

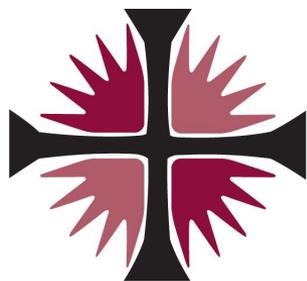
Partners in
HEALTH

and

WHOLENESS

Being healthy. Being faithful.

FAITH COMMUNITY: PARTNERS IN HEALTH & WHOLENESS



Partners in

HEALTH

and

WHOLENESS

Being healthy. Being faithful.

Willona Stallings, MPH
PHW Program Coordinator

NC Institute of Medicine
Task Force on Early Childhood Obesity
Prevention

May 18, 2012

OBJECTIVES

- Who we are
- Why our work matters
- State and national models
- How we can work together



WHO ARE WE?

- An initiative of the **North Carolina Council of Churches**
 - Mission
 - Nonprofit
 - Established in 1935
 - 18 denominations + 8 individual churches
 - Governing Board & Staff

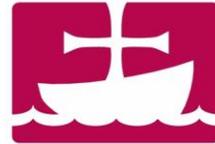


Video – NCCC Overview

WHO ARE OUR MEMBERS?

- Alliance of Baptists
- African Methodist Episcopal
- A.M.E. Zion
- Christian Methodist Episcopal Church
- Christian Church (Disciples of Christ)
- Episcopal Church
- ELCA
- General Baptists
- MCC
- Mennonite Church USA
- Moravian Church in America
- Presbyterian Church USA
- Reformed Church in America
- Religious Society of Friends
- Roman Catholic Church
- United Church of Christ
- Unity Fellowship Church
- United Methodist Church
- **Plus 8 Congregations**

WHAT DO WE DO?



North Carolina
Council of Churches

Programs



& Peace

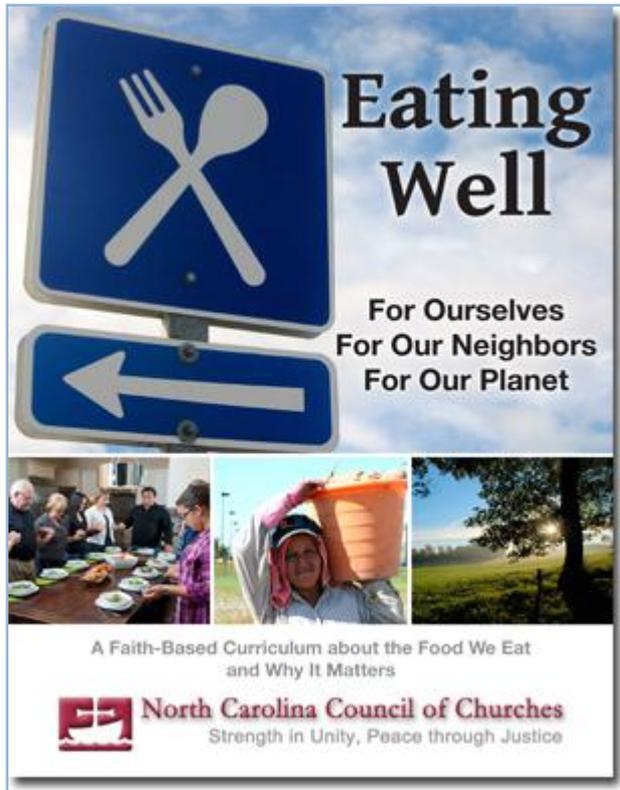


Special Committees

- Christian Unity
- Farmworkers Ministry
- Health Care Reform
- Legislative Advocacy
- Public Education
- Rural Life

– *Come to the Table*

WHAT RESOURCES ARE AVAILABLE?

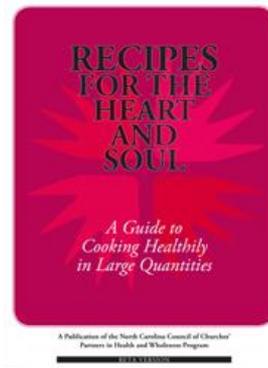


Eating Well

For Ourselves
For Our Neighbors
For Our Planet

A Faith-Based Curriculum about the Food We Eat and Why It Matters

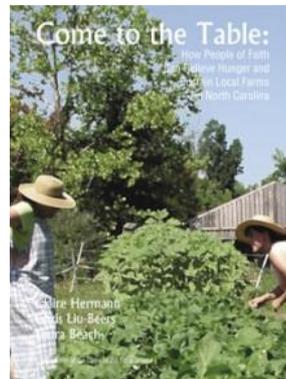
North Carolina Council of Churches
Strength in Unity, Peace through Justice



RECIPES FOR THE HEART AND SOUL

A Guide to Cooking Healthily in Large Quantities

A Publication of the North Carolina Council of Churches' Partners in Health and Wholeness Program



Come to the Table:
How People of Faith Have Hungry and Local Farms in North Carolina

Core Hemond
Liz Lio-Beers
Lara Bostin



Partners in HEALTH and WHOLENES

AN INITIATIVE OF THE NORTH CAROLINA COUNCIL OF CHURCHES

“God said, ‘See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit, you shall have them for food. And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.’ And it was so.”
— Genesis 1:29-30

Being healthy. Being faithful.

EATING FAITHFULLY

THE GOOD NEWS ABOUT FRUITS AND VEGETABLES
Eating fruits and vegetables is important to your health because they:

- Lower the risk of diabetes
- Reduce high blood pressure
- Lower the risk of some cancers
- Lower the risk of heart disease and stroke
- Help with weight management

HOW MANY FRUITS AND VEGETABLES SHOULD I EAT?
According to the United States Department of Agriculture, you should eat one to two cups of fruit per day and one to three cups of vegetables per day based upon your gender and age.

HOW CAN I INCLUDE MORE FRUITS AND VEGETABLES IN MY DIET?

- Have a piece of fruit as a snack.
- Add fresh or frozen fruit to your breakfast.
- Top yogurt with fresh fruit.
- Eat a salad for or with lunch.
- Snack on raw vegetables with low-fat dip.
- Add sliced tomato, onion, cucumber, bell peppers, lettuce and sprouts to sandwiches and wraps.
- Add two vegetable sides to your dinner.
- Order pizza with vegetables like spinach, peppers, mushrooms, onion, broccoli and eggplant.
- Add vegetables like zucchini, carrots, broccoli or mushrooms to omelets, casseroles and pasta sauces.

THE TRUTH ABOUT CARBOHYDRATES AND ADDED SUGARS

Your body uses carbohydrates to make glucose, which is the fuel you need to remain active and fully functioning. Foods that are high in dietary fiber and whole grains are the healthiest sources of carbohydrates, as well as foods with natural sugars and starches such as fruits, vegetables, breads and low-fat milk.

You should limit your intake of foods and beverages that include added sugars because they lack the proper nutrients and provide extra calories. Examples of foods and beverages with added sugars include regular soft drinks, candy, cakes, pies and ice cream.

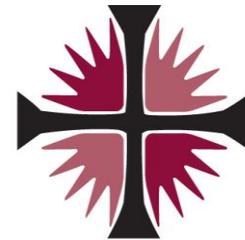
Published by the North Carolina Council of Churches with support from the Blue Cross and Blue Shield of North Carolina Foundation and the Kairi® Approach, Charitable Trust.

Plus “Acts of Faith” and policy statements

Being healthy. Being faithful.

ABOUT PARTNERS IN HEALTH AND WHOLENESS (PHW)

- Mission
- Funding
- Staff
- Activities
 - **PHW Certification Program**
 - **Meetings with Clergy**
 - PHW Endorsement Resolution & Pastor's Pledge
 - Monthly Bulletins



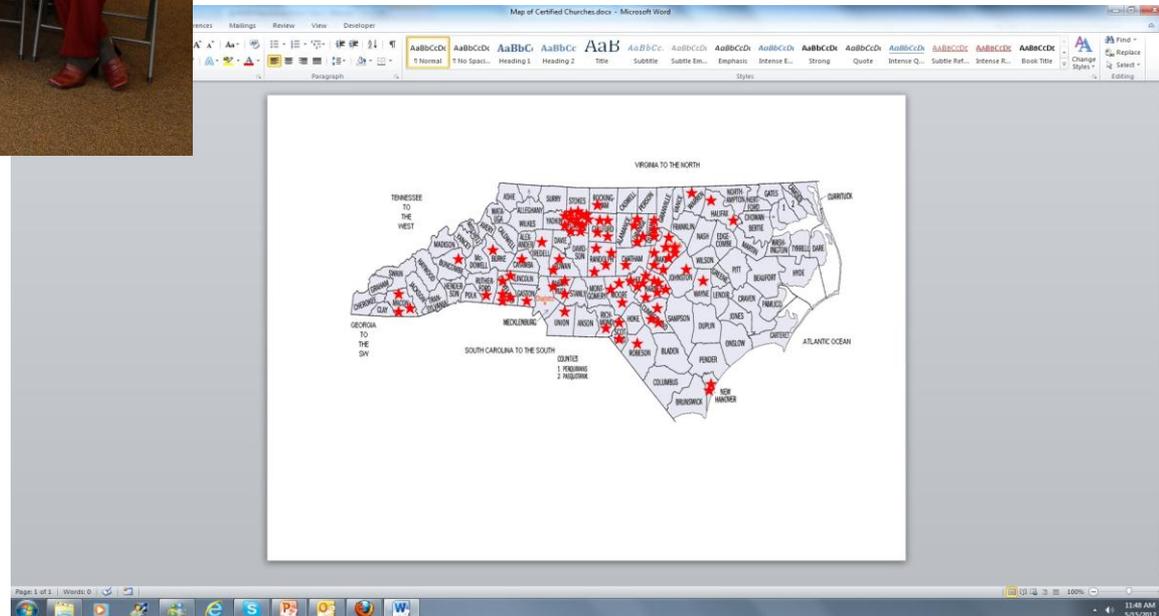
Partners in
HEALTH
and
WHOLENESS

PHW CERTIFICATION PROGRAM



“I am excited about this initiative. I believe our members will be as well, especially when they learn we need to aspire to GOLD! They love friendly competition. Thank you.”

“Thank you for providing us this opportunity to be recognized for trying to teach our people the importance of Glorifying God with Your Body.”

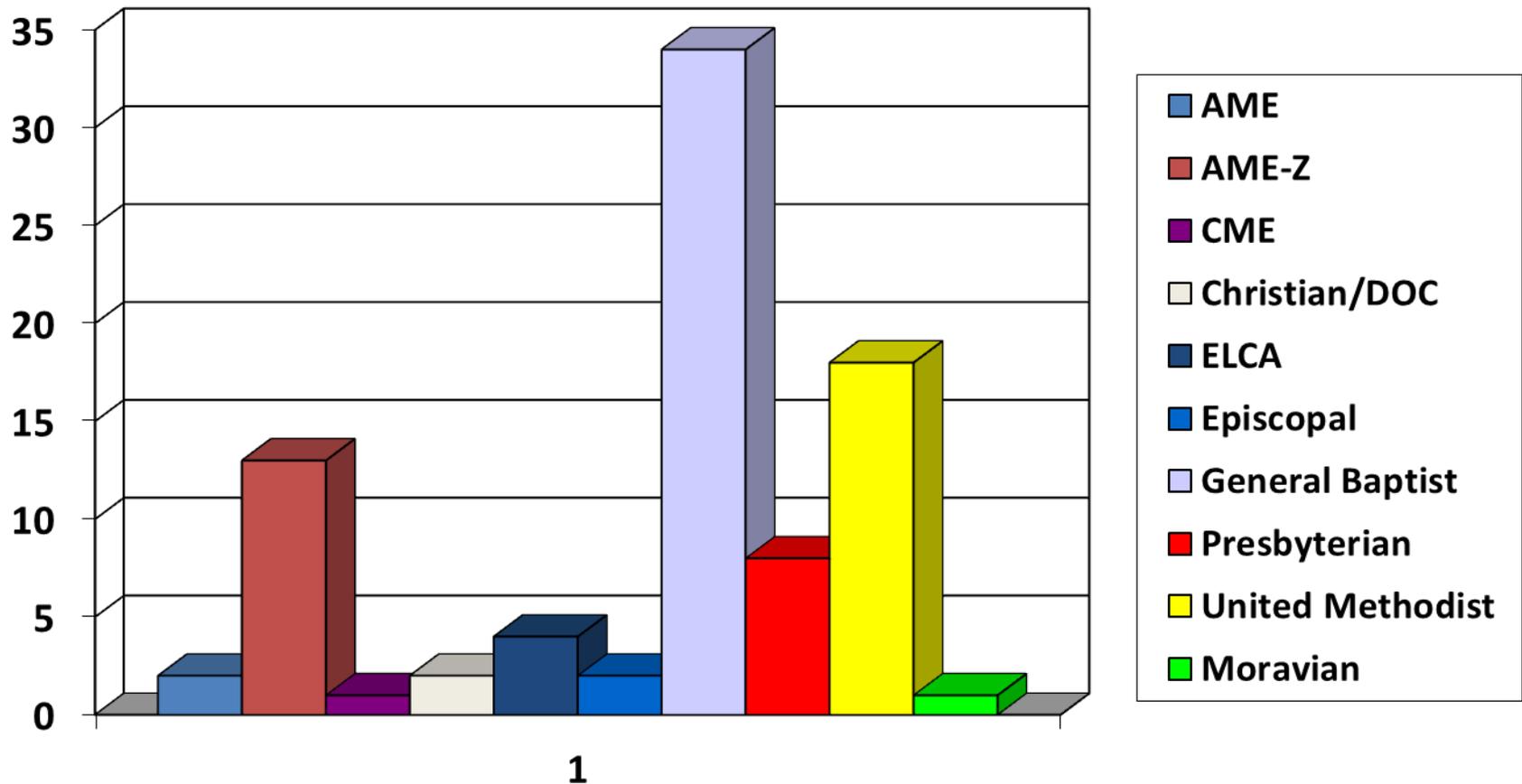


Being healthy. Being faithful.

PHW CERTIFICATION PROGRAM

(cont'd.)

Number of Certified Congregations, By Denomination



PHW CERTIFICATION PROGRAM

(cont'd.)

Activities Related to Healthy Eating & Physical Activity

- *Serve water & healthier foods**
 - Host a youth event to promote physical activity
 - *Preach on health as a faith issue**
 - Provide bulletin inserts, brochures, newsletters, etc.
 - *Host a healthy potluck dinner*
 - Adopt formal policies re: healthy eating and physical activity
 - *Pastor models good health*
 - Build a walking/hiking trail
- Participate in a walk- or run-a-thon
 - Host one or more focus days on health
 - *Host an ongoing health-related program or class*
 - *Provide healthy snacks to children and youth**
 - *Form a sports league or walking/exercise group*
 - Sponsor a community garden or farmers' market

PHW MEETINGS & EVENTS



Being healthy. Being faithful.

PHW MEETINGS & EVENTS

(cont'd.)

- Faith-based Setting
- Interdenominational
- Worship
- **Faith + Health Connection**
(i.e., *Why our work matters....*)
 - **Problem**
 - **Why People of Faith Should Care**
 - Opportunities to Take Action



Partners in
HEALTH
and
WHOLENESS

PROBLEM: CURRENT STATE OF HEALTH

NCCC Membership Representative of Larger Population

- 17.5% in poverty
- 22.7% lack health insurance
- 65.3% overweight or obese
- 19.8% smoke
- Leading causes of death – heart disease & cancer



BUT WHAT ABOUT CLERGY?

PROBLEM: CLERGY HEALTH

Outcomes

- Protestant clergy more likely to die from heart disease.

(Calvert, Merling & Burnett, 1999)

- UMC clergy in NC

(Proeschold-Bell & LeGrand, 2010)

- Mean BMI = 29.46
- Obesity rate = 39.7% vs. 29.4% in NC
- Higher rates of chronic disease
- Poor mental health

Challenges

- Stressful job
- Prioritizing others' needs
- Sedentary lifestyle
- Poor health insurance coverage
- Low pay
- Food = Fellowship
- Few messages specific to men's health
- Any others?

HEALTH ASSETS



- Social Support
- **Moral Suasion**
- Existing Resources
- Connection to Hard to Reach Populations

Sources: Campbell et al., *Annual Review of Public Health*, 2007

MORAL SUASION

- **93% of Americans** believe in God or a higher power.
- **63% of Americans** say they are members of a church or synagogue.
- **42% of Americans** attend religious services weekly or almost weekly.
- **1.5 million** individual members of the NCCC



Source: Gallup Poll, 2006-2008 & U.S. Religious Landscape Survey, 2008

MORAL SUASION: *WHAT DO OUR SCRIPTURES TEACH?*

JESUS CHRIST, THE GREAT PHYSICIAN

- Peter's mother-in-law (Mt. 8:14-15)
- The ten men with leprosy (Lk. 17:11-19)
- The two blind men (Mt. 9:27-31)
- The woman with the issue of blood (Mt. 9:19-22)
- The man at the pool of Bethesda (Jn. 5:2-47)
- The centurion's servant (Mt. 8:5-13)
- The man with dropsy (Lk. 14:1-6)
- And many others....

WHAT DO OUR SCRIPTURES TEACH? (cont'd.)

ABUNDANT LIVING

“The thief comes only to steal and kill and destroy. [Jesus] came that [we] may have life, and have it abundantly” (Jn. 10:10, NRSV).



WHAT DO OUR SCRIPTURES TEACH? (cont'd.)

OUR BODIES ARE GOD'S TEMPLE

“Do you not know that you are God’s temple and that God’s Spirit dwells in you? If anyone destroys God’s temple, God will destroy that person. For God’s temple is holy, and you are that temple” (1 Co. 3:16-17).

WHAT DO OUR SCRIPTURES TEACH? (cont'd.)

PRACTICE SELF-CONTROL

“[T]he fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and **self-control**” (1 Co 3:16-17).



WHAT DO OUR SCRIPTURES TEACH? (cont'd.)

LOVE GOD

“One of the scribes came near and heard them disputing with one another, and seeing that [Jesus] answered them well, he asked him, ‘Which commandment is the first of all?’ Jesus answered, ‘The first is *Hear, O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength*’... (continued on next slide)

WHAT DO OUR SCRIPTURES TEACH? (cont'd.)

LOVE YOUR NEIGHBOR AS YOURSELF

The second is this, 'You shall love your neighbor as yourself.' There is no other commandment greater than these." (Mk. 12:28-31, NRSV).



WHAT DO OUR SCRIPTURES TEACH? (cont'd.)

WHEN ONE SUFFERS, WE ALL SUFFER

(www.unnaturalcauses.org)

“For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body – Jews or Greeks, slaves or free – and we were all made to drink of one Spirit” (I Co. 12:12-12, NRSV).

“If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it” (I Co. 12:26, NRSV).

PHW PARTICIPATION & NEXT STEPS

- 92 PHW-certified congregations
 - 32 counties
 - 14,000 congregants
 - 250 signed endorsement resolutions & Pastor's Pledges
 - 15 regional mtgs. & events (since Jan. 2011)
 - >380 attendees
 - >800 “interested persons”
- New catchment area
 - PHW mini-grants
 - Strive to Revive
 - Faith & Health Leadership Council
 - Individualized support & follow-up

STATE & NATIONAL MODELS

- **Clergy Health Initiative**

- Duke Divinity, Duke Endowment, UMC
- \$12 million, 7 years
- “Spirited Life”
 - Spiritual renewal
 - Stress management
 - Nutrition & exercise
 - Coaching & support

SpiritedLife™

<http://divinity.duke.edu/initiatives-centers/clergy-health-initiative>

STATE & NATIONAL MODELS

(cont'd.)

- **Faithful Families**
 - ESMM
 - Evidence-based, multi-level intervention
 - Individual behaviors + practices/environments
 - 9-session curriculum
 - Sample policies, community assessment & planning guide



<http://www.eatsmartmovemorenc.com/FaithfulFamilies/FaithfulFamilies.html>

STATE & NATIONAL MODELS

(cont'd.)

- **Let's Move Faith & Communities**
 - U.S. Department of HHS
 - Activities
 - Establish wellness as a priority
 - Identify a Wellness Ambassador
 - Launch Let's Move activities
 - Use MyPlate
 - Host nutrition education classes
 - Grow a community garden
 - Offer summer feeding programs
 - Host a weekly exercise activity
 - *(See toolkit for more activities)*



<http://www.hhs.gov/partnerships/letsmove/>

STATE & NATIONAL MODELS

(cont'd.)

- **Congregational Health Network** (*Memphis Model*)
 - Partnership between >300 congregations + Methodist Le Bonheur Healthcare
 - Improve access & advance health
 - Key elements
 - Covenant with clergy
 - Navigators (full-time hospital staff)
 - Liaisons (church volunteers/ hospital trained)
 - Education
 - Research



<http://www.methodisthealth.org/about-us/faith-and-health/community/>

STATE & NATIONAL MODELS

(cont'd.)

- **H.O.P.E. Initiative**
 - National Baptist Convention
 - State Level (MS, 1997)
 - Health fairs
 - Health point person
 - Congregational health ministry teams (monthly observances)
 - Anecdotal evidence
 - Change practices (e.g., sermons)
 - National Level (2011)
 - Evidence-based
 - Assess current state of health
 - Launch health & wellness campaign + resources & support
 - Track changes over time

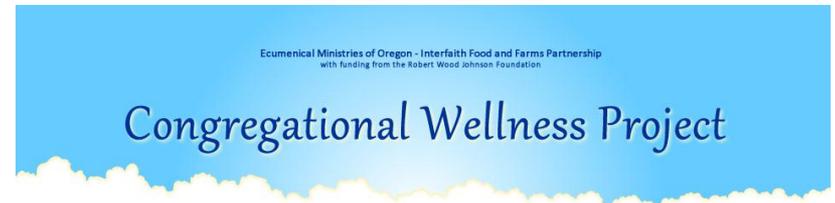


[http://www.nationalbaptist.com/departments/hope-\(congress-health-initiative\)/index.html](http://www.nationalbaptist.com/departments/hope-(congress-health-initiative)/index.html)

STATE & NATIONAL MODELS

(cont'd.)

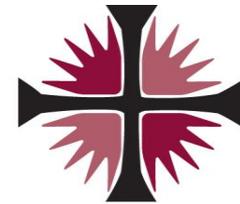
- **Congregational Wellness Project**
 - Ecumenical Ministries of Oregon, RWJF
 - Maximize existing resources/assets
 - Create healthier policies, practices & environments
 - *Congregational Health Index*, based on CDC's School Health Index



<http://www.faihandwellness.org/>

OPPORTUNITIES TO GET INVOLVED

- Certification program
- Resource manual & website
- NCCC E-news & PHW Special Bulletin
- PHW meetings & events
- Blogs



Partners in
HEALTH
and
WHOLENESS

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“Beloved, I pray that all may go well with you and that you may be in good health, just as it is well with your soul.”

(3 John 2, NRSV)