



MICHIGAN PUBLIC
HEALTH INSTITUTE

MPHI Cardiovascular Health, Nutrition and Physical Activity Project

Design of an Evidence-Based Web Faith Assessment to Reduce Health Disparities

Promoting Healthy Congregations





Outline

- Describe the development of the Promoting Healthy Congregations Assessment
- Discuss outcomes and environmental changes resulting from churches completing the assessment
- Discuss how the assessment can be used to reduce health disparities and promote collaboration among church and governmental agencies



Why an Assessment?

To enable Michigan faith-based organizations to:

- Assess progress in supporting healthy lifestyles
- Increase their awareness of ways to promote better health
- Identify and prioritize actions to improve environments



Key Components in Development

- Literature Review
 - “Faith-Based Health” revealed lack of research
 - Most articles on HIV/AIDS
- Internet Search
- Qualitative Research
 - Focus Groups
 - Pre-testing of assessment

Pre-Test Questions

Section	Sample Question
1. Faith-Based Organization 2. Infrastructure & Policies	Does the church have a health committee?
2. Communications About Health Topics	How many sermons in the past 6 months have included health topics?
3. Health Opportunities Offered by the Church	Does the church have exercise facilities in the building(s) for use by parishioners?
4. Referrals and Networking to Community Resources	Has the church referred parishioners to community healthy eating classes in the past year?
5. Direct Support of Healthy Lifestyles and Role Modeling	Does the church hold social events that involve serving food and/or beverages?
6. Additional Accomplishments and Summary of Next Steps	List at least one and up to five existing strengths that are already in place in the organization



Areas of Concern from Pre-testing

- Item weights and total scores
- Literal interpretation of language
- Recall of factual data
- Data integrity and security



Home	This Month's Health Topic	Register for the Assessment	About the Assessment	Calculate your BMI	Success Stories
Privacy	Resources	Healthy Weight & Activity Tips	Michigan Faith Based Health Association		Contact Us

Welcome to the Walk by Faith Website- The Faith-Based Component of the Michigan Steps Up Healthy Lifestyles Campaign

The Walk by Faith website aims to support good health among Michigan faith leaders and their congregations. Here's what you'll find on this website:

- **Resources and relevant information about a variety of health topics.**
 - [Click here](#) for information and a factsheet on this month's health topic and to obtain information about previous month's topics.
 - We also invite you to visit the [Healthy Weight & Activity Tips](#) and the [Resources](#) pages. These pages provide information and practical guidelines on achieving a healthy weight, improving your health by establishing a routine physical activity program, and more.
- **The Promoting Healthy Congregations Assessment (PHC)** - an online tool that helps faith organizations take a look at the various ways they are supporting better health for congregation members and providing ideas for action steps that can make a difference.



Username:

Password:

 Remember Me

[Register here](#)
[Forgot your password?](#)

Sisters Together: Move More, Eat Better

[Click here](#) to learn more about this program and mini-grant opportunity.

CPR Saves Lives!

For information on CPR Training



Home / Logout	FAQs	Privacy	Contact Us	Resources	Success Stories
Instructions	Finalize Assessment/Access Action Plan			Feedback	Update Your Info
Section 1: Infrastructure & Policies	Section 2: Health Communications	Section 3: Health Opportunities Offered	Section 4: Direct Support of Health	Section 5: Accomplishments & Next Steps	

Instructions

- [Introduction](#)
- [Coordinating Your Team's Efforts](#)
- [How to Complete the Online Promoting Healthy Congregations \(PHC\) Assessment](#)
 - [Data Entry](#)
 - [Saving Your Work](#)
 - [Flagging & Correcting Errors](#)
 - [Feedback](#)
- [Finalizing Your PHC Assessment](#)
 - [How to Finalize](#)
 - [When to Finalize](#)
 - [What Happens Next](#)
- [What to Do if the Primary Contact/Contact Info Changes](#)
- [Where to Get Answers to Your Questions](#)

Important Tips

- Be sure to **coordinate** your team's data entry efforts so that one team member doesn't write over another team member's entered data.
- Save often to avoid losing your work. Save by clicking the "save" button located at the bottom of every section and subsection of the PHC assessment.
 - Save every five minutes even if your data entry session is still in progress.
 - Save at the end of data entry for any section before proceeding to another page or section.
 - Save at the end of every data entry session.
 - Always save before you hit the Back or Forward button on your browser tool bar.

Section 1: Faith-Based Organization Infrastructure & Policies

Faith-based organizations that have a dedicated infrastructure that promotes health are much more likely to be successful in assisting their congregations in making healthy choices and supporting healthy lifestyles. Along with the infrastructure, policies that promote physical activity, healthy eating, and a tobacco-free lifestyle help create an environment that supports healthy choices.

1.1 Does your patriot house have an organized health ministry run by a committee, parish nurse or a qualified member(s) of the congregation that seeks to provide health and wellness services to congregation and community members?

- Yes (25 pts)
 No (0 pts)

1.1a Does your health ministry support the health and wellness needs of your congregation in any of the following ways?

	Yes (1 pt)	No (0 pts)
a. Counsels and advises members of the congregation on health topics (for example, management of current health problems, importance of being physically active)	<input type="radio"/>	<input type="radio"/>
b. Provides education and training on health topics (for example, offers classes, provides literature)	<input type="radio"/>	<input type="radio"/>
c. Creates health policies for the patriot house, such as a no smoking policy or serving healthy food options at patriot house events	<input type="radio"/>	<input type="radio"/>
d. Communicates health and wellness, policies, events, and other information related to health to the congregation	<input type="radio"/>	<input type="radio"/>
e. Facilitates/coordinates patriot house-sponsored health and wellness programs	<input type="radio"/>	<input type="radio"/>
f. Provides referrals to other community resources when needed	<input type="radio"/>	<input type="radio"/>

Section 2: Communications About Health Topics

Including health topics in routine communications to parishioners promotes health in several important ways: 1) It provides valuable information and education; 2) Reminders about the importance of healthy lifestyles that come from a credible and trusted sources are more likely to be motivating; and 3) It conveys an atmosphere of ongoing support for healthy lifestyles.

2.1 In the past 6 months, how many times have sermons included and encouraged the following aspects of a healthy lifestyle:

	6 or more times (3 pts)	3 to 5 times (2 pts)	1 or 2 times (1 pt)	None (0 pts)
a. Physical Activity	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Healthy Eating	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Healthy Weight	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Tobacco-Free Lifestyles	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Other health-related topics (such as stress management, cholesterol and blood pressure, diabetes)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2.2 In the past 6 months, how often has your patriot house bulletin or newsletter included information about any of the following health topics: healthy eating, healthy weight, increasing physical activity, adopting or sustaining a tobacco-free lifestyle?

- 6 or more times (3 pts)
- 4 to 5 times (2 pts)
- 1 to 3 times (1 pt)
- Never in the past 6 months (0 pts)
- Our patriot house does not have a bulletin or newsletter (0 pts)

Section 3: Health Opportunities Offered Through The patriot house

Faith-based organizations that offer or sponsor health opportunities and encourage participation help congregation members take action to achieve and sustain a healthy lifestyle. The faith community provides a supportive, comfortable and friendly environment for making and sustaining changes. Faith-based organizations can expand their offerings and further support healthy lifestyles by collaborating or partnering with resources within the community, including other faith-based organizations. These relationships are beneficial for all involved.

patriot house-Provided Health Opportunities

3.1 In the past year, has your patriot house offered, provided or sponsored any of the following:

	Yes (1 pt)	No (0 pts)
a. Exercise/physical activity facilities in the building(s) or on patriot house grounds for use by parishioners (Examples: weight machines, free weights, exercise bikes, treadmills, basketball courts, ball fields or other facilities and services that promote physical activity)	<input checked="" type="radio"/>	<input type="radio"/>
b. Sports leagues	<input checked="" type="radio"/>	<input type="radio"/>
c. Exercise classes (Examples: aerobics or yoga classes)	<input checked="" type="radio"/>	<input type="radio"/>
d. Healthy eating or healthy cooking classes or nutrition counseling	<input checked="" type="radio"/>	<input type="radio"/>
e. Weight management classes or clubs	<input checked="" type="radio"/>	<input type="radio"/>
f. Smoking cessation classes or programs or distributed quit kits	<input checked="" type="radio"/>	<input type="radio"/>

3.1a Are these activities, events or programs offered to both adults and children?

- Most are offered to both adults and children (1 pt)
- Most are offered to either adults or children but not both (0 pts)

Section 4: Direct Support of Healthy Lifestyles and Role Modeling

When faith-based organizations and faith leaders “practice what they preach”, they make it easier for parishioner to make healthy choices and they provide inspiration and motivation.

4.1 Does your patriot house hold events or meetings that involve serving food and/or beverages

- Yes
- No

4.2 Does your patriot house serve food and/or beverages to children or youth at youth events or Sunday school?

- Yes
- No

4.3 Does your patriot house have food or beverage vending machines?

- Yes
- No

4.4 Does your patriot house routinely provide physical activity opportunities at patriot house-sponsored events? For example, by making games/sports available at a picnic.

- Yes and activities include both adults and children (5 pts)
- Yes, but activities are usually for either adults or children but not both (2 pts)
- No routine encouragement of physical activity at social events (0 pts)

4.4a Is participation in these physical activities actively encouraged or promoted? For example, by patriot house leaders promoting participation, offering some friendly competition between teams, or setting a goal and encouraging participants to meet it.

- Encouraged most or all of the time (4 pts)
- Encouraged some of the time (1 pt)
- Rarely or never encouraged (0 pts)

Section 5: Accomplishments and Summary of Next Steps

This section does not receive any points, but it is required. In this section, we ask you to reflect on your organization's current strengths and accomplishments in promoting health among your congregation. These set the foundation for priorities for improvement that you plan for the future. The information you provide in this section also provides information to the Michigan Department of Community Health and other sponsoring organizations that will better enable them to support you in your efforts to improve health.

5.1 You listed the following strengths for your patriot house related to promoting good health.

- Strong 1.1
- hello
- Strong 2.1
- Strong 2.3
- Strong 3.3
- Strong 3.2
- Strong 4.1
- Strong 4.2
- Strong 4.3

(Optional) Please list any other existing strengths or accomplishments for your patriot house related to promoting good health.

a.

b.

Action Plan

STEP 1: List, Rank & Prioritize Recommended Actions

Your recommended action(s) are listed in the text box(es) below.	Cost 3=Low 2=Moderate 1=High	Time 3=Short 2=Medium 1=Long	Support 3=High 2=Moderate 1=Low	Importance 3=High 2=Moderate 1=Low	Total Points ▲ ▼	Priority ▲ ▼
Continue to grow with our Body and Soul ministry to promote healthy living and eating. Topic Area: Infrastructure & Policies	<input type="radio"/> 3 <input checked="" type="radio"/> 2 <input type="radio"/> 1	<input type="radio"/> 3 <input checked="" type="radio"/> 2 <input type="radio"/> 1	<input checked="" type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1	<input checked="" type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1	10	<input checked="" type="radio"/> High <input type="radio"/> Low
To start a weight loss group and incorporate a weekly exercise class. Topic Area: Direct Support of Healthy Lifestyles	<input type="radio"/> 3 <input checked="" type="radio"/> 2 <input type="radio"/> 1	<input type="radio"/> 3 <input checked="" type="radio"/> 2 <input type="radio"/> 1	<input checked="" type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1	<input checked="" type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1	10	<input checked="" type="radio"/> High <input type="radio"/> Low
Implement a walking club. Topic Area: Direct Support of Healthy Lifestyles	<input type="radio"/> 3 <input checked="" type="radio"/> 2 <input type="radio"/> 1	<input checked="" type="radio"/> 3 <input checked="" type="radio"/> 2 <input type="radio"/> 1	<input checked="" type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1	<input checked="" type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1	10	<input checked="" type="radio"/> High <input type="radio"/> Low
Establish a mini mart or Farmers Market on the church grounds. Plant and grow our own garden. Topic Area: Health Opportunities Offered	<input type="radio"/> 3 <input type="radio"/> 2 <input checked="" type="radio"/> 1	<input type="radio"/> 3 <input checked="" type="radio"/> 2 <input checked="" type="radio"/> 1	<input type="radio"/> 3 <input checked="" type="radio"/> 2 <input type="radio"/> 1	<input type="radio"/> 3 <input checked="" type="radio"/> 2 <input type="radio"/> 1	6	<input type="radio"/> High <input checked="" type="radio"/> Low
Offer dance lessons or Ty-bo classes to the congregation.	<input type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1	<input type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1	<input type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1	<input type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1		



Benefits of Completing the Assessment

- Assessment is NOT a Test!
- Looks at strengths and weaknesses within organization or community
- Designed to provide feedback and improvement strategies for faith organization only
- Information not shared with others
- Includes comprehensive planning documents



Assessment's Impact

- Examples of Action Steps taken include:
 - Starting a weight management program for women
 - Offering dance & kick-boxing classes
 - Providing health information in weekly bulletin inserts
 - Presenting speakers to discuss various health topics
 - Operating fruit and vegetable mini markets in church for members of congregation and community



Next Steps

- Active Promotion of assessment
- Collaboration through Michigan Faith Based Health Association
- Follow up and continued technical support

Acknowledgements

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Questions



<http://www.mihealthtools.org/faith>

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