

Live Healthy in Faith Guide

A Faith Community Guide to
Promoting
Nutrition and Physical Activity

Developed by Georgia's Nutrition
and Physical Activity Initiative
Faith-Based Workgroup

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Health Defined As:

"A dynamic state of complete physical, mental, spiritual, social well being and not merely the absence of disease and infirmity."

World Health Organization

Faith Community is Vital to Community Health

- *The Faith Community is often overlooked and underutilized in promoting health and prevention.*



Overall Goal

- To prevent and control obesity and other chronic diseases such as Type-II diabetes, cardiovascular disease, stroke and some forms of cancer.

About Live Healthy in Faith Guide (p.5)

- Helps establish a health promotion program
- Ideas on environmental and policy changes
- Evidenced-based Programs
- Step-by-step instructions on monthly activities

Learner Objectives

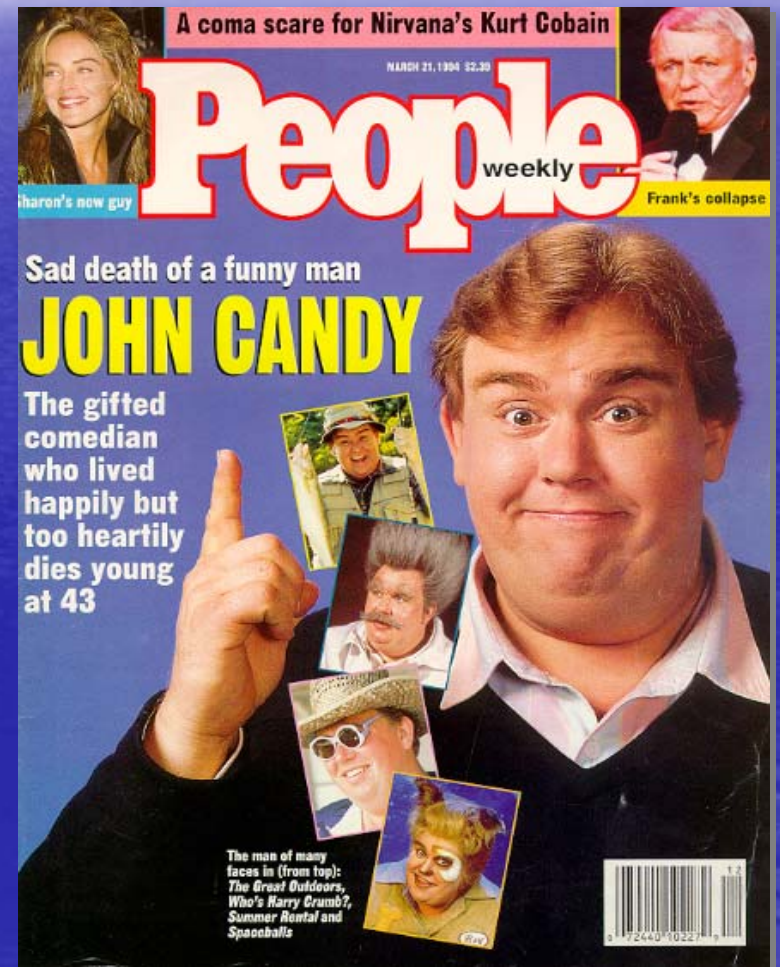
- Identify health risks associated with unhealthy lifestyles
- Understand the actual causes of death and how most can be prevented
- Identify components of a Health Ministry outreach program

Learner Objectives

- Demonstrate ability to assess needs and identify assets in your faith community.
- Describe how policy and environmental changes have long lasting impact on health
- Demonstrate ability to plan activities using toolkit provided

Identify health risks associated with unhealthy lifestyles (p.3)

- Heart Disease
- Diabetes
- Asthma
- Digestive Problems
- Arthritis
- Cancer
- Depression
- Sleep Apnea



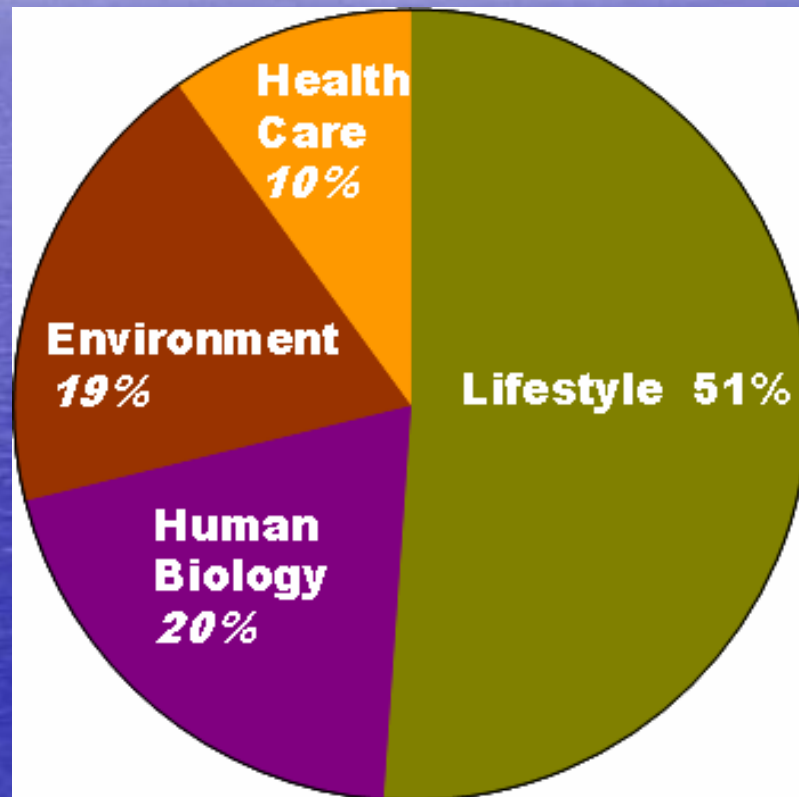
Most Causes of Death are Preventable

- 99% of Healthcare is spent on treatment
- 1% of Healthcare is spent on prevention
- 70% of all deaths from chronic diseases are preventable.



Why Health and Faith? (p.4)

Many Factors Influence Health



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

Lifestyle has the greatest impact on health

- Faith communities important role in encouraging and supporting healthy lifestyle choices
- Religious traditions stress attention to health
- Nurture people spiritually, mentally, emotionally and physically
- Therefore, faith communities are natural centers for focusing on the health and well-being

Faith-Based Strategies

- Integrate skill-building breastfeeding, nutrition and physical activity activities into existing faith-based programs
- Increase the capacity of faith-based programs to develop and implement nutrition and physical activity projects
- Establish or enhance Health Councils/ Ministries to address health-related issues

A Coordinated Effort Can...

A coordinated strategy can strengthen current initiatives by:

- Creating a common vision
- Providing a framework for new partnership development
- Promote use of best practices
- Promote resource sharing (efficiency)
- Increase access to funding opportunities

What do we hope to achieve?

- Improve positive health behaviors
- Decrease numbers of unhealthy weights and obesity
- Increase the number of policies or environmental supports (state and community)
- Increase the number of health promotion interventions and evaluation of, in a variety of settings
- Increase the number of communities that develop and implement a action plans that improve health

Health Ministry Role in Health Promotion (p.7)

- Health ministry described as anything the faith community is doing to promote the holistic wellbeing of individuals, either within its own membership or local area at large.



Health Promotion Program Planning and Implementation Flow Chart



B. Cottrell

Nutrition and Physical Activity Needs Assessments and Asset Mapping (p. 18)

- Assess the needs of your membership
- Assess the current environment of your faith community
- Map the assets of your faith community and your community at large
- Understand your assessment and asset mapping

Needs & Assets Assessment Tools

- P. 78: Family Skills Inventory
- P. 80: Faith Organization Health Assessment
- P. 86: Local Community Assets Inventory
- P. 88: Your Community Resources

Mapping Your Assets and Needs

Problem, Issue or Concern to be Addressed	Resources Needed	Faith Community Members Who Can Assist	Local Community Groups That Can Assist
Lack of understanding about healthy eating	Educational materials on healthy eating	Sally Jones is the high school dietitian	Public Health Dept, County Ext. Agent, Hospital Education Dept.

Policies & Environment Impact Health

- Policies and procedures directly impact how things are done in an organization
- Environment impacts the physical structure of an organization.
- Both are critical components of developing lasting health initiatives

The Nutrition And Physical Environment Of Your Faith Community

- Nourish the Body
- Keep the Kitchen Safe
- Be Faithful to Fitness
- Tend to the Needs of Breastfeeding Mothers



Sample Programs (p. 30-36)

- Healthy Weight Classes
- Cooking Demonstrations
- Pedometer Walking Challenge
- Activity Clubs/ Sports Teams
- Community Gardens
- Health Fairs
- Lactation Classes



Using the Toolkit Provided

- Month-By-Month Activities (p. 38)
- Assessment Questionnaires (p. 74)



Monthly Activities

- Step by step guide
- Background information
- Objective
- Activity
- Message for newsletter or bulletin
- Bulletin Board ideas
- Talking points



Monthly Activities

- January- Healthy Weight Month
- February- American Heart Month
- March-National Nutrition Month
- April-Turn off TV Week
- May-National Physical Fitness and Sports Month
- June- Fresh Fruit and Vegetable Month

Monthly Activities

- July- Vacation Eating
- August - World Breastfeeding Week
August 1-7
- September-National 5 A Day /Fruits and Veggies: More Matters Month
- October-Eat Dinner Together Week
- November-American Diabetes Month
- December- Holiday Eating

Go Forth and Do Good Work!

- Use collective expertise and support from leadership
- Use all available resources
- Start slow and build upon your successes
- Have fun along the way, and
- Live Healthy in Faith!

Special Thanks and Acknowledgement

Live Healthy in Faith Review Team

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Toolkit

<http://district4health.org/pdf/faithbased%20toolkit.pdf>

Georgia's Nutrition and Physical Activity Initiative

<http://health.state.ga.us/nutandpa/>

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