individuals who have gardening talents and are willing to help design the garden layout.**
5. **Ask for volunteers who would like to help plant and maintain the garden. Develop a schedule for the volunteers.**
6. **Obtain necessary gardening equipment, supplies and plants/seed.**
7. **Plant and maintain.**
8. **Harvest the fruits of your labor and share them with others.**

### Resources –

- Urban Harvest: <http://www.urbanharvest.org/homepage.html>
- American Community Garden Association: <http://www.communitygarden.org/>
- Provident Living: <http://providentliving.org/content/list/0.11664,2019-1,00.html>
- Local County Extension Office: [www.caes.uga.edu/extension/statewide.cfm](http://www.caes.uga.edu/extension/statewide.cfm)





## Health Fairs

### **Why –**

Health fairs are a great opportunity to create health awareness in a faith community. A health fair can provide information on a wide range of health topics that can appeal to all members of your faith community. It can be set up in such a way that it will be both entertaining and educational to help people become more aware of their own health issues and, therefore, promote a better quality of life.

### **How –**

1. **Establish a committee to organize and oversee the activities of the health fair.**
2. **Set a date and time. It is necessary to begin planning for such an event at least 6 months ahead.**
3. **Secure the facilities.**
4. **Partner with others in your community, such as other faith-based organizations, your local hospital, public health department, county extension office, health agencies.**
5. **Identify and get the commitment of health professionals to provide the screenings.**
6. **Determine what health issues will be addressed at the health fair, such as:**
  - Informational displays – American Heart Association, American Diabetes Association, etc.
  - Demonstrations – Massage therapy, respiration testing.
  - Workshops – Nutrition information, weight management.
  - Tests and Screenings – Hearing, blood pressure, body fat testing.
7. **Solicit and confirm vendors to participate.**
8. **Hold regular planning meetings. Prepare detailed plans for all aspects of the event.**
9. **Develop promotional materials and a plan for promoting the health fair.**
10. **Hold the health fair.**
11. **Evaluate the results.**

### **Resources –**

- National Health Ministries Guide to Holding a Faith Community Health Fair – A Step-by-Step Guide: [www.pcusa.org/nationalhealth/resources/healthfair/index.htm](http://www.pcusa.org/nationalhealth/resources/healthfair/index.htm)
- Texas Cooperative Extension Health Fair Planning Guide: [http://fcs.tamu.edu/health/health\\_fair\\_planning\\_guide/health\\_fair\\_planning\\_guide.pdf](http://fcs.tamu.edu/health/health_fair_planning_guide/health_fair_planning_guide.pdf)
- Guide for Promoting a Health Fair: [www.hap.org/gfx/content/wh\\_health\\_fair\\_promo.pdf](http://www.hap.org/gfx/content/wh_health_fair_promo.pdf)





## Breastfeeding (Lactation) Classes

### **Why –**

In the United States, most new mothers do not have direct, personal knowledge of breastfeeding, and many find it hard to rely on family members for consistent, accurate information and guidance about infant feeding. Further, although many women have a general understanding of the benefits of breastfeeding, they lack exposure to sources of information regarding how breastfeeding is actually carried out.

Breastfeeding education during pregnancy is often offered in a hospital or clinic group setting, but it need not be provided in a medical setting. The familiarity and comfort of a faith environment can be an excellent venue to help new mothers learn about this important aspect of caring for their infants. Classes are typically offered by a professional trained in breastfeeding or lactation management.

### **How –**

1. **Survey your female membership regarding their interest in having this type of assistance.**
2. **Secure a lactation counselor or educator for the classes. The La Leche League, your local health department or your local hospital are all good resources.**
3. **Find an appropriate location for conducting classes.**
4. **Establish a schedule.**
5. **Advertise the availability of your classes.**
6. **Enroll interested mothers.**

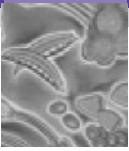
### **Resources –**

- CDC Guide to Breastfeeding Interventions – Background on the importance of breastfeeding interventions and lactation classes, tips and resources:  
[www.cdc.gov/breastfeeding/pdf/BF\\_guide\\_4.pdf](http://www.cdc.gov/breastfeeding/pdf/BF_guide_4.pdf)
- La Leche League International – Helps mothers to breastfeed through mother-to-mother support, encouragement, information, and education and promotes better understanding of breastfeeding as an important element in the healthy development of the baby and mother:  
[www.lalecheleague.org](http://www.lalecheleague.org)



Section VI  
**MONTH-BY-MONTH ACTIVITIES**





# Month-By-Month Activities

The year is full of good reasons to promote and celebrate good health. Every month has a special designation around which to plan events and activities. The following pages offer a month-by-month “How-To” guide for emphasizing good nutrition and physical activity. Each month includes a sample activity, talking points, bulletin board ideas, and a “pearl of wisdom” that you can print in newsletters, bulletins and other forms of communication.

You should also consult the following excellent resources for information and materials for monthly health promotions:

- [www.foodandhealth.com/calendar](http://www.foodandhealth.com/calendar)
- [www.5aday.org/](http://www.5aday.org/)

These websites provide a wide range of information, handout materials, clip art, and posters, many of which can be downloaded free of charge.



# JANUARY

## Healthy Weight Month

Excess body fat is epidemic in Georgia and the entire United States, affecting all segments of our population. In 2003, 61% of adult Georgians over the age of 18 were overweight or obese! The health risks of being overweight or obese are multiple and include high blood pressure, high cholesterol, cardiovascular disease, Type II diabetes, stroke, some types of cancer, osteoarthritis, asthma, depression and even premature death. According to the 2005 report *Overweight and Obesity in Georgia*, this epidemic is costing Georgians approximately \$2.1 billion per year – yes, per year!

The immediate cause of this epidemic is the imbalance between what we eat and our level of physical activity. Simply put, keeping our weight in check is accomplished by consuming fewer calories and performing physical activity, keeping a healthy balance between the two in mind. A healthy weight is a stable weight that can be maintained.

### Objective –

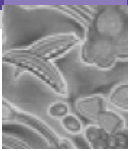
- To increase awareness of the importance of maintaining a healthy weight.
- To provide tips on maintaining a healthy weight.

### Pearl of Wisdom –

**A healthy body weight honors me – and my faith.**

It's an established fact that overweight is a significant contributor to disease and premature death. And that's not the life you were created to live! Treat your body like the sacred vehicle it is by keeping your weight in check. It will honor both you – *and* your faith.





### **Activity –**

1. Print and post the Pearl of Wisdom in bulletins, newsletters, bulletin boards, service signs and all other outlets of communication.
2. Select an appropriate meeting to include a discussion on healthy weight.
3. Pass out a BMI (Body Mass Index) Chart, available at [www.nhlbi.nih.gov/guidelines/obesity/bmi\\_tbl.htm](http://www.nhlbi.nih.gov/guidelines/obesity/bmi_tbl.htm)
4. Ask each participant to find himself/herself on the chart.
5. Ask participants what suggestions they have for changing where they are on the BMI Chart.
6. Make a list of these ideas on a flip chart.
7. Remind them that it's the beginning of a new year and a good time to make commitments toward realizing the abundant lives they were meant to enjoy.
8. Have each person talk about their Healthy Weight Month Commitment with a partner. Ask them to write down their Commitment in the box and sign the Commitment Form. Ask if anyone would like to share their Healthy Weight Month Commitment with the group.
9. Tell participants to keep their Commitment form in a prominent location in their homes as a reminder.
10. Serve a healthy snack.

### **Bulletin Board Ideas –**

- Post pictures of people enjoying physical activity and healthy eating. If possible, use pictures of your members.
- Post the Pearl of Wisdom and other text, such as: January is Healthy Weight Month. Honor Yourself! Enjoy Being Active! Enjoy Eating Well!

### **Faith Leader Talking Points –**

- A healthy body is a way of honoring yourself – *and* living out the full, appointed span of our lives into a healthy old age.
- Our body is a spiritual dwelling place, and keeping it healthy is an honor to our faith. With a healthy body, we are better able to be a living example of our faith, serve our community, and fulfill our destiny.



## JANUARY

### Healthy Weight Commitment Form

*A Healthy Body Weight Honors Me –  
And My Faith!*

#### My Healthy Weight Commitment

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I, \_\_\_\_\_, pledge to begin my Healthy Weight Commitment and continue throughout the year so that I may honor myself and my faith.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# FEBRUARY

## American Heart Month

*Take Note* – heart disease is the leading cause of death in Georgia, according to the Division for Heart Disease and Stroke Prevention and the National Center for Chronic Disease Prevention and Health Promotion. It is also the *leading cause of death among women* in Georgia. So, preventing heart disease is something we should be paying serious attention to! The good news is that heart disease can be prevented with changes in lifestyle behaviors.

### Objective –

- To create awareness about recognizing the signs, symptoms, and risk factors of heart disease.

### Pearl of Wisdom –

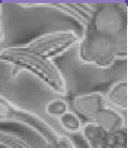
**A right heart is a healthy heart.**

Having a “right heart” not only has spiritual meaning, but physical implications as well. Statistics show that heart disease is the *leading cause of premature death in Georgia*, so it’s crucial to ask – what are *you* doing to keep your heart healthy? Having a heart that is spiritually right is a great foundation to build on. But, behaviors like tobacco use, alcohol consumption, eating high-fat foods, and leading a sedentary lifestyle all impact your heart’s physical health. Don’t be part of the statistics! Keep your heart right spiritually – *and* physically.

### Activity –

1. Hold a “Lunch and Learn” event.
2. Serve a heart-healthy pot-luck dinner complete with recipes to share. For good recipe ideas and grocery lists, visit the American Heart Association web site at [www.americanheart.org](http://www.americanheart.org)
3. Hand out information about the signs, symptoms, and risk factors of heart disease, which can be obtained from the American Heart Association, the Centers for Disease Control and Prevention, your local hospital or clinic.
4. Display a model of a heart or charts that show the heart.
5. Invite a speaker (psychologist, nurse, etc.) to make a brief presentation about stress management.





### ***Bulletin Board Ideas –***

- Place hearts on the borders and include quotes about the heart.
- Heading: Heart disease is the leading cause of premature death in Georgia!
- Post the Pearl of Wisdom.
- Post statistics about deaths due to heart disease and add risk factors.
- Show pictures of a healthy heart and a diseased heart.
- For more information, go to [www.americanheart.org](http://www.americanheart.org) or [www.cdc.gov/dhdsp/state\\_program/ga.htm](http://www.cdc.gov/dhdsp/state_program/ga.htm)

### ***Faith Leader Talking Points –***

- Is your heart a right heart? Having a right heart not only has spiritual meaning, but physical implications as well.
- Heart disease is the leading cause of premature death in Georgia. We were meant to live out our appointed time to an appointed purpose – but dying early of heart disease can prevent us from fulfilling our purpose.





# MARCH

## National Nutrition Month

National Nutrition Month, created in 1973 by the American Dietetic Association and celebrated each March, helps promote healthful eating and provides consumers with practical nutrition guidance. This nutrition education and information campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. Visit the National Nutrition Month website at [www.eatright.org](http://www.eatright.org) for details about the current year's theme and associated activities.

### **Objective –**

- To increase awareness about the benefits of healthy eating and wellbeing.

### **Pearl of Wisdom –**

#### ***You are what you eat!***

Did you know that the food you eat “talks” to your body? Science has proven that what we eat gives the body instructions to either gain weight or lose it, and triggers a cascade of internal events that affect our health – either for good or for bad! So, before you sit down to your next meal, make a decision to start making healthy food choices and give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods every day. Choose natural, whole grain foods rather than processed products, and be sure to include lean proteins, whole grains, fruits and vegetables, and healthy fats in your diet every day – and give your body the healthy talk it's been craving!

### **Activity –**

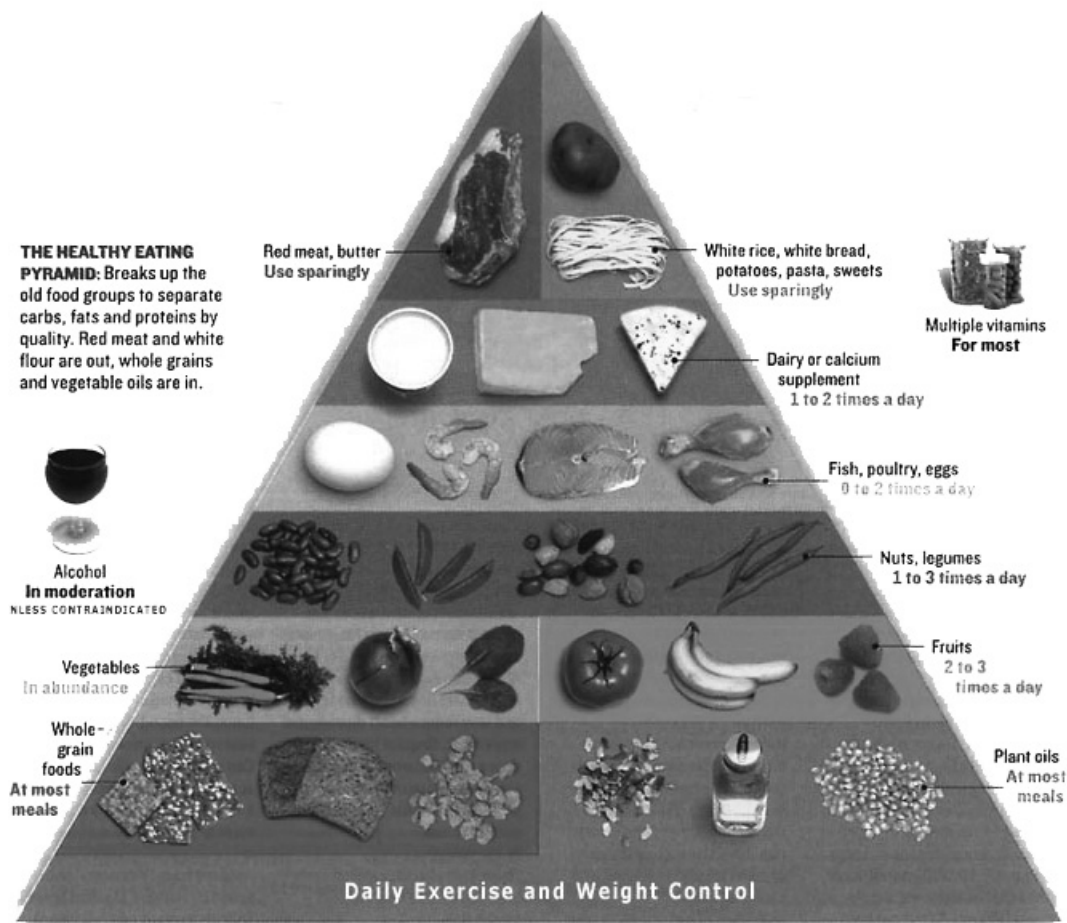
1. Set up a “Sizing It Up” display with food models and household items to represent food portion sizes. Let participants try to match foods with the appropriate serving size item.
2. Print out the food guide pyramid at [www.mypyramid.gov](http://www.mypyramid.gov) to demonstrate the daily suggested servings of food. Use the food guide pyramid as a handout at activities throughout the month.
3. Use the “Portion Distortion Interactive Quiz” section of the National Heart, Lung, and Blood Institute's website to show the difference in size and calories between portions offered 20 years ago and what is often a standard serving today. Learn how to avoid weight gain by watching portion sizes. The slides can be printed, or if you have Internet capabilities, participants can view the slide show from the computer. The Portion Distortion Quiz is available at <http://hp2010.nhlbihin.net/portion/>.
4. Set up a voting booth for children. Ask children to vote for their favorite vegetable or fruit and post a tally board to record votes. Use a vegetable or fruit theme for booth decorations. Serve the favorite fruits and vegetables during children's activities.

### Bulletin Board Ideas –

- Set up a ready-made bulletin board by getting this year’s National Nutrition Month, Poster from the American Dietetic Association website at [www.eatright.org](http://www.eatright.org) or from your local health department.

### Faith Leader Talking Points –

- Food is the substance of life. The Word of our faith feeds us spiritually, and the food we eat feeds us physically.
- Our spirit is either strong or weak based on what we feed it; likewise, our bodies are either strong or weak based on what we eat. The choice is ours to make.
- Just as we encourage you to feed your spirit well, we also encourage you to feed your body well.







## APRIL

### TV-Turnoff Week

According to the TV-Turnoff Network, the television is on for 7 hours and 40 minutes every day in the average American household. Children average almost three hours of television each day, and adults average four hours. Cutting back on television is a great way to find the time to play outside, take a walk, or learn a new sport. Studies have proven that cutting back on television can also reduce the risk of diabetes and other obesity-related diseases. Just one such study, from Harvard University, has shown that men who spent 40 hours per week watching television were more than twice as likely to get diabetes as those who watched less than two hours each week. Not only that, excessive TV watching prevents us from enjoying positive relationship-building activities with family and friends. Go to [www.tvturnoff.org](http://www.tvturnoff.org) and turn on a healthier lifestyle.

#### **Objective –**

- To raise awareness of TV Turn-off week.
- To challenge members to go 1 week without watching television.
- To encourage families and friends to enjoy more time and activity together.





### ***Pearl of Wisdom –***

#### ***The eyes are the windows on the soul.***

Television cuts into family time, harms our children’s ability to read and succeed in school and contributes to unhealthy lifestyles, obesity and disease. Not only that, much of what is offered today – and what we choose to watch – stands in stark contrast to our faith and values. Remember, what comes in through your eyes impacts your mind, your will and your emotions. Guard your spirit, and be judicious about when you watch, and what you watch. Turn off the TV, and turn on life!

### ***Activity –***

1. **Involve children in a talent show or play as a fun alternative to watching TV.**
2. **Hold a kids’ coloring contest called “What I Do When I Don’t Watch TV.”**
3. **Involve youth in a week-long scavenger hunt gathering items that stress good food, physical activity and behavioral choices.**
4. **Hold a contest for adults to submit a family activity for the week and award prizes for Most Activities Accomplished, Most Creative Activity and the like.**

### ***Bulletin Board Ideas –***

- Make a bulletin board titled “Break Free of TV.”
- Add pictures of children and families engaging in other activities, such as walking, sports, eating together at the dining table, playing cards and other games.

### ***Faith Leader Talking Points –***

- What we allow in through our eyes impacts the mind, will, emotions, and spirit – and much of today’s TV offering will do so negatively.
- Much of today’s programming undermines religious values.
- Excessive TV-watching harms our children and harms us.
- TV compromises family time spiritual and devotional time, and time for service to others.
- Limit TV time and choose family-friendly programs that you can watch together.



## MAY

### National Physical Fitness and Sports Month

Regular physical activity substantially reduces the risk of dying of coronary heart disease, the nation's – *and Georgia's* – leading cause of death, and decreases the risk for stroke, colon cancer, breast cancer, diabetes and high blood pressure. Physical activity also helps to control weight, contributes to healthy bones, muscles, and joints, reduces falls among older adults, helps to relieve the pain of arthritis, reduces symptoms of anxiety and depression, and is associated with fewer hospitalizations, physician visits, and medications.

With so many powerful benefits, every American should be engaging in a regular program of physical activity. The good news is that physical activity need not be strenuous to be beneficial; people of all ages benefit from participating in regular, moderate physical activity, such as 30 minutes of brisk walking five or more times a week. For more detail, visit The President's Council on Physical Fitness and Sports at [www.fitness.gov](http://www.fitness.gov).

#### **Objective –**

- To increase the level of physical activity among your faith community.
- To increase understanding that physical activity does not have to be strenuous or boring to be effective.

#### **Pearl of Wisdom –**

##### ***A healthy family prays together – and plays together!***

It's time to get moving – *and you'll want to* – when you learn that regular physical activity, like moderate walking or even playing with the kids, substantially reduces the risk of dying of coronary heart disease; decreases the risk for stroke, colon cancer, breast cancer, diabetes and high blood pressure; helps control your weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps relieve arthritis pain; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications. Besides, it's just fun – so go outside and play!

#### **Activity –**

1. Designate May as “Take a Walk” or “Go Play” Month and challenge members to walk to someplace they would normally drive at least once a week, such as to service, work, school, or shopping.
2. Print and distribute self-sticking name badges with “I Walked this Week,” or “I Played this Week” and have members wear them during services.
3. During announcements, have your faith leader ask those who have walked or played during the week to stand and be recognized.
4. Have a prize drawing for participants.



### ***Bulletin Board Ideas –***

Post pictures of families walking and playing together with the message, “Get Moving Together . . . “

- Burn calories and keep weight down
- Increase cardiovascular endurance
- Reduce cholesterol
- Lower blood pressure
- Enhance bone strength
- Strengthen family ties
- Have fun!

### ***Faith Leader Talking Points –***

- Our bodies were designed for movement, and today’s modern conveniences have caused us to forsake the physical activity that kept our forefathers healthy.
- Physical activity is fun and creative, doesn’t have to be strenuous to be beneficial, and should be enjoyed no matter what our age.
- Joint physical activity benefits our spiritual wellbeing by strengthening family and communal relationships.
- Walking can provide time to clear the mind and contemplate our faith and values.



# JUNE

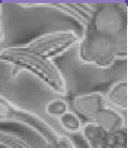
## Fresh Fruit and Vegetable Month

Your mother was right: Eat your vegetables! And the same goes for fruit. Fruits and vegetables provide dietary fiber, complex carbohydrates, many essential vitamins and minerals and disease fighting phytochemicals. They're naturally low in calories, sodium and fat. Eating plenty of fruits and vegetables every day can help reduce the risk of heart disease, high blood pressure, Type II diabetes and certain cancers. And they taste good. Fruits and vegetables should be the foundation of a healthy diet, and we should aim for *at least* five servings daily. Fortunately, we're blessed with a cornucopia of fruits and vegetables from which to choose. It is important that we become familiar with all the varieties of fruits and vegetables available to us in today's markets.

### **Objective –**

- To increase awareness of the benefits of eating at least 5 servings of fruits and vegetables daily.
- To increase awareness of the variety of fruits and vegetables available in today's market and their preparation methods.





### ***Pearl of Wisdom –***

#### ***Eat your veggies!***

Mother was right – and today we know why! Fruits and vegetables provide dietary fiber, complex carbohydrates, many essential vitamins and minerals and disease fighting phytochemicals. They're naturally low in calories, sodium and fat. Eating plenty of fruits and vegetables every day can help reduce the risk of heart disease, high blood pressure, Type II diabetes and certain cancers. And they taste good. Our bodies were created to enjoy fruits and vegetables in abundance – so live abundantly – and start eating!

### ***Activity –***

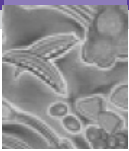
1. **Go to the grocery store and purchase samples of fruits and vegetables that may be unfamiliar to your members. Possible choices might include fruits such as mango, papaya, star fruit, Asian apple and plantains, or vegetables such as leeks, bok choy, kale, fennel and parsnips.**
2. **Prepare and chop the fruits and vegetables into bite-size pieces and display them on separate platters for sampling.**
3. **Obtain copies of the Your Guide to the Health Benefits of Colorful Fruits and Vegetables, available at [www.5aday.org/](http://www.5aday.org/).**
4. **Lead a discussion with questions such as, what fruits and vegetables does your family eat most often? How do you prepare these vegetables? Can you think of new ways to prepare these same vegetables?**
5. **Close the session by challenging members to try one new fruit or vegetable or preparation method during Fresh Fruit and Vegetable Month.**

### ***Bulletin Board Ideas –***

- Cover a bulletin board with pictures of fruits and vegetables. These can come from magazines, pre-packaged programs, specials in the newspaper or from the 5ADay website at [www.5aday.org/](http://www.5aday.org/)
- Title the bulletin board “Eat Your Veggies – and Fruits – and Live Abundantly,” or “Eat Your Colors – and Live Abundantly.”

### ***Faith Leader Talking Points –***

- Fruits and vegetables are blessings that prevent disease and keep us well. Their vibrant colors tell us that they impart a wealth of vitamins, minerals and phytochemicals. They are naturally low in calories, but high in energy.
- Our bodies were created to enjoy fruits and vegetables in abundance.



## JULY

### Smart Vacation Eating

Don't leave your good eating habits behind when you get away from it all! Leaving our good eating habits behind is always a temptation. Often, we use the excuse of vacation to indulge with abandon, only to return home with five or ten pounds packed on – and a lot of guilt. And, it can also be more difficult to get back into the routine of good healthy eating. But it doesn't have to be that way. There are ways to stay on a healthy eating plan while on vacation and still enjoy.

#### **Objective –**

- To help members prepare a “game plan” for healthy eating while on vacation.

#### **Pearl of Wisdom –**

##### ***Keep your eyes on the prize!***

You've worked hard and finally established some good eating habits – and lost a few pounds in the bargain. But summer vacation is just two weeks away; the cruise line's mega-buffet is already calling your name, and you're thinking, “It's vacation – I deserve it.” Right? Wrong! Vacation is a time to rest, relax and enjoy, a time for you. But don't get distracted from your goal and come home with extra pounds under the belt. Plan ahead for those vacation indulgences, and keep your eyes on the prize of a stronger, healthier you.

#### **Activity –**

1. **Make a “Vacation Prep” package that includes a printout of Web MD's 10 Ways to Eat Healthy While on Vacation, at <http://onhealth.webmd.com/script/main/art.asp?articlekey=56627>**
2. **Include a handy wallet-size or purse-size card with each tip printed as a quick reminder.**

#### **Bulletin Board Ideas –**

- Display pictures of families having fun at the beach or other vacation locations.
- Title the display: “Have a Healthy Vacation!”
- Place several large envelopes that contain suggestions for healthy snacks as well as ideas for activity and exercise while on vacation, and healthy summer recipes that are portable, etc. Some sources for this information are [www.MedicineNet.com](http://www.MedicineNet.com), [www.webmd.com](http://www.webmd.com) and [www.bharatbhasha.com](http://www.bharatbhasha.com)

#### **Faith Leader Talking Points –**

- Our bodies need rest and relaxation, and we were meant to live a life balanced between work and play.
- We were not created for self-indulgence.
- Living a spirit-directed life means making a commitment to living our faith and values at all times, including times of personal enjoyment.

# AUGUST

## World Breastfeeding Week

The World Alliance for Breastfeeding Action has established World Breastfeeding Week to protect, promote and support breastfeeding, which is natural and beneficial to both mother and child, and is prevalent among members of faith communities throughout America. Yet in the United States, most new mothers do not have direct, personal knowledge of breastfeeding, and many find it hard to rely on family members for consistent, accurate information and guidance about infant feeding. Further, although many women have a general understanding of the benefits of breastfeeding, they lack exposure to sources of information regarding how breastfeeding is actually carried out. The familiarity and comfort of a faith environment in providing breastfeeding education can be an excellent venue to help new mothers learn about this important aspect of caring for their infants. Go to <http://worldbreastfeedingweek.org/> for ideas and details.

### **Objective –**

- To raise awareness of the benefits of breastfeeding and World Breastfeeding Week.
- To focus on the awareness, protection, promotion and support of breastfeeding mothers and infants.

### **Pearl of Wisdom –**

#### ***Blessed be the ties that bind . . .***

Perhaps no greater earthly bond exists than that between mother and child. For the child, its mother literally becomes the source of life and sustenance through breastfeeding. It is natural and beneficial for both, yet many new mothers don't have direct, personal knowledge of breastfeeding, and may find it hard to rely on family and faith community members for consistent, accurate information, and support. Be sensitive to the needs of our breastfeeding mothers, and know that they are creating everlasting ties among the bonds of a healthy family.







### **Activity –**

1. **Get a group of mothers together to establish a breastfeeding support policy or goal for your members. See the sample policy for suggested wording.**
2. **Conduct breastfeeding classes, as outlined in Section V. of this Guide.**

### **Bulletin Board Ideas –**

- Create a bulletin board titled, “Breastfed Babies are Welcome Here!” or “Breastfed Babies on Board!”
- List the benefits of breastfeeding for infants on one side and for mothers on the other. See [www.4woman.gov/Breastfeeding/index.cfm?page=227](http://www.4woman.gov/Breastfeeding/index.cfm?page=227) for information. Allow room for mothers to post pictures of their breastfed babies.
- Post the Governor’s annual Breastfeeding Proclamation along with your Breastfeeding Support Policy. Contact the Breastfeeding Coordinator at the Georgia Department of Human Resources (404- 657-2877) for a copy of the Proclamation.

### **Faith Leader Talking Points –**

- Breastfeeding is a public health – and a family health – priority.
- ***Brief version*** – It has been well established by leading health officials that breastfeeding is the optimal nutrition for infants. Improving breastfeeding practices saves lives, especially in poor communities. It can also transform health in wealthier regions where costly medical services treat the ill-effects of artificial feeding. Breastfeeding is affordable while benefiting the infant as well as the mother.
- ***Full version*** – Scientific research overwhelmingly indicates that breastfeeding is the superior method of infant feeding. Significantly lower rates of diarrhea, ear infections, lower respiratory illness, and childhood lymphomas occur among breastfed infants and children in the United States. There are a number of studies that show a possible protective effect of human milk feeding against necrotizing enterocolitis, bacteremia, meningitis, botulism, sudden infant death syndrome, Crohn’s disease, ulcerative colitis, lymphoma, allergic disease, urinary tract infection, early childhood caries, insulin-dependent diabetes, and inflammatory bowel disease. Developmentally, breastfed infants have better visual acuity, and evidence suggests that their cognitive development is superior. For mothers, breastfeeding reduces the risk for developing premenopausal breast, ovarian, and endometrial cancer. Many studies conducted in industrialized countries have demonstrated the economic benefits of breastfeeding, both to the individual families in terms of purchases related to infant feeding and to society in terms of lowering medical costs. A study conducted in Colorado showed considerable savings to the WIC and Medicaid programs in terms of lower WIC food costs for infant formula and lower Medicaid pharmacy costs. (J Am Diet Assoc 1997; 97:379-385) A study conducted by Kaiser Permanente, among its members found that for the first year of life the average total medical costs of breastfed infants was \$200 less than those of formula fed infants. (Am Journal of Man Care 1997; 3:861-865) An analysis conducted by the U.S. Government indicated that a minimum of \$3.6 billion would be saved if the prevalence of exclusive breastfeeding increased from current rates to those recommended in Healthy People 2010, \$3.1 billion attributable to premature deaths (necrotizing enterocolitis) and \$500 million due to a reduction of other medical expenditures and indirect costs. (U.S. Department of Agriculture. Food Assistance and Nutrition Research Report No. 13, 2001)



# AUGUST

## World Breastfeeding Week Breastfeeding Support Policy

\_\_\_\_\_ (Faith community name) will set an example for the community in promoting breastfeeding among mothers by developing and implementing a breastfeeding promotion policy. This policy will serve as a way to protect the health and privacy of mothers and their babies who breastfeed. It will serve, in addition, to promote breastfeeding as a normal part of daily life, and is an important part of community support for breastfeeding.

The \_\_\_\_\_ (Wellness Committee name) will ensure that breastfeeding mothers and families have:

- Safe, clean and private rooms to use for breastfeeding.
- A comfortable place to sit.
- A supportive and welcoming atmosphere.
- Educational information about breastfeeding.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# SEPTEMBER

## National 5 A Day Month

The Produce for Better Health and the National 5 A Day Partnership have designated September as National 5 A Day Month to encourage Americans to “Eat 5 A Day the Color Way;” that is, to eat at least five servings of fruits and vegetables daily.

Getting a colorful variety of fruits and vegetables is important to your health. A colorful variety of fruits and vegetables provides the wide range of vitamins, minerals, fiber, and phytochemicals your body needs to stay healthy and energetic, to help maintain a healthy weight, protect against the effects of aging, and reduce the risk of cancer and heart disease.

### **Objective –**

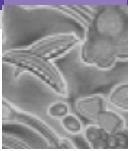
- To increase awareness of the importance of fruit and vegetable consumption.
- To educate about the significance of colors in food.

### **Pearl of Wisdom –**

#### ***There's a rainbow on your plate!***

Your plate, scientists say, should look like a box of Crayolas. Many of the phytochemicals and other compounds that make fruits and veggies good for us also give them their color. So, eating the “color way” gives you the good stuff your body needs. Think blue for anti-oxidant and anti-aging; green for lower cancer risk and strong eyes, bones and teeth; white, tan and brown for a healthy heart; yellow and orange for a healthy immune system; and red for a strong memory. Our world is blessed with vibrant colors – to look at – and to eat!





### **Activity –**

1. Hold a mini “Farmer’s Market” after every service in September. Buy cases of produce at wholesale prices from local farmers’ or wholesalers’ markets. Choose a variety of items that are fresh and colorful.
2. Sell items or provide samples (remember to have plenty of grocery bags on hand). You can offer the items at reduced prices from local grocery stores because you will not incur overhead costs. Pricing produce at 3 for \$1.00 or 5 for \$2.00 will avoid having to weigh the produce and make change. Another option is to ask a local farmer to come and sell his fresh produce.
3. Have recipes available for each item.
4. Invite others in the surrounding neighborhood to participate in the market. Access to fresh produce for many families is often limited. Area grocery stores may carry only a few items or may charge too much for fresh produce or offer inferior produce.

### **Bulletin Board Ideas –**

- Have children cut out pictures of colorful fruits and vegetables from old magazines. Arrange the fruits in the shape of a rainbow. Staple a paper plate to the board.
- Title the Bulletin board: “Put a Rainbow on your Plate.”
- Use the tag line: “September is 5 A Day Month – Eat 5 A Day the Color Way”.
- Include some quick and easy fruit and vegetable recipes from the 5 A Day website: [www.5aday.org/](http://www.5aday.org/)

### **Faith Leader Talking Points –**

- Our world is a colorful world and with good reason. The bright colors found in the fruits and vegetables that were created for us are products of the phytonutrients that make us healthy.
- We should eat the colors in abundance for abundant lives.

# OCTOBER

## Eat Dinner Together Week

Research by The National Center on Addiction and Substance Abuse (CASA) at Columbia University, [www.casafamilyday.org](http://www.casafamilyday.org), consistently finds that the more often children eat dinner with their families, the less likely they are to smoke, drink or use drugs. The conversations that go hand-in-hand with dinner help parents learn more about their children's lives and better understand the challenges they face. Through their research, CASA has learned that children and teens who have frequent family dinners:

- Are at half the risk for substance abuse compared to teens who dine with their families less frequently.
- Are less likely to have friends or classmates who use illicit drugs or abuse prescription drugs.
- Have lower levels of tension and stress at home.
- Are more likely to say that their parents are proud of them.
- Are likelier to say they can confide in their parents.
- Are likelier to get better grades in school.
- Are more likely to be emotionally content and have positive peer relationships.
- Have healthier eating habits.
- Are at lower risk for thoughts of suicide.
- Are less likely to try marijuana or have friends who use marijuana.

### **Objective –**

- To increase awareness of the importance and significance of eating a meal together with the family.
- To encourage members to have family meals together at least 3 to 4 times weekly.





### ***Pearl of Wisdom –***

#### ***Sit, eat – and talk – at the family table.***

When we were young, it seemed that parents had plenty of time and energy left over from the work day for catching up with the children. In today’s real world, life isn’t usually so ideal. But, staying connected doesn’t have to be ideal – it can start at the family table. So sit, eat – *and talk* – at the family table.

### ***Activity –***

1. **Pass out copies of the National Eat Dinner Together Week Dinnertime Pledge. Challenge families in your membership to sign the pledge and follow through with having four or more meals together at least one week during the month.**
2. **Print out the conversation starter tips at [www.familytable.info](http://www.familytable.info) and give them to families who want to participate.**
3. **Create a set of Tips for Family Meals, which might include the following:**
  - Have each person bring something to the table and talk about it (like show and tell at school).
  - Go through old family photos and tell stories about someone or an experience from the past.
  - Fill a container with conversation starters; pick out a question and have everyone answer it.
  - Play “Simon Says” at the table.
  - Try to pronounce everyone’s name backwards.
  - Practice tongue twisters – but not with your mouth full!
  - Play word and memory games, like “Animal Alphabet,” where someone names an animal, the next person names an animal that starts with the last letter of the current animal’s last name.

### ***Bulletin Board Ideas –***

- Title: “EAT DINNER TOGETHER WEEK.”
- Post a large copy of the National Eat Dinner Together Week Dinnertime Pledge along with member family pledges.
- During the month, add pictures of the families in your membership who have signed the pledge.

### ***Faith Leader Talking Points –***

- Strong families are the core of our faith. We can help build strong family ties by coming together for family meals.
- The more often families come together for a meal, the less likely children and teens are to smoke, drink or use illegal drugs.
- Children, especially teens, who have frequent family dinners, are more likely to be emotionally content, work hard at school and have positive peer relationships when they enjoy family meals together on a regular basis.
- Sign the National Eat Dinner Together Week Dinnertime Pledge and enjoy the company of your own family at dinner.



# OCTOBER

## National Eat Dinner Together Week Dinnertime Pledge

THIS AGREEMENT is made and entered into this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_, by the members of the \_\_\_\_\_ household:

We, the \_\_\_\_\_ household, agree that during Eat Dinner Together Week, we will sit down together to share a meal as a family at least four times during the week.

We, the \_\_\_\_\_ household, agree to make meals memorable for more than what is on the menu. We pledge to establish a quiet place for meals and make a habit of temporarily eliminating interruptions such as telephone, television and toys.

We, the \_\_\_\_\_ household, agree to contribute to the creation of the grocery list and menu plan. We will remember to practice good nutrition with fruits and vegetables.

We, the \_\_\_\_\_ household, agree to throw away the old rules of calendar holidays and make family dinner a time to mark milestones. We agree to “pull out the stops” and use candles, table decorations and easy themed meals to acknowledge big days – from birthdays to test days – with meaningful family time together.

We, the \_\_\_\_\_ household, agree to work as a team for meal preparation and cleanup. We agree to share duties by searching for recipes in cookbooks and online, setting the table, washing the vegetables and washing the dishes.

We have read and understood this entire document, and we agree to be bound by its terms.

### Household Members:

Signed \_\_\_\_\_

Signed \_\_\_\_\_

Signed \_\_\_\_\_

Signed \_\_\_\_\_

Signed \_\_\_\_\_

Signed \_\_\_\_\_

Signed \_\_\_\_\_

# NOVEMBER

## American Diabetes Month

There are 20.8 million children and adults in the United States, or seven percent of the population, who have diabetes. While an estimated 14.6 million have been diagnosed, unfortunately, 6.2 million people (or nearly one-third) are unaware that they have the disease. Type 2 diabetes, referred to as “adult-onset diabetes” at one time affected only older adults. Of children who had diabetes prior to 1994, 98% percent was of the Type 1, or congenital, variety. Now, however, 30 – 50% of diabetes in children is Type 2 – and *one in six overweight children has pre-diabetes!* Further, the Centers for Disease Control and Prevention predicts that a full one-third, or 33%, of children who were born in 2000 will develop Type 2 diabetes unless habits change. Diabetes is a disease that can be prevented through changes made in eating and exercise behaviors and through education about the disease. A Diabetes Prevention Program study has shown that just 30 minutes a day of moderate physical activity, coupled with a 5-10 percent reduction in body weight, produced a 58% reduction in diabetes.

### Objective –

- To educate members about diabetes, its signs and symptoms, and risk factors.
- To provide diabetes screening for members and the community at large.

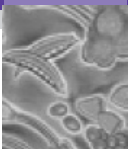
### Pearl of Wisdom –

#### **Diabetes – it’s not just for grown-ups anymore!**

Did you know that Type 2 Diabetes, once called “adult-onset” diabetes, is present in nearly *half* of children with the disease today? Did you know that nearly *one in six overweight children* already has pre-diabetes – and that a *full one-third* of children born in 2000 will develop “adult-onset” diabetes unless their habits change? Diabetes is a serious medical condition affecting children *and* adults. The good news is that people who already have pre-diabetes can halt its progress with changes in diet and physical activity. Yes, diabetes *can* be prevented. The choice – for you *and* your kids – is up to you!







### ***Activity –***

1. **Plan a mini health fair that will include blood glucose testing, foot care, nutrition and physical activity education.**
2. **Utilize your local health department to help you with the screenings.**
3. **Plan the event with your parish nurse, health promoter, and others who may be interested.**
4. **Provide informational material and handouts, which can be obtained from the American Diabetes Association website, [www.diabetes.org](http://www.diabetes.org).**
5. **Serve healthy snacks and water for the participants and the volunteers.**

### ***Bulletin Board Ideas –***

- Use footprints as a border to represent the importance of walking and exercise to prevent diabetes.
- Include pictures of healthy foods to emphasize the two-pronged approach of diet and activity in effective diabetes management and prevention.
- Post the date of your mini health fair.

### ***Faith Leader Talking Points –***

- Our faith emphasizes the importance of making right choices in the care of our bodies. We are also responsible for providing our children with the things they need to care for their bodies, and to guide them in making good choices.
- Because in most cases diabetes is a preventable disease, it follows that diabetes is a result of poor choices.
- It's unfortunate to impact our own lives in this way, but even more so when our children are negatively affected by acquiring a preventable disease.
- Healthy nutrition and physical activity go a long way to help prevent diabetes. Prevention needs to begin early so that obesity and early onset of diabetes in children can be avoided.

# DECEMBER

## Healthy Holiday Eating

Food is an important part of many holidays, celebrations, family and cultural traditions. In fact, special occasions often center on food. The colors and rich aromas of holiday foods beckon and tempt us. Even in today's health-conscious climate, holidays are a tough time to watch what we eat, because so many holiday recipes, both new and handed down, literally burst with dietary indulgences. As a result, the average American gains five pounds between Thanksgiving and New Years Day. While trying to lose weight during a season of parties and lavish feasts may not be realistic, we can plan ahead for healthy holiday eating – and not end up feeling as stuffed as the turkey.

### **Objective –**

- To help members prepare a “game plan” for healthy eating during the holidays.

### **Pearl of Wisdom –**

#### ***Here's to your health!***

Celebrations are a fundamental part of our holiday gatherings; a time for family and friends to reflect on the days past and look forward to the year ahead. And food is at the core of most holiday celebrations – *rich food* – literally bursting at the seams with dietary indulgences. Fortunately, with a little planning, you don't have to let visions of sugarplums get the upper hand – and come out feeling as stuffed as the holiday turkey. Take stock of some wise holiday eating tips – and celebrate your health!





### ***Activity –***

1. **Hold a recipe sharing session, where participants bring a favorite holiday recipe to share with others.**
2. **Lead a discussion by asking the following questions:**
  - What suggestions do you have for this dish to be healthier while retaining its taste?
  - What situations do you find most difficult during the holidays?
  - What suggestions do you have to manage these difficult times?
3. **Ask each participant to agree to change one troublesome holiday behavior.**
4. **Distribute the Healthy Holiday Eating Tips handout.**
5. **Pass out the commitment form for participants to complete and take home.**

### ***Bulletin Board Ideas –***

- Title: “Celebrate Your Health During the Holidays!”
- Place pictures that represent the celebration of your faith tradition or historic moment in the center.
- Stretch yarn from the center to other pictures of celebration that involve families and healthy foods.

### ***Faith Leader Talking Points –***

- The holidays are “holy” days – a time to take stock of the days past and look forward to the year ahead. They are a time to reflect on our faith and reaffirm faith commitments.
- Holidays are days of celebration, of gathering with family and friends and enjoying the partaking of food together.
- Don’t let food and indulgences take center stage – keep the “holy” in holiday, and remember first the reason for the season.



# DECEMBER

## Healthy Holiday Eating Commitment Form

*Here's to Your Health!*

### My Healthy Holiday Eating Commitment

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I, \_\_\_\_\_, pledge to keep my Healthy Holiday Eating Commitment so that I can celebrate not only this special time, but also celebrate my health!

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



## DECEMBER

### Healthy Holiday Eating Tips

*Remember, an ounce of prevention is worth a pound of cure – so plan ahead for holiday eating with these tips*

#### ***Don't go to a party hungry –***

We often eat faster and more when we're hungry, so eat a wholesome breakfast and lunch on the day of the party to avoid overeating.

#### ***Watch your portions –***

Sweet treats and rich foods are an unavoidable part of holiday celebrations, and you can enjoy them without guilt – if you eat only a small portion. That way, you can sample all the different foods available. Remember that moderation is always the key.

#### ***Make a conscious choice to limit high-fat foods –***

High-fat food items can be found in fried food, cream-based soup, cheese-filled casseroles, pies, processed meats such as salami and sausages, some pastries and baked goods. They are all delicious – but they pack a heavy caloric punch, so keep your amounts small and savor each bite.

#### ***Try different versions of holiday Egg Nog –***

A quintessential holiday beverage, traditional Egg Nog just oozes with egg yolk and thick, heavy cream – which can set your weight-loss progress back fast. Go online and Google “low-fat egg nog” for lots of low-fat Egg Nog recipes. Fortunately, there are low-fat or fat-free versions available commercially – even a soy-milk version!

#### ***Drink plenty of water –***

The rule of thumb to drink eight 8-ounce glasses of water daily was never more important than during the holidays, when appetite control is most difficult. Often when we think we're hungry, our bodies know we're just actually thirsty. Staying hydrated can help control cravings and minimize indulgences.

#### ***Stay active –***

Time off during the holidays is a great time to take brisk walks with your loved ones and enjoy their company. But you can also get in some activity time during holiday shopping – mall walking counts, too!



**Go Forth and Do Good Work!**



## Go Forth and Do Good Work!

In November 2003, the Department of Human Resources (DHR) Division of Public Health convened stakeholders in a task force to lead the development and implementation of a nutrition and physical activity initiative for Georgia. The statewide collaborative group, **Take Charge of Your Health, Georgia!** Task Force (TCYHG) is composed of the DHR – Division of Public Health; DHR – Division of Aging; DHR – Division of Family and Children’s Services; state departments of education, transportation, and parks and recreation; leaders from faith-based organizations; leaders from community-based organizations; health care professionals (e.g., registered dietitians, physicians, nurses); universities; and statewide coalitions. Their collective expertise includes nutrition, physical activity, breastfeeding, evaluation, community development, strategic planning, social marketing, communication, and advocacy. The Division of Public Health leads Georgia’s Nutrition and Physical Activity Initiative. However, the success of the Initiative depends upon the collective expertise and support of partner organizations and communities across Georgia.

This “Live Healthy in Faith” Guide is a result of the collaborative effort of the **Take Charge of Your Health, Georgia!** Task Force and is a product of the task force’s Faith-Based Workgroup. Other workgroups are focusing on efforts to improve nutrition and physical activity in the community, healthcare, school, early child care, and worksite settings.

We are pleased that your faith community has chosen to be a part of this initiative and work with us to control obesity and other chronic diseases through the promotion of healthy eating, physical activity, and breastfeeding initiatives. This Guide contains only a few of the many programs and activities that can help you and your faith community enjoy a long and healthy life. As you have seen throughout the Guide, there are numerous resources to assist you in your efforts. We encourage you to use these resources to find the creative ideas that best suit your member needs.

Start slowly. Small successes will lead to increased interest and enthusiasm from your members – and ongoing success in realizing your goals. Have fun along the way, and Live Healthy in Faith!



## Acknowledgements and Resources





## Resources

### Asset Mapping

\**Mapping the Assets of Your Community*, Southern Rural Development Center, by Lionel J. Beaulieu  
[http://srcd.msstate.edu/publications/227/227\\_asset\\_mapping.pdf](http://srcd.msstate.edu/publications/227/227_asset_mapping.pdf).

\*RECA Foundation, [www.tcfn.org/mapping](http://www.tcfn.org/mapping).

\*University of Missouri System and Lincoln University, University Outreach and Extension, Asset Mapping; <http://extension.missouri.edu/about/fy00-03/assetmapping.htm>.

### Breastfeeding

\*CDC Guide to Breastfeeding Interventions, [http://www.cdc.gov/breastfeeding/pdf/BF\\_guide\\_4.pdf](http://www.cdc.gov/breastfeeding/pdf/BF_guide_4.pdf)

\*La Leche League International, <http://www.lalecheleague.org>

National Women's Health Information Center, U. S. Department of Health and Human Services,  
<http://www.4woman.gov/Breastfeeding/index.cfm?page=ask>

### Bulletin, Newsletter, Handouts and Bulletin Board Resources

Georgia Hospital Association, [www.gha.org/pha/resources/bulletinboards/index.asp](http://www.gha.org/pha/resources/bulletinboards/index.asp)

\*foodandhealth.communications, [www.foodandhealth.com](http://www.foodandhealth.com)

\*5ADay, [www.5aday.org/](http://www.5aday.org/)

### Community Gardens

\*American Community Garden Association, <http://www.communitygarden.org/>

\*Urban Harvest: <http://www.urbanharvest.org/homepage.html>

### Comprehensive Nutrition and Physical Activity Information

\*Centers for Disease Control and Prevention, [www.cdc.gov/node.do/id/0900f3ec80059b1a](http://www.cdc.gov/node.do/id/0900f3ec80059b1a)

\*Georgia's Nutrition and Physical Activity Initiative, Georgia Division of Public Health,  
[www.health.state.ga.us/nutandpa/](http://www.health.state.ga.us/nutandpa/)

### Faith-Based Nutrition and Physical Activity Programs

Body and Soul: A Celebration of Healthy Eating and Living,  
[www.bodyandsoul.nih.gov/programpillars\\_2.html](http://www.bodyandsoul.nih.gov/programpillars_2.html)

First Place: The Bible's Way to Weight Loss, [www.firstplace.org](http://www.firstplace.org)

Fit4: A Lifeway Christian Wellness Plan, [www.lifeway.com](http://www.lifeway.com)

Health-E-AME, [www.health-e-ame.com/index.php](http://www.health-e-ame.com/index.php)



## Food Safety

\*Partnership for Food Safety Education, [www.fightbac.org](http://www.fightbac.org)

\*U. S. Federal Food and Drug Administration, FDA Consumer, [www.cfsan.fda.gov](http://www.cfsan.fda.gov)

## Georgia Community Resources

County Extension Offices, [www.caes.uga.edu/extension/statewide.cfm](http://www.caes.uga.edu/extension/statewide.cfm)

Public Health Regional Offices, <http://health.state.ga.us/regional/index.asp>

## Health Ministries

\**Faith Community Health Ministries: A Guide for Faith Communities*,” The United Methodist Church.

\**Developing a Health Ministry Resource Guide* prepared by West Central Health District, Health Promotion Section.

Health Ministries Association, Roswell, GA, 800-280-9919, [www.hmassoc.org](http://www.hmassoc.org).

\*Presbyterian National Health Ministries, [www.pcusa.org/nationalhealth/healthinfo/index.htm](http://www.pcusa.org/nationalhealth/healthinfo/index.htm).

\**The Health Cabinet: How to Start a Wellness Committee in Your Church* by Jill Westberg  
<http://ipnrc.parishnurses.org/>.

## Health-Related Non-Profit Organizations

\*American Cancer Society, [www.cancer.org](http://www.cancer.org).

\*American Diabetes Association, [www.diabetes.org](http://www.diabetes.org).

\*American Heart Association, [www.americanheart.org](http://www.americanheart.org).

## Nutrition Information

\*American Dietetic Association <http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/index.html>.

\*U. S. Department of Agriculture, [www.nutrition.gov](http://www.nutrition.gov).

\*U. S. Department of Agriculture, [www.mypyramid.gov](http://www.mypyramid.gov).

## Physical Activity Programs

\*Active for Life, [www.acsworkplacesolutions.com/activeforlifeonline.asp](http://www.acsworkplacesolutions.com/activeforlifeonline.asp).

\*America on the Move: [www.americaonthemove.org](http://www.americaonthemove.org).

\*CrossWalk America, [www.crosswalkamerica.org/prayerwalk.htm](http://www.crosswalkamerica.org/prayerwalk.htm).

President’s Council on Physical Fitness and Sports, [www.fitness.gov](http://www.fitness.gov).



## Program Evaluation

\**Basic Guide to Program Evaluation* by Carter McNamara, Ph.D.,  
[www.managementhelp.org/evaluatn/fnl\\_eval.html](http://www.managementhelp.org/evaluatn/fnl_eval.html).

## Women's Health

\**Bright Futures for Women's Health and Wellness: Healthy Women Build Healthy Communities Toolkit*, U. S. Department of Health and Human Services,  
[www.hrsa.gov/womenshealth/mybrightfutureadult/menu.html](http://www.hrsa.gov/womenshealth/mybrightfutureadult/menu.html).

\*U.S. Department of Health & Human Services, [www.womenshealth.gov](http://www.womenshealth.gov).

## Other

Georgia Center for Nonprofits, [www.gcn.org](http://www.gcn.org).

Institute for Public Health and Faith Collaborations, [www.ihpnet.org](http://www.ihpnet.org).

International Parish Nurse Resource Center, <http://ipnrc.parishnurses.org>.

\**Preventing Overweight Children in Georgia*, Childhood Obesity Task Force, Philanthropic Collaborative for a Healthy Georgia.

\**Sacred Healing: The Curing Power of Energy and Spirituality* by Norman Shealy, M.D, Ph.D.

White House Office of Faith-Based Initiatives: [www.whitehouse.gov/infocus/faith-based/](http://www.whitehouse.gov/infocus/faith-based/).

\*Information from these resources was used in the development of this guide.



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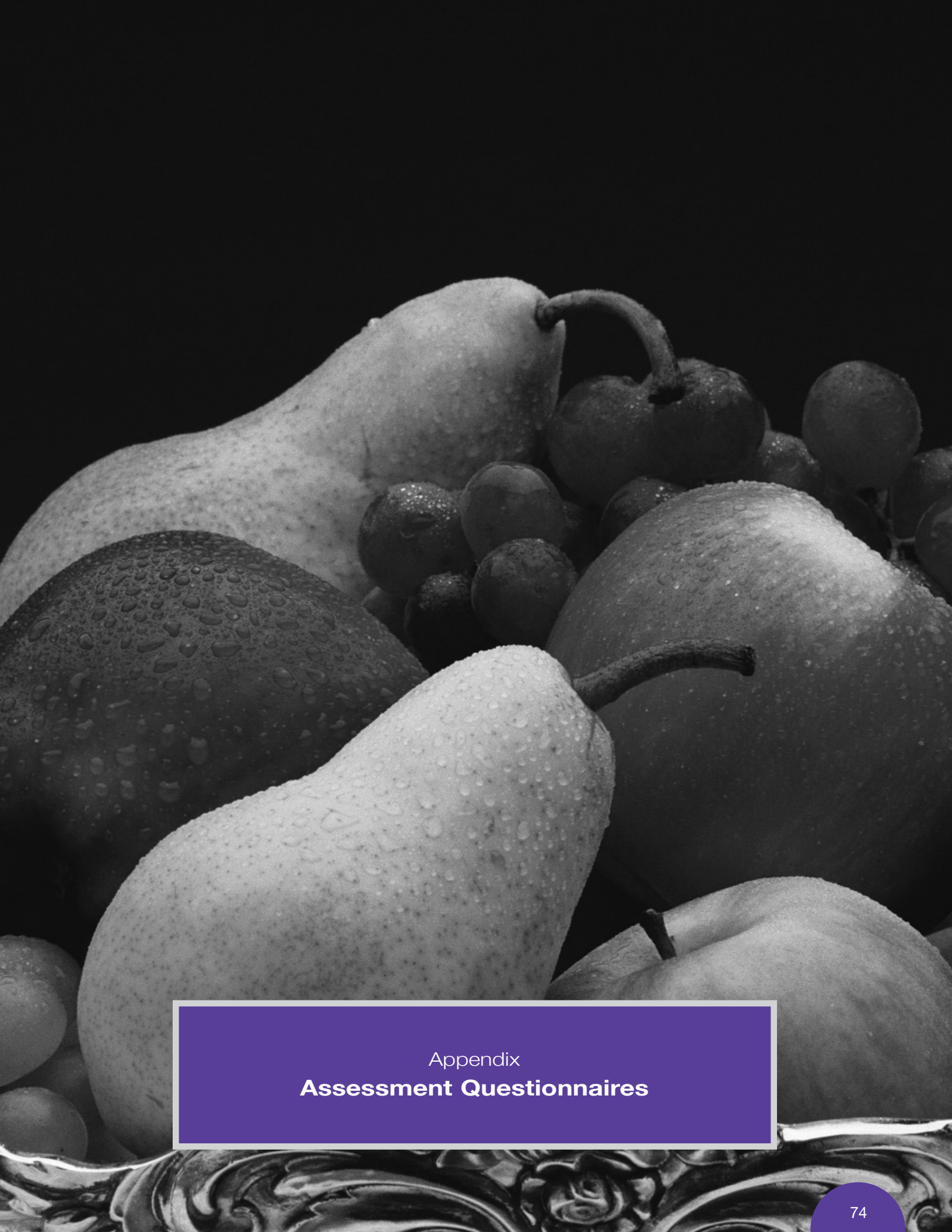
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Appendix  
**Assessment Questionnaires**



## MEMBERSHIP HEALTH ASSESSMENT

To assure confidentiality of all information provided,  
**DO NOT PUT YOUR NAME** on this survey.

1) How many people in your family household are:

Under 12 \_\_\_\_\_ 12-18 \_\_\_\_\_ 19-64 \_\_\_\_\_ Over 65 \_\_\_\_\_

2) How many people in your family household are: male \_\_\_\_\_ female \_\_\_\_\_

3) Does anyone in your household have one or more of the following conditions

*(check all that apply):*

- |  |   |
|--|---|
| <input type="checkbox"/> Breast Cancer         | <input type="checkbox"/> Prostate Cancer      |
| <input type="checkbox"/> Diabetes              | <input type="checkbox"/> High Blood Pressure  |
| <input type="checkbox"/> Asthma                | <input type="checkbox"/> Heart Disease        |
| <input type="checkbox"/> Weight-related Issues | <input type="checkbox"/> Depression           |
| <input type="checkbox"/> Alzheimer's/Dementia  | <input type="checkbox"/> Mental Health Issues |

4) The Dietary Guidelines for Americans recommends that adults get at least 30 minutes of moderately intense physical activity at least 5 days per week, and preferably every day.

*Please indicate your level of daily physical activity using the following scale:*

\_\_\_\_\_

1	2	3	4	5
None				30 minutes or more

5) For children and adolescents, the recommendation is at least 60 minutes of moderately intense physical activity most days of the week, preferably daily.

*Please indicate your children's levels of daily physical activity using the following scale:*

\_\_\_\_\_

1	2	3	4	5
None				60 minutes or more



6) What types of physical activity do you enjoy doing? (check all that apply):

- |   |  |
|---|--|
| <input type="checkbox"/> Walking                        | <input type="checkbox"/> Yard work                                       |
| <input type="checkbox"/> Running                        | <input type="checkbox"/> Strength training                               |
| <input type="checkbox"/> Playing individual/team sports | <input type="checkbox"/> Hiking  |
| <input type="checkbox"/> Swimming                       | <input type="checkbox"/> Water aerobics                                  |
| <input type="checkbox"/> Dancing                        | <input type="checkbox"/> Chair exercises                                 |
| <input type="checkbox"/> Climbing stairs                | <input type="checkbox"/> Playing actively with children or grandchildren |
| <input type="checkbox"/> Housecleaning                  | <input type="checkbox"/> Other: _____                                    |

7) The USDA Dietary Guidelines recommends a diet that emphasizes the consumption of fruits and vegetables, whole grains, low-fat milk, lean meats, poultry, fish, beans, eggs and nuts, and is low in fats, cholesterol, salt and added sugars. Using the following scale, please assess how closely your diet follows these recommendations:

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5  
Does not meet any of the recommendations Fully meets the recommendations

8) Using the following scale, please assess how closely your children's diets follow the USDA recommendations:

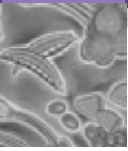
1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5  
Does not meet any of the recommendations Fully meets the recommendations

9) Using the following scale, please assess how satisfied you are with your current weight.

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5  
Very Satisfied Very Unsatisfied

10) Would you like to learn how to eat healthier?  Yes  No

11) Would you like to learn how to do more physical activities?  Yes  No



12) How likely would you or other members of your family be to take part in any of these activities?

Activity	Would Not Attend	Might Attend	Definitely Would Attend
Healthy eating and cooking classes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weight management support group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Healthy recipes contest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grocery store tours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fitness classes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low impact aerobics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strength training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walking group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chair exercises	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stroller club	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Community garden	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sports (Specify: _____)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health fair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breastfeeding classes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (Specify: _____)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

13) What day of the week would be best for you to join these types of activities?

Best day(s): \_\_\_\_\_  
 \_\_\_\_\_

Worst Day(s) \_\_\_\_\_  
 \_\_\_\_\_

14) What would be the best time for you to attend health and fitness activities?

Morning       Afternoon       Evening







**What other skills do you have that could be applied to our health promotion program?**

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**Do you have other resources/connections that could help with our health promotion program?**

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**Would you be willing to help with any of the following activities?** *(check all that apply)*

- |   |  |
|---|--|
| <input type="checkbox"/> Health fairs                       | <input type="checkbox"/> Health education materials        |
| <input type="checkbox"/> Weight loss classes/support groups | <input type="checkbox"/> Teaching health education classes |
| <input type="checkbox"/> Fitness classes                    | <input type="checkbox"/> Developing guidelines for meals   |
| <input type="checkbox"/> Organizing/coaching a sports team  | <input type="checkbox"/> Healthy cooking demonstrations    |
| <input type="checkbox"/> Community gardening                | <input type="checkbox"/> Cooking classes                   |



## FAITH ORGANIZATION HEALTH ASSESSMENT

### General Wellness/Health Promotion

1. Does your faith organization have “health” as part of its **creed or mission statement**?

- Yes  No  Don't Know

2. Does your faith organization have an **active health ministry or committee**?

- Yes  No  Don't Know

If yes, who serves on the committee? \_\_\_\_\_

3. Does your the faith organization have a **person appointed** to be responsible for health related activities?

- Yes  No  Don't Know

If yes, who? \_\_\_\_\_

4. Does your faith organization have a **lay health advisor program**?

- Yes  No  Don't Know

If yes, who sponsors it? \_\_\_\_\_

5. Does your faith organization have a **budget for health promotion or health related activities**?

- Yes  No  Don't Know

6. Do any members currently represent your faith community by serving on a **community health coalition or committee**? (e.g. fitness/nutrition council)?

- Yes  No  Don't Know

If yes, who?

7. Has your faith organization ever established **health or wellness goals** for the faith community?

- Yes  No  Don't Know

8. Has your faith organization sponsored a **health fair** within the past year?

- Yes  No  Don't Know

If yes, who was responsible for organizing it? \_\_\_\_\_



9. Has your faith organization offered **blood pressure screening** within the past year?

- Yes                                       No                                       Don't Know

If yes, who was responsible for organizing it? \_\_\_\_\_

10. Has your faith organization offered **cholesterol screening** within the past year?

- Yes                                       No                                       Don't Know

If yes, who was responsible for organizing it?

11. Has your faith organization offered **blood sugar/diabetes screening** within the past year?

- Yes                                       No                                       Don't Know

If yes, who was responsible for organizing it?

12. Has your faith organization offered **healthy body weight screening** within the past year?

- Yes                                       No                                       Don't Know

If yes, who was responsible for organizing it?

13. Has your faith organization had a relationship with a **health care institution, health promotion, or human service agency** to provide services to your membership within the past year?

- Yes                                       No                                       Don't Know

If yes, which ones? \_\_\_\_\_

## Support for Nutrition

14. Does your faith organization have guidelines requiring that meals be balanced to reflect the Food Guide pyramid?

- Yes                                       No                                       Don't Know

15. Does your faith organization have guidelines for meals requiring that fruits and vegetables be offered?

- Yes                                       No                                       Don't Know

16. Does your faith organization have guidelines for meals requiring that 100% fruit juice be offered?

- Yes                                       No                                       Don't Know

17. Does your faith organization have guidelines for meals requiring that water be offered?

- Yes                                       No                                       Don't Know



18. Does your faith organization have guidelines for meals requiring that low fat items be offered?
- Yes                                       No                                       Don't Know
19. Does your faith organization have guidelines for meals requiring that low/no sugar items be offered?
- Yes                                       No                                       Don't Know
20. Does your faith organization have guidelines for meals requiring that low sodium items be offered?
- Yes                                       No                                       Don't Know
21. During the past year, has your faith organization offered healthy cooking classes?
- Yes                                       No                                       Don't Know
- If yes, who was responsible for organizing them? \_\_\_\_\_
22. During the past year, has your faith organization provided weight control or nutrition counseling?
- Yes                                       No                                       Don't Know
- If yes, who provided the counseling? \_\_\_\_\_
23. During the past year, has your faith organization organized any weight loss support groups?
- Yes                                       No                                       Don't Know
- If yes, who was responsible for organizing it? \_\_\_\_\_
24. During the past year, has your faith organization distributed any nutrition guides or healthy recipes?
- Yes                                       No                                       Don't Know
- If yes, who was responsible? \_\_\_\_\_
25. During the past year, has your faith organization promoted nutrition during a service?
- Yes                                       No                                       Don't Know
- If yes, how? \_\_\_\_\_
26. During the past year, has your faith organization promoted nutrition through posted information such as bulletin board posters, flyers or leaflets?
- Yes                                       No                                       Don't Know
27. During the past year, has your faith organization promoted nutrition in your service bulletin?
- Yes                                       No                                       Don't Know



28. During the past year, has your faith organization promoted nutrition on your website?

Yes

No

Don't Know

If your faith organization has vending machines:

29. Does your drink vending machine have bottled water?

Yes

No

Don't Know

30. Does your drink vending machine have 100% juice available?

Yes

No

Don't Know

31. Does your food vending machine have low fat items such as pretzels and "lite" popcorn?

Yes

No

Don't Know

32. Does your food vending machine label low fat or healthy items?

Yes

No

Don't Know

### Support for Physical Activity

Does your faith organization have any of the following **physical activity opportunities**?

33. Exercise Room.

Yes

No

Don't Know

34. Exercise Equipment on-site.

Yes

No

Don't Know

35. Walking trails.

Yes

No

Don't Know

36. Outdoor courts or ball fields.

Yes

No

Don't Know

37. Playground.

Yes

No

Don't Know

38. Garden maintained by membership.

Yes

No

Don't Know

Within the past year, has your faith organization participated in any of the following activities?

39. Conducted exercise classes.

Yes

No

Don't Know



40. Provided individual fitness counseling.  
 Yes  No  Don't Know
41. Promoted walking clubs.  
 Yes  No  Don't Know
42. Sponsored or supported a sports team.  
 Yes  No  Don't Know
43. Distributed any fitness guides.  
 Yes  No  Don't Know
44. Promoted physical activity opportunities at meetings.  
 Yes  No  Don't Know
45. Promoted physical activity during a service.  
 Yes  No  Don't Know
46. Promoted physical activity through posted information such as bulletin boards, posters, flyers, or leaflets?  
 Yes  No  Don't Know
47. Promoted physical activity in your bulletin?  
 Yes  No  Don't Know
48. Promoted physical activity on your website?  
 Yes  No  Don't Know
49. Sponsored a relationship with a fitness club to offer discounted rates for your membership?  
 Yes  No  Don't Know
50. Supported physical activity in the day care programs or other children's activities?  
 Yes  No  Don't Know
51. Are members and staff encouraged to use the stairs whenever possible?  
 Yes  No  Don't Know

If yes to any of the above, who was responsible for organizing the activity?

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## How to Use the Faith Organization Health Assessment Survey to Measure Your Faith Community's Commitment to Promoting Healthy Lifestyles

### General Wellness and Health Promotion

Count the number of yes answers to questions 1 – 13

Less Than 3 Yes Answers	Between 4 and 9 Yes Answers	Over 10 Yes Answers
<p>Your faith community has not yet made a commitment to health promotion within your membership. You have the opportunity to increase awareness on this important issue.</p>	<p>Your faith community is striving to support the wellness and health of the membership. Look at your no answers for an indication of where you can expand this commitment by formalizing a health ministry or sponsoring health screenings for your membership.</p>	<p>Your faith community is demonstrating a high level of commitment to the general wellness and health of the membership. Examine the answers to the Nutrition and Physical Activity sections to see if there are areas where you can expand this commitment.</p>

### Support for Nutrition

Count the number of yes answers to questions 14 – 36

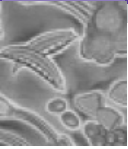
Less Than 5 Yes Answers	Between 5 and 15 Yes Answers	Over 15 Yes Answers
<p>Your faith community is not focusing on the important role it can play in improving the nutritional habits of the membership. Your goals and objectives should include an emphasis on improved nutrition within the faith community.</p>	<p>Your faith community is striving to support good nutrition. Examine the no answers to find opportunities for improving this commitment, such as improving selections in vending machines or setting guidelines for meals.</p>	<p>Your faith community is demonstrating a high level of commitment to improved nutrition. Examine the answers to the Physical Activity section to see if there are areas where you can expand this commitment.</p>

### Support for Physical Activity

Count the number of yes answers to questions 38 – 56

Less Than 5 Yes Answers	Between 5 and 15 Yes Answers	Over 15 Yes Answers
<p>Promoting physical activity is not a current priority of your faith community. Review the results of your Membership Health Survey to determine the interests of your membership and plan your goals and objectives accordingly.</p>	<p>Your faith community recognizes the importance of physical fitness to the overall health and well being of the membership, but there are opportunities to do more. Examine the questions with no answers and develop a plan to change them to yes.</p>	<p>Your faith community is leading the way to physical fitness for the membership.</p>





## Local Community Assets Inventory

### Your Community's Strengths and Needs

The questions below will help you understand your community's strengths and needs regarding physical activity and healthy eating.

**1. Are there sidewalks, walking paths, or biking routes? Where are they?**

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**2. Are low-priced or free group exercise classes available? Where?**

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**3. Are there parks with tennis courts, basketball courts, swimming pools, playgrounds, or walking/running trails? Where?**

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**4. Are low-priced or free gyms or fitness centers nearby? Where?**

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**5. Are there any sports teams open to community members? Who sponsors them?**

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**6. Do local grocery stores have information on healthy eating or tours that explain healthy eating?**

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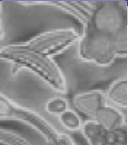
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**7. Do grocery stores have signs to explain and promote healthier foods, such as lean meats, fat-free and low-fat milk, fruits and vegetables, and foods made from whole grains?**

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**8. Is there a farmers' market that sells locally grown fruits and vegetables? Where?**

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---

**9. Are classes available on healthy eating and cooking? Where? Who sponsors them?**

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**10. Is there a community garden where people grow their own food? Where? Who sponsors it?**

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**11. Do local restaurants offer and point out low-calorie, low-fat, and low-salt foods on their menus?**

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**12. Are physical education (PE) classes part of the regular school schedule?**

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**13. Are the school's gyms, pools, tracks, fields, courts, and/or trails open to the community during nonschool hours (before or after school, weekends, evenings, holidays, summer vacation)?**

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**14. Are there activity programs for children with disabilities available in your community? Where? Who sponsors them?**

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**15. Do schools offer classes that teach about healthy food choices?**

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## Your Community's Resources

### *Public Health Department*

Address: \_\_\_\_\_  
\_\_\_\_\_

Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Resources available: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### *County Extension Office*

Address: \_\_\_\_\_  
\_\_\_\_\_

Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Resources available: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### *Hospital* \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Resources available: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**YMCA/YWCA**

Address: \_\_\_\_\_  
\_\_\_\_\_

Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Resources available: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

***City or County Parks and Recreation Department***

Address: \_\_\_\_\_  
\_\_\_\_\_

Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Resources available: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

***Group/Agency Name:*** \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Resources available: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**Group/Agency Name:** \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Resources available: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Group/Agency Name:** \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Resources available: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Group/Agency Name:** \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Resources available: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**Group/Agency Name:** \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Resources available: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Group/Agency Name:** \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Resources available: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Group/Agency Name:** \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Resources available: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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