Health Ministry Guide

Building a Healthy Body & Soul

FAITH-BASED NUTRITION AND PHYSICAL ACTIVITY FOR AFRICAN AMERICANS

CHAMPIONS for CHANGE™

California Department of Public Health

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Dear Partner in Faith,

Now more than ever, we need to confront health issues in our community. African Americans are at higher risk than some other ethnic groups for:

- Obesity
- Type 2 diabetes
- Heart disease
- Stroke
- Certain types of cancer

Churches provide a way to reach those most at-risk for these health issues. Studies confirm that African Americans in church-based programs can achieve positive health outcomes[1]. With support from pastors and church members, the outcomes are even better. We have the power to make healthy choices.

The *Nutrition Education and Obesity Prevention Branch (NEOPB) of the California Department of Public Health* is pleased to present the *Health Ministry Guide.* This guide was designed to be used in conjunction with the *Body & Soul* program. The American Cancer Society and other partners created *Body & Soul* to support healthy eating in African American churches. *Body & Soul* has been proven effective in significantly increasing fruit and vegetable consumption, as well as creating positive changes in church policies and practices. Use the *Health Ministry Guide* with your *Body & Soul* materials. The *Body & Soul* program tells you what to do. This guide shows you how to do it.

Anyone in your church can use the *Health Ministry Guide.* We wrote it using 10 years of feedback from our faith partners. Use this guide to plan a new health ministry or strengthen an existing one. Teach healthy eating and physical activity lessons, collect feedback from church members, and address the needs of your community. The *Health Ministry Guide* is a quick and easy reference for you and members of your church.

Thank you for being a Champion for Change. Please visit our website at www.CaChampionsforChange.net for more information about us.

In good health,

Nutrition Education and Obesity Prevention Branch
California Department of Public Health

I prayed for 20 years but received no answer until I prayed with my legs.

- FREDERICK DOUGLASS

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Introduction to the *Health Ministry Guide*

Teach People How to Live

I grew up in what some might call a typical black church. Every Sunday, we enjoyed fiery sermons, choir-driven gospel jams, stirring organ solos, heart-felt praise and worship, and cool ushers swaying from side-to-side at the church entrance. And, of course, we had the ivory-clad Nurses Corps.

One Sunday, trouble in the third row called the Nurses Corps into action. A song leader and Sunday school teacher was gasping for air. The people around her looked toward the back of the church where I was seated but they weren't looking to me for help. They were trying to get the attention of the Nurses Corps staff person who was dozing off on a folding chair behind me.

"A sister needs you!" the president of our Ushers Ministry shouted while firmly tapping her shoulder. Startled, the nurse rose too quickly from her chair and tripped over its front leg. She fell to the floor with out-stretched arms and a face of disbelief. The loud clang of the metal chair hitting the floor was nearly drowned out by the sound of her knee cracking on the tile. Just beyond the sound of this developing tragedy, the song leader could be heard still struggling to breathe.

Another nurse was supposed to be off duty that Sunday. Nonetheless, after watching her colleague plunge knee-first to the ground, she knew she had to get involved. She was in the middle of her pew and flanked by six people. She tried to squeeze her way to the center aisle, but the people blocking her path were not very helpful. They were too busy watching the labored breathing of the song leader across the aisle and the fate of the fallen nurse, writhing in pain in the back of the church. Seconds later, the first fallen church member fainted.

"Children learn more from what you are than what you teach."

— W.E.B. DU BOIS

Finally, and just in the nick of time, a third off-duty member of the Nurses Corps took over. She began shouting, “Get up, get up!” to those blocking the path. She shouted the same to the people sitting near the now-unconscious song leader. She directed the deacons seated in front of the song leader to pick her up and carry her to the center aisle for medical attention. Moments later, an ambulance was called.

Later that day, I learned that the song leader had suffered a diabetic seizure. It was caused by a failure to follow her doctor’s orders, a poor diet, and lack of exercise. In time, she made a full recovery, but the collective spirit of my church had been shaken.

At a church meeting a few weeks later, many people had questions about what had happened. *How did things go so horribly wrong with the Nurses Corps? Did their slow response put the song leader’s life at risk? What could we have done to help her, a recently diagnosed diabetic, improve her health condition?* Some people said the Nurses Corps needed to develop and practice a better response drill. Others argued that the church should hire a nurse and hold that person accountable if things were to go wrong again.

I was just a young boy at that meeting but I’ll never forget how a wise elder, who rarely spoke a word after losing her husband of 61 years, stood up and quoted Hosea 4:61: “My people are destroyed from lack of knowledge.” Softly and slowly, she added, “The nurses ministry should teach people how to live, not sit around and wait for people to die.”

She did not need to say more. We all got the message. The Nurses Corps or the Health Ministry should teach people how to live healthy lives. This guide is designed to help health ministries fulfill this mission.

Reverend Asbury Jones, M.Div., MPA
Pastor
Sacramento, California

Health Status of the African American Community

African American Adults

The African American community is disproportionately affected by obesity, type 2 diabetes, heart disease, stroke, and certain types of cancer.[2] By changing unhealthy traditions like eating deep fried foods and drinking sugary beverages, we can create healthier traditions like increasing our daily amounts of fruits and vegetables, changing the way we prepare foods, and being more physically active. It's time we take control of our health. Use this health information to help others understand the urgency and make establishing healthy nutrition and physical activity habits a priority among your congregation.

Diet

- The 2010 Dietary Guidelines for Americans recommends that adults eat 3½ to 6½ cups of fruits and vegetables, which is about double that of the previous recommendation of 5 servings (about 2½ cups).[3] In 2013 more than 61% of African Americans did not eat five or more servings of fruit and vegetables per day.[4]
- On average, African-American adults were more than three times more likely to drink sugar-sweetened beverages than skim or 1% low-fat milk. They report drinking 2.4 sugar-sweetened beverages daily in comparison to drinking 0.2 servings nonfat or 1% low-fat milk.[4]

Barriers

- Among African Americans motivated to eat more fruits and vegetables, almost 65% listed difficulty buying fruits and vegetables at fast food restaurants as a barrier to eating more fruits and vegetables. Other barriers were that fruits and vegetables are hard to get at work (54%), too expensive (49%), and hard to buy in restaurants (43%).[4]

Physical Activity

- Like most Californians almost 75% of African Americans in California do not participate in enough aerobic and muscle strengthening exercises to meet the Federal Guidelines.[5,6]
- Almost 28% of African Americans report that they did not participate in any physical activity in the prior month.[4]
- Like most Californians more than 56% of African Americans do not exercise because they are too busy or have health reasons.[4]

Overweight and obesity

- In 2013, 44% of African-American adults in California were obese and an additional 26% were overweight according to self-reported weights and heights.[4]

- In total, 70% of African-American adults in California are overweight or obese compared to 66% for all adults statewide.[4]
- The gap between obesity rates among African Americans and the general population has doubled from seven percentage points in 2001 to 14 percentage points in 2013. During the 12-year time span (2001-2013), obesity in the general population increased from 16% to 30%. Among African Americans obesity grew from 23% to 44%.[4]

Food Security

- 46% of low-income African-American adults in California were not able to afford enough food in 2012.[7]
- According to the 2013 American Community Survey more than six million (16.8%) of Californians live below the poverty level. For African Americans the number is 563,920 (26%).[8]
- According to USDA Food and Nutrition Service in 2014 more than 46 million individuals in the United States participated in Supplemental Nutrition Assistance Program, known in California as CalFresh, on a monthly basis. For California the monthly average was more than 4 million.[9]
- California Department of Social Services reports that 15.2% of CalFresh participants in 2012 were African American, suggesting that more than 600 thousand African Americans participated in CalFresh monthly that year. CalFresh is a means tested program and California required that recipients live at or below 130% of the Federal Poverty Limit in 2012.[10]

Heart Disease

- Cardiovascular diseases (CVD) rank as the number one killer of African Americans, claiming the lives of almost one third of the 295,000 African Americans who died in the US in 2012.[11]
- Of African Americans (non-Hispanic) 20 years and older, 44% of men and 49% of women have CVD. This includes diseases of the heart, stroke, high blood pressure, congestive heart failure, congenital heart defects, hardening of the arteries, and other diseases of the circulatory system.[12]
- The risk of a first-ever stroke is nearly double for African Americans as it is for whites.[12]

Cancer

- African Americans have the highest death rate and shortest survival of any US race/ethnic group for most cancers, and these inequalities are believed to result more from socioeconomic disparities than from underlying biological differences.[13]

- Among African Americans in the US, approximately 65,000 were expected to die from cancer, and 176,620 new cancer cases were predicted to be diagnosed in 2013.[13]
- African Americans are more likely to develop and die from diet-related cancers, such as stomach, colorectal, and prostate cancer, than white men and women.[13]
- African Americans are less likely to survive for 5 years (60%) after being diagnosed with cancer than whites (69%). This may be due in part to barriers to the receipt of timely, high-quality medical care, which results in diagnosis at a later stage when the disease has spread to other tissues; however, many other factors may come into play.[13]

Diabetes

- In 2010, approximately 4.9 million or 19% of African Americans in the US over 20 years old had diabetes.[14]
- Among African Americans in California, 12.4% reported they had been diagnosed with diabetes, compared to 8.9% for all California adults.[15]
- Compared to whites, African Americans experience higher rates of diabetes complications such as kidney failure and amputations.[14]

Leading Causes Of Death

- Heart disease and cancer are the first and second leading causes of death for African Americans in California and nationally.[2]
- Heart disease and cancer combined to account for half of deaths among African Americans in California and for nearly half (47%) of all deaths among African Americans nationally.[2, 11]
- Diabetes was the fourth leading cause of death among African Americans, accounting for 740 deaths in California and 12,983 deaths nationally.[2, 11]

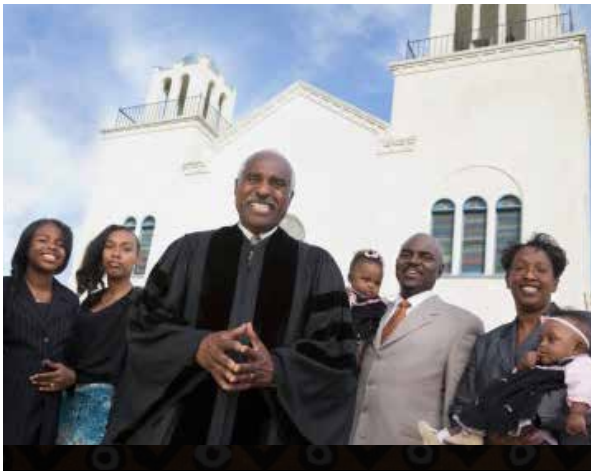
Why the Church?

"The [black churches] were pioneers … At these early churches, [people] could find advice, food, clothing, information and more."

-REVEREND MELVIN B. TUGGLE, PH.D., IT IS WELL WITH MY SOUL

Churches are trusted places and reach many African Americans. The National Survey of Black Americans reports:

- Almost 70 percent are members of a church
- More than 70 percent go to church at least once a month
- 84 percent say they are religious[16]



Studies show church-based programs can improve health. A recent study looked at how to prevent Type 2 diabetes. African American church members with prediabetes participated in a 6-session series focusing on nutrition, physical activity and behavior change. They showed reductions in weight and fasting glucose levels that were maintained over 12 months.[17]

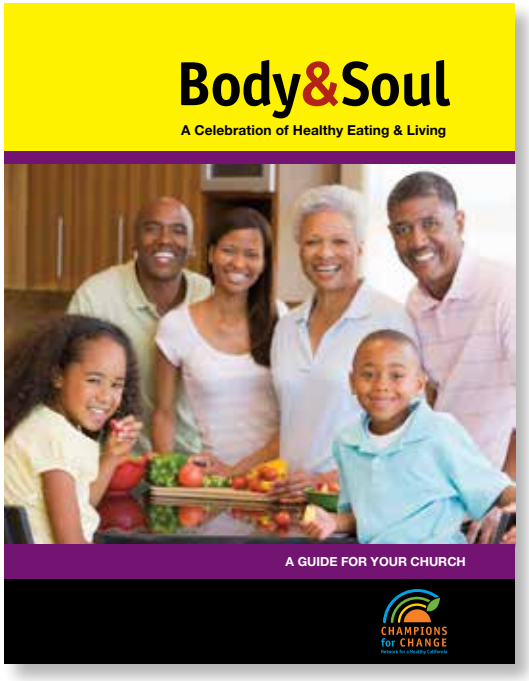
Health ministries can save lives. They allow members to use their talents for the good of their community. Ministry members build the skills to become future stewards of the church.

Use What Works: *Body & Soul*

The American Cancer Society, the National Cancer Institute, and other partners created *Body & Soul* to support the church's role in healthy eating. Eating a diet high in fruits and vegetables may lower the risk of serious health problems.

The *Body & Soul* program has four pillars:

1. A pastor who is committed and involved
2. Church activities that promote healthy eating
3. A church environment that promotes healthy eating
4. Peer counseling that motivates church members to eat a healthy diet at home



Body & Soul makes the link between health and spirit. The program promotes healthy eating in the church. It uses support from peers to help church members take charge of their health.

Researchers looked at two groups of African Americans: one took part in *Body & Soul* and the other did not. Participants in the *Body & Soul* program ate more fruits and vegetables and made better food choices, like eating less fat, and they got more support.[18]

Use the *Health Ministry Guide* with your *Body & Soul* materials. The *Body & Soul* program tells you what to do. This guide shows you how to do it.

The *Health Ministry Guide* has:

1. Steps to start a health ministry
2. Tips to make your current ministry stronger
3. Ways to include physical activity in your programs
4. Lesson plans and ideas
5. Ways to make sure church members and others get enough healthy food

I. How to Create Your Health Ministry Team

The Health Ministry Team Checklist

To Build a Team:	✓
Get the support of your pastor	
Assess your strengths	
Recruit members	
Appoint a Health Ministry Director	
Create a Health Ministry Plan	
Find a place of your own	
Ask for help	

Get the Support of Your Pastor

Your health ministry cannot succeed without your pastor's support.

Your Pastor Can:

- Speak up for wellness goals in the church
- Give sermons that support healthy living
- Ask church leaders to direct money to the health ministry
- Promote and participate in health ministry programs
- Offer help for health ministry programs
- Speak for the health ministry at meetings or community health events
- Expand the social mission of the church to include healthy eating and physical activity
- Help members to build healthy communities

Request a meeting with your pastor and/or the church board before recruiting ministry members. Share the need for a health ministry. Tell them how a health ministry supports the church's mission. You should also be able to answer questions about the cost, space, time, and staff you need. This guide can help you prepare for the board meeting.

The East Oakland Faith Deliverance Center has a farmers' market at the church. They sell high quality, low-cost produce. More than 4,500 people shop there each year. At the market, shoppers learn how to prepare healthy foods and be more active. The market takes Electronic Benefits Transfer (EBT) cards, so people can pay using CalFresh (food stamps).

Assess Your Strengths

It's helpful to look at how much your church is already doing to support a health ministry team.

The questions below can help you find your church's strengths as you build this team.

1. How often do church leaders promote healthy living through talk or action?
2. How many members have said they would support a health ministry team?
3. How many members know their:
   - Blood pressure
   - Body Mass Index (BMI)
   - Cholesterol levels
   - Blood sugar levels
4. How often does the church serve fruits and vegetables at social functions?
5. Does the church serve water instead of sugary drinks after services?
6. How often does the church serve fresh, healthy dishes without extra fat, salt, or sugar?
7. How often does the church host physical activity classes or events?
8. How often do church leaders talk about preventing disease and injury?

These answers can help you decide where to focus your efforts. We suggest you ask these same questions in six months to figure out where you have made progress.

Recruit Members

As soon as your pastor agrees, start building your health ministry team. When asking for team members, explain the health crisis. Tell members you need their time and talents. Make it clear the health ministry team has a mission to improve lives.

Health experts (doctors, nurses, dietitians, and fitness trainers) should be members of your health ministry team. Be sure to recruit members of your food service or hospitality crew, as well as someone with budgeting expertise; their support will be vital. The team should also include people who want to learn more about healthy eating and active living. A team of at least three people will get you off to a good start. Welcome anyone willing to learn and help.

Stress that all team members make a time commitment. A solid team will be the strength of your health ministry.

Basic work of a health ministry team:

- Attend team meetings
- Identify needs and interests of the congregation
- Promote healthy activities throughout the church
- Obtain funding for the ministry
- Manage education programs
- Recruit and train volunteers
- Plan events and celebrate successes
- Measure results

Appoint a Health Ministry Director

Recruit a strong leader. It takes planning and teamwork to keep a health ministry going. Your Director must have a health vision and be willing and able to share work with others.

The Director is the "voice" of the health ministry team. This person will need to inspire people to take action. The Director will work with church leaders to set healthy food standards for the church. The Director is also in charge of training and giving direction to the team.

There are many options for choosing your Health Ministry Director. Think about the kind of leader your church needs. Your Director can be a:

- Doctor or other health expert from the church
- Paid staff member assigned to manage the health ministry
- Senior pastor who takes an active role in ministry teams
- Trained health and fitness expert

Create a Health Ministry Plan

The very first task of the Health Ministry team is to fill out a Health Ministry Plan. (Use the worksheet in **Appendix A**.) Start with small steps. Think about what you have, what you can do with it, and what will work best for your church.

Your plan should include:

Mission: The purpose of your health ministry

Members and Roles: List of names and responsibilities for each member

Goals: What you plan to achieve through the health ministry

Objectives: How you will attain your goals

Find a Place of Your Own

There should be a place in the church reserved for the health ministry. If you don't have an office, you can use a cabinet or cupboard. Use it to store brochures, fact sheets, posters, charts, and cookbooks. (See **Appendix B** for a list of groups that offer materials.) Build a resource library for your health ministry.

If you have meeting rooms at your church, use them for health ministry team meetings. If you need more space for health ministry events, you may be able to use a local park or community room. It may take time for the health ministry team to find space for all its needs.

Ask for Help

If your health ministry team is small, you can request volunteers from the church. Volunteers can work at events, pass out brochures, make phone calls, set up displays, or move equipment.

Welcome those with special skills like website or graphic design. Recruit a part-time volunteer coordinator to keep you organized. This person could keep records and prepare for meetings and workshops. If you can't pay someone, ask for help from church staff or congregation.

Church members can invite friends, family, or neighbors to volunteer with the health ministry, but make sure these people:

- Can support the vision of the health ministry
- Are willing to attend training sessions
- Can commit the time
- Respect church leaders, customs, and policies

Keep Your Health Ministry Going Strong

Lessons Learned

Health ministry leaders have learned a lot over the last 10 years. Below are common problems they faced and ways to address them.

"We started with a thimble of money, but a lot of heart and desire to serve God."

--DR. GLOVIOELL ROWLAND, PASADENA CHURCH OF GOD

Issue	Refer to
Your pastor is not actively involved.	• Your Pastor Can, page 9
There are no health ministry members with training in health, nutrition, or fitness.	• Recruit Members, page 10
There is not enough space on church grounds for activities.	• Find a Place of Your Own, page 12
You are not able to pay staff positions.	• Ask for Help, page 12
The health ministry lacks funds and resources.	• Keep Your Health Ministry Going Strong, pages 13 – 17
You are not able to promote health ministry events.	• Keep Your Health Ministry Going Strong, pages 13 – 17
Church members are not willing to take part in health ministry events. They do not seem interested.	• Get Church Members to Attend Programs and Events, page 18
Church members say healthy food does not taste good or is too expensive.	• How to Increase Healthy Eating in Your Church, pages 19 – 25 (especially cooking classes and healthy church potlucks)
You do not have lesson plans and ideas.	• Healthy Eating: Classes and Ideas, pages 23 – 25 • Be More Active: Classes and Ideas, pages 29 – 31

Reach Out to Church Members

There are many ways to tell church members about your health ministry. Try to share updates every week. We have listed some ideas below.

- **Kickoff Event:** Your pastor should be a part of this event. Invite all church members to learn about the ministry and sample healthy food.
- **Flyers, Posters, and Handouts:** Use flyers and posters to promote meetings and events. Hand out nutrition education and physical activity fact sheets to influence the daily habits of church members. The Champions for Change Communications Resource Library has templates: http://www.cdph.ca.gov/programs/cpns/RL/Pages/ResourceLibrary.aspx
- **Church Programs:** Include tips on health, upcoming events, or team news. Use program inserts when you want to say more.
- **Church Website & Social Media:** Ask your team's health professionals to write a regular health column for the website. Add photos, recipes, tips, and inspiring stories to the church's Facebook page. Follow California Champions for Change on Facebook for social media content and ideas.
- **Announcements:** Promote events and share success with your pastor. Ask church members to speak about how they are getting healthy by eating better and moving more.

- **Health Ministry Display Case:** Create an area where people can learn more about your mission. Display flyers about:
  - CalFresh (also known as SNAP, formerly known as Food Stamps)
  - WIC
  - Senior meals
  - Summer meal sites
  - Food pantries
  - Physical Activity
  - Healthy Eating
  - Healthy recipes
- **Recordings of Health Messages:** Some churches may record sermons about healthy eating and physical

activity. Further share these sermons by giving out CDs and DVDs, making them available to be streamed or downloaded from the church website, or by posting them on YouTube.

Create a Budget

Start by putting supplies and equipment in your budget. Include things like computers, printers, equipment for cooking and physical activity classes, demonstrations, and displays. Add costs for postage and copies.

Your budget should also include outreach to the public. You may have to pay for booths at health fairs. If you want to give away things like bookmarks, recipe cards or cookbooks, you need to set aside money for them.

If your health ministry has funds, you can put in wages for the Health Ministry Director and any support staff. You can also put aside money for student interns.

Find the Resources

Many health ministries start without money. Do not let this stop you. Instead, think of what your health ministry brings to the church. Imagine getting all church members (from the youth to seniors) involved in a ministry to improve their health. Let this vision inspire you!

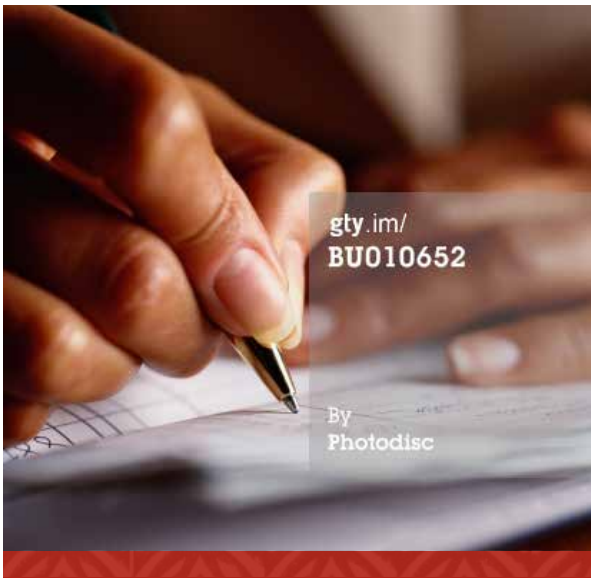
The questions below can help you think about your options.

- What can you do right now with the money you have?
- What other resources, like volunteer time and office supplies, do you have?
- Would members of the church donate new or gently used office supplies or exercise equipment or cooking equipment to your ministry?
- What funds exist for the health ministry through the church's budget or special offerings?
- Could the church host fundraising events such as walk-a-thons, raffles for fitness equipment, or healthy food sales?
- What grants are offered from public and private groups to support health ministry programs?

Reach out to *NEOPB* at http://www.cdph.ca.gov/programs/NEOPB/Pages/HealthEquityInterventions.aspx.
The *NEOPB* supports healthy eating, being more active, and speaking up for healthy changes. The *NEOPB* offers cookbooks and other materials and may also be able to suggest a partner to lead nutrition education classes for your members.

Get Grants

Grant money can range from small awards to annual support. Grants can be hard to find and are not always funded from year-to-year. Find a grant source with the same mission as your health ministry. The grant request process is often very detailed. Ask for help from church members skilled in grant writing or grant giving.



These groups may be able to provide grant funds or can help you find other sources of grant money:

- Community foundations (e.g., The California Endowment or California Wellness Foundation)
- First 5 Association of California (www.ccfc.ca.gov)
- Grants.gov (www.grants.gov)
- Local businesses and service clubs
- Local hospitals with community programs
- Local Health Departments
- Community development agencies
- Office of Minority Health (www.minorityhealth.hhs.gov)
- Sports teams and foundations
- U.S. Department of Health and Human Services (http://www.hhs.gov/grants/index.html)
- United Black Fund (www.ubfinc.org)
- The Rite Aid Foundation (https://kidcents.riteaid.com/)

Keep Accurate Records

Keep good records from the start. This is vital if you are using grant funds. Find someone trustworthy to manage the records.

You need to record:

- Activities
- Success stories for sponsors and partners
- News to share with church leaders
- Data about:
  - People served
  - Funds used
  - Donations received
  - Staff or volunteers who helped

Get Church Members to Attend Programs and Events

What good is a health ministry if church members do not take part? The tips below can help encourage church members to attend programs and events.

Spread the Word

Church members need to hear the benefits your ministry offers. Use every chance you get to spread the word. (Read the "Reach Out to Church Members" section on page 14 for ways to promote the health ministry.)

Mix It Up

Offer a mix of programs that appeal to younger and older members of the church.

Let Them Own It

Members of the church should feel part of the health ministry. Invite members to help in planning and at events. Ask for their input and try to meet their needs.

Each One, Teach One

Teach church members about chronic disease and risk factors. Show them how eating more fruits and vegetables, choosing healthy drinks, and being more active can help prevent serious health problems.

Keep It Real… Quiet

Members may not want to take part in programs because they don't want to be judged. Let people know private information will not be shared. Trust begins with you and members of the health ministry team.

Give Praise

Reward church members for working toward their health goals. Share successes in the church bulletin. Your local health department may be able to provide materials to reward efforts.

"While it is true that without a vision the people perish, it is doubly true that without action the people and their vision perish as well."

JOHNNETTA B. COLE

II. How to Increase Healthy Eating in Your Church

The Basics: Nutrition

Nutrients are needed for life. They are carbohydrates, proteins, fats, water, vitamins, and minerals. The body uses nutrients to grow, work, and heal itself. The amount of nutrients we need depends on our age, whether we are male or female, and our physical activity level. Fruits and vegetables have many of these nutrients.

Unfortunately, there is a lot of sugar, salt, lard, and other fats in traditional soul food. Forty percent of us eat two or more servings of deep-fried, fried snack, or sugary food each day.[19] But if we can change this, we can help our community reap the rewards.

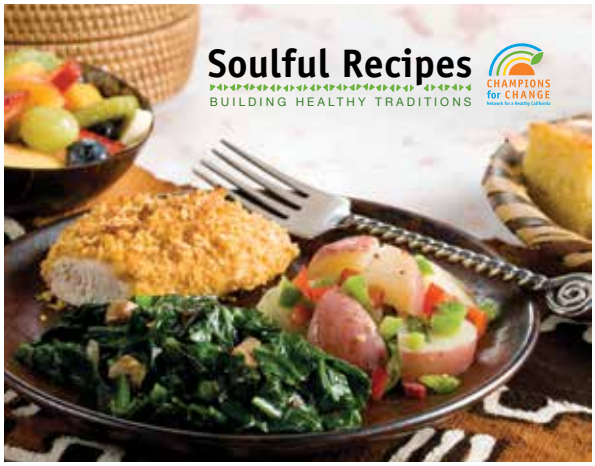
Changing the way you cook can protect your church family from:

- Obesity
- Type 2 diabetes
- Heart disease
- Stroke
- Certain types of cancer

Make traditional meals healthier by using tasty recipes from the NEOPB African American cookbooks. These cookbooks have your favorite foods made healthier. Get the cookbooks from your county health department or Champions for Change: http://cachampionsforchange.cdph.ca.gov/Pages/eathealthy.aspx.

A sample recipe for "Savory Greens" appears on the next page. Make it for your next church potluck!

Before



After

Savory Greens Recipe

Make this Sunday dinner dish pop with hot sauce.

Makes 6 servings: 1 cup per serving
Prep time: 10 minutes
Cook time: 30 minutes

Ingredients

3 cups water
¼ pound skinless, smoked turkey breast
¼ cup chopped onion
1 tablespoon chopped and seeded jalapeño pepper (optional)
2 cloves garlic, crushed
¼ teaspoon cayenne pepper
¼ teaspoon ground cloves
½ teaspoon dried thyme
1 green onion, chopped
1 teaspoon ground ginger
2 pounds greens (mixture of mustard greens, collard greens, kale, and turnip greens)

Preparation

1. Place all ingredients except greens into a large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice greens into bite-size pieces.
4. Add greens to turkey stock. Cook 20 to 30 minutes until tender. Serve while hot.

Nutrition information per serving:

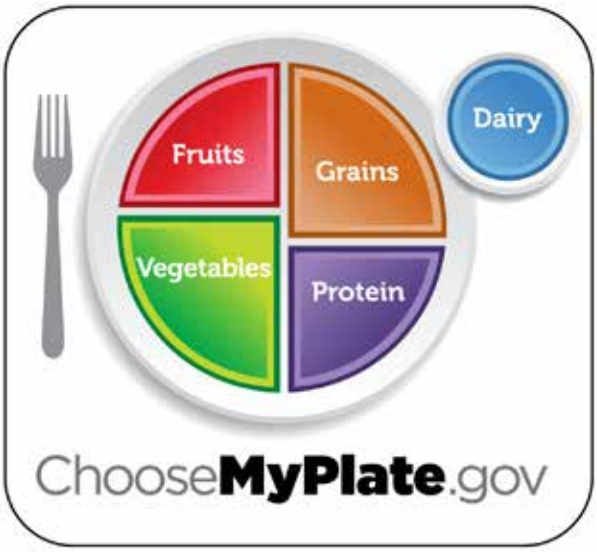
Calories	69
Carbohydrate	10 g
Dietary Fiber	4 g
Protein	7 g
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	9 mg
Sodium	267 mg

Adapted from recipe courtesy of National Heart Lung and Blood Institute. Found on page 31 of Soulful Recipes Cookbook.

Choose MyPlate

The United States Department of Agriculture (USDA) has an easy way to help plan healthy meals. Use the plate icon below to help you put together your own meals. The www.choosemyplate.gov website has many resources and materials you can share with those in your church.

The list on the right has simple messages for improving the way we eat. Use them as part of your healthy eating program.



Balancing Calories:

- Enjoy your food, but eat less
- Avoid oversized portions

Foods to Increase:

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Switch to fat-free or lowfat (1%) milk

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers
- Drink water instead of sugary drinks

Role Models in the Church

Church guidelines need to support overall well being. Church leaders must model good choices. They must support changes in the food and activity at church, and lead members to achieve healthy goals. By changing the food served, the church can affect the health of its members and become a model for the community. Each small change is a big step toward a healthy church.

Below are risk factors for serious health problems. This *Health Ministry Guide* can help you improve four of the five behaviors listed.*

Behavior	African Americans	Whites
Smoking*	22%	15%
Eat fruit every day	42%	56%
Eat vegetables every day	50%	38%
Sedentary/ Limited Activity	40%	36%
Overweight and Obese	67%	56%

SOURCE: Ethnic Health Assessment for African Americans in California. California Program on Access to Care. UC Berkeley School of Public Health. August 2010

Christian Community Baptist Church in Fresno planted a community garden at its church. They grow fresh fruits and vegetables to support the health ministry mission.

* Church members can contact 1-800-NO-BUTTS to request help with quitting smoking.

Your church provides power and guidance to its members. Healthy eating classes support this mission. Adapt the ideas in this section to meet the needs of your church. Work with the pastor to take a spiritual approach to the topics. Be sure to look at the Resource List on pages 24-25.

Toolkit for Community Educators

The *Healthy Eating and Active Living Toolkit for Community Educators* (*Toolkit*) is a fun way to teach members of your church how to:

- Eat better
- Be more active
- Make healthy changes in the community

You can teach *Toolkit* lessons to small or large classes. You can teach a series of classes, or just one or two lessons. You can use the lessons as part of a one-time class or an event (like a *Body & Soul* celebration).

For your copy email
neopbcustomercare@cdph.ca.gov

Healthy Eating: Classes and Ideas

Your church provides power and guidance to its members. Healthy eating classes support this mission. On the next two pages, on the left-hand side of the chart, are a few Healthy Eating Ideas. The "Resource List" column tells you where you can find resources to support each idea. Adapt the ideas in this section to meet the needs of your church. Work with the pastor to take a spiritual approach to the topics.

	Healthy Eating Ideas	Resource List
1	**Healthy Eating Classes** Hold weekly or monthly classes at the church. Ask church members to choose the topics.	• For your copy of the Healthy Eating and Active Living Toolkit for Community Educators email neopbcustomercare@cdph.ca.gov. • Champions for Change "Eat Healthy" webpage. To learn more, visit http://cachampionsforchange.cdph.ca.gov/Pages/eathealthy.aspx.
2	**Cooking Classes** Help church members learn to prepare tasty and nutritious meals, including healthier versions of soul food.	• For recipes from the California Department of Public Health (CDPH) Nutrition Education and Obesity Prevention Branch (NEOPB), visit: http://cachampionsforchange.cdph.ca.gov/Pages/recipes.aspx.
3	**Visit from the Green Grocer** Invite a local store or produce manager to visit your class. He or she can show the class new produce items or how to select the best produce.	• Ask the grocer for samples to share.
4	**Healthy Church Picnics and Dinners** Replace various dishes at church functions with healthy choices. You can arrange a healthy potluck. Form teams and take part in a salad contest or a healthy dish cook-off.	• For recipes from the CDPH NEOPB, visit: http://cachampionsforchange.cdph.ca.gov/Pages/recipes.aspx.

	Healthy Eating Ideas	Resource List
5	**Healthy Eating in Youth Programs** Try taste tests and other hands-on fun during after-school, summer, and youth programs. Focus on the power and energy that come from healthy foods.	• The *NEOPB—Children's Power Play! Campaign* (4th and 5th grade) has a *Community Youth Organization Idea & Resource Kit* with activities and games focused on fruits and vegetables and physical activity. Email neopbcustomercare@cdph.ca.gov for your copy. • Visit the USDA's MyPlate pages for kids and teens at: http://www.choosemyplate.gov/kids http://www.choosemyplate.gov/teens
6	**Eat Well at Meetings** Ask members to bring healthy snacks to health ministry and other church meetings.	• The *NEOPB—Worksite Program* has a *California Fit Business Kit.* Email neopbcustomercare@cdph.ca.gov for your copy.
7	**Healthy Food Drive** When doing food drives, ask for healthy items. Remind donors they can give foods that improve health and help prevent chronic disease.	• See page 43 to find out how to run a Healthy Food Drive at your church.
8	***Harvest of the Month*** Provide church members shopping tips, ideas for healthy eating, and recipes. Use *Harvest of the Month* community newsletters as class handouts or church program inserts.	• The *NEOPB—Harvest of the Month* program at: http://harvestofthemonth.cdph.ca.gov/Pages/default.aspx

III. How to Increase Physical Activity in Your Church

The Basics: Physical Activity

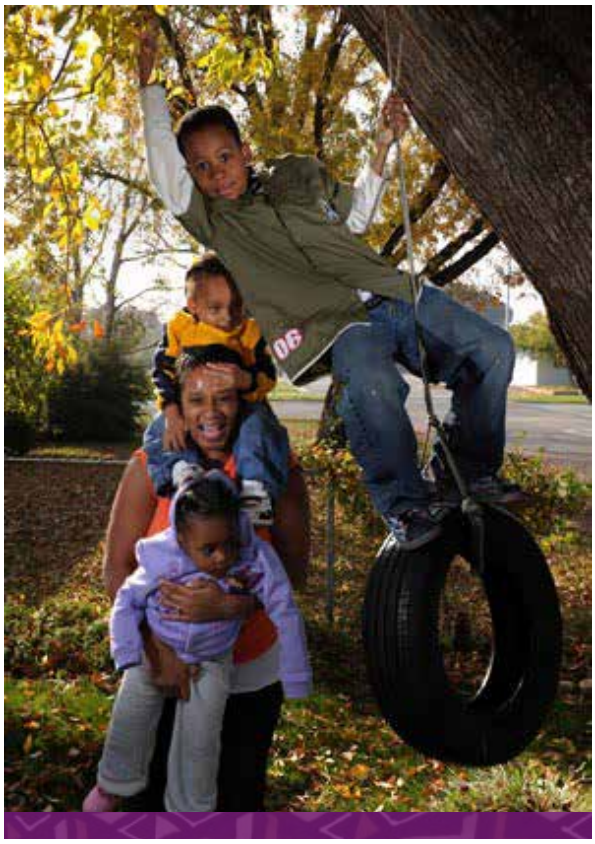
Physical activity means moving your body. It can be:

- Walking
- Dancing
- Taking the stairs
- Stretching
- Gardening
- Biking
- Doing yoga

It can be fun and easy to get moving. To promote good health, you need 150 minutes of activity every week. That's about 30 minutes a day, five days a week. Losing weight requires more activity each day.

Some African American women may be concerned about what exercise might do to their hairstyle. One solution is to exercise more often for shorter periods, like 10-minute walks three times a day. Women can also work with their hairstylist to find a look that is easy to care for after exercise.

Being active and eating healthy are not trends or short-term programs. They are a way of life and support the life of the church. The goal is not to promote crash dieting or other unhealthy behaviors. The focus of your health ministry should be on eating more fruits and vegetables, enjoying healthy drinks, and moving more for better health.



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- Eat better
- Be more active; and
- Make healthy changes in the community

You can teach *Toolkit* lessons to small or large classes. You can teach a series of classes or just one or two lessons. You can use the lessons as part of a one-time class or event (like a *Body & Soul* celebration).

Be More Active: Classes & Ideas

Below, on the left-hand side of the chart are a few ideas for guiding your church to be more active. The "Resource List" column tells you where you can find resources to support each idea. Members of your church may have the skills to lead these workshops. Adapt the ideas in this section to meet the needs of your church. Work with your pastor to take a spiritual approach to the topics.

	Ideas to Be More Active	Resource List
1	**Moving More Workshops** Invite a fitness expert to lead workshops about moving more. Dance, stretch, take a walk around the church, or do low-impact aerobics during class time.	• *Shape of Yoga* is a booklet with 10 basic yoga poses. *Power Up in 10* has 10 basic strength training exercises. Find these resources at http://cachampionsforchange.cdph.ca.gov/Documents/Get%20Moving/Landing%20Page/Network-ShapeofYoga.pdf http://cachampionsforchange.cdph.ca.gov/Documents/Get%20Moving/Landing%20Page/BRO-206_JUL_2010.pdf • Instant Recess information and DVDs for short, fun activity breaks are available at http://www.instantrecess.com/

	Ideas to Be More Active	Resource List
2	**Role Models** Create a team of adults and young people who can serve as models of good health. They can perform praise dancing or sports. Ask them to lead short classes or stretch breaks at meetings, Bible study groups, health fairs, and other events.	• Learn more about the Families of African American Ancestry Manifesting our Excellence (FAAME) group and other African American health organizations in one California county at http://www.aahi-sbc.org/Past___Present_Partners.html • Learn about the NEOPB Legacy of Health program: http://cachampionsforchange.cdph.ca.gov/Pages/Legacy-of-Health.aspx.
3	**Walking Groups** Provide a safe, fun pastime for all members. Walking groups help members of the church get to know their neighbors and enjoy better health.	• Go to *Be Healthy, Walk Safely*, a website for adults: http://www.nhtsa.gov/people/injury/olddrive/SteppingOut/.
4	**Family Faith and Fitness Nights** Arrange fitness nights for the entire family. These can include prayer, teaching, crafts, and movement.	• Instant Recess information and DVDs for short, fun activity breaks are available at http://www.instantrecess.com/
5	**Walk to Church Sunday** Organize a "Walk to Church Sunday." Church members can meet at a safe spot and walk to church. Ask members to walk to church often.	• Go to *Be Healthy, Walk Safely*, a website for adults: http://www.nhtsa.gov/people/injury/olddrive/SteppingOut/.

	Ideas to Be More Active	Resource List
6	**Active Youth Programs** Make active play part of your after-school, summer, and youth programs. Find places where youth can be active, both inside and outside the church.	• Use the *Community Youth Organization Idea & Resource Kit* from the *Children's Power Play! Campaign*. Go to: http://www.cdph.ca.gov/programs/NEOPB/Pages/PowerPlayResources.aspx. • Use *Shape of Yoga* from the NEOPB (see above). • For *Nutrition and Fitness* tips for teens, go to: www.canfit.org.
7	***Body & Soul* Support Group** Set up a support system for church members to be more active. Create a member list with names, numbers, and e-mail for people to stay in touch.	

IV. How to Find Out What Is Working

Ask People What They Think

Once your health ministry is in place, it's time to ask for feedback. Find out what church members are getting out of the health ministry.

- Are they learning useful techniques and facts?
- Are they eating more fruits and vegetables?
- Are they having fewer sugary drinks?
- Are they finding ways to be active every day?
- Which classes interested church members?
- How can we make the classes better?

Once you get this feedback, your health ministry team can use it to improve the programs you offer.

Feedback Tools

Listed below are two ways to get feedback on the work of your health ministry.

- **Course Feedback –** Use this form to get feedback from members who have taken part in a workshop or class. It will tell you which speakers and topics are well-liked. (**Appendix C**)
- **Fruit and Vegetable Checklist –** This is an easy way to find out whether members are making healthy changes. Use this form with new health ministry members. Ask them to fill it out when they take part in their first activity. Ask them to fill it out again after six months. (**Appendix D**)

Other Ways to Get Feedback

Round Table Talks: Invite small groups of people to answer questions and share their feelings about the health ministry.

Ministry Team Meetings: Take time during team meetings to collect feedback from staff and volunteers.

Suggestion Box: Provide a place where members of the church can offer comments.

Temple Community Church in San Bernardino has an active health ministry. It runs a prayer walking group for seniors and a summer camp for children. The church and its outreach center help people of all ages and fitness levels stay healthy.

V. How to Feed Your Spirit and Community

Champions for Change

What is a Champion for Change?

Champions for Change are people who speak out for change to improve their health and the health of their community.

A Champion for Change:

- Learns and makes healthy changes
- Inspires others to make healthy changes
- Asks local stores to carry more healthy foods and beverages
- Speaks up for safer places to be active outdoors
- Informs leaders and decision-makers about health issues facing the community

- Forms partnerships with area leaders and local governments (see example, **Appendix E**)
- Builds networks of partners

You can be a Champion for Change. This section will help you spread the word about your health ministry and improve access to healthy food, beverages, and physical activity in your community.

Nuway Church in San Diego has found some great ways to keep its members healthy.

The church invites all members to take part in an active outing every month. Past outings have been hiking and ice skating. This church also shares its community garden with neighbors.

Supporting Your Community: Modeling Healthy Change

Your Health Ministry efforts are important. Supporting your church's families in their journey towards healthy eating and active living is important and can have long lasting effects on your congregation's health. Use the resources and influence of your health ministry to shape your church community into one that supports these lifestyle changes. Below are some examples of how the church can make lasting changes that support health.

Church-based Community Gardens	• Establish a church garden; depending on space available assign plots to different ministries http://www.letsmove.gov/community-garden-checklist • Engage children through garden based education www.harvestofthemonth.cdph.ca.gov/ • Use produce for taste testing and cooking classes • Sell produce at a farm stand at the church on Sundays
Healthy Food Policies	• Establish healthy food and beverage policies for meetings and events at the church http://www.cdph.ca.gov/programs/NEOPB/Documents/CFBK-HealthyMeetings.pdf. • Sponsor healthy food drives and healthy food distribution to local needy families (See Appendix H)
Access to Water	• Make pitchers of water available during services and events • Ensure all water fountains are clean and functioning • Invest in water stations where bottles can be filled with water

Opportunities for Physical Activity	• Host weekly physical activity classes at the church • Assess walkability in the church neighborhood and share with city planners • Ensure playground equipment is safe for use by children attending the church; consider investing in play equipment if not currently available
Youth Ministry: Youth Engagement Projects	• Engage youth around a public service project related to nutrition, physical activity and obesity prevention improvements in the church or in the neighborhood around the church • Train youth as leaders in nutrition and physical activity at the church through a youth participatory action research project http://www.cdph.ca.gov/programs/NEOPB/Pages/YouthEngagement.aspx.

Speaking Out for Better Health

Find out who leads your community. Connect with your local public health department to learn health statistics that are unique to your county. Read local papers and attend events. Ensure that your congregation knows who their elected officials are. Be a source of health information for the community. Find ways to keep them informed of your efforts. Last but not least, ask them to spread the word about the importance of your ministry and the impact of health disparities.

You can reach more people and funding sources through the media. Certain media channels serve the people you want to reach. Learning how to work with the media takes time. Watch local news and cable shows. Listen to guests on radio programs. Read columns and letters to the editor.

Some newspapers and radio stations reach out to African Americans. Other outlets serve a religious audience. These outlets want to hear from you. Ask if church leaders can write columns or give interviews and sermons. This is a great way to get your pastor involved.

To locate ethnic media resources in your area, visit:

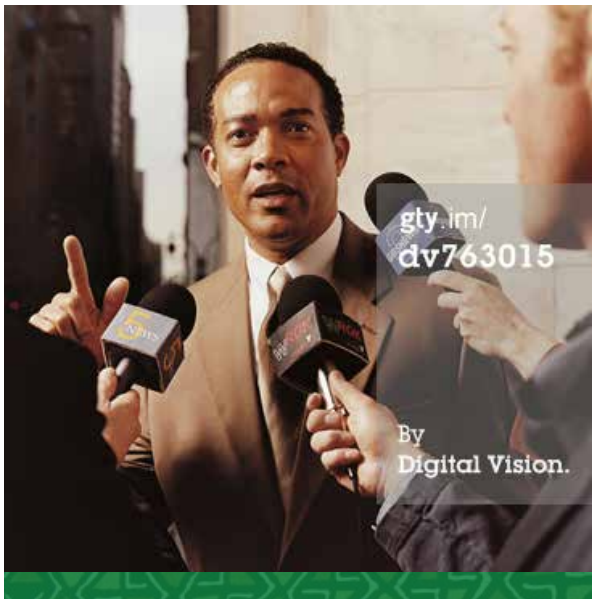
- New American Media (http://newamericamedia.org/about/)

A good press release can get media attention for your church. To get help writing press releases:

- Ask members of your church with public relations skills
- Search online for tips for writing press releases

When you talk to the media, promote your work often. Always mention your church. Be sure to state the mission of the health ministry: to empower members to eat more healthy foods, choose healthy beverages, be more active, and prevent chronic diseases.

Visit the NEOPB Public Relations page at http://www.cdph.ca.gov/programs/cpns/RL/Pages/PublicRelations.aspx to learn about current ads, press releases, and support for nutrition and physical activity.



Talking About CalFresh

Food Insecurity and African Americans

When you are insecure, you are nervous or unsure. You don't know what to expect. This is a common feeling for people who don't know if they will have enough food for an active, healthy life. It is called food insecurity. The list below describes it.

- You are nervous your food budget or food supply will not meet your basic needs.
- You run out of food and do not have money to get more.
- You and your children eat less food because you do not have enough money.[20]

In 2014, 42 percent of low-income (< 185 percent of the Federal Poverty Level) African American Adults in California said they could not afford enough food.[21] This means people in your church may be going to bed hungry. It means your neighbors may be going to bed hungry. It means someone in your own family may be going to bed hungry.

People who are food insecure often have more health problems than others. You can help to ensure your friends, family, and neighbors have ready access to healthy food. You can promote CalFresh (SNAP, Supplemental Nutrition Assistance Program, formerly known as food stamps) in your church. You can also organize healthy food drives.

Promoting CalFresh

You can help families be healthier by telling members of the church and the community about SNAP, known in California as CalFresh. The value of CalFresh benefits depends on the size of the eligible household and other eligibility factors, but the average amount of CalFresh benefits received per California household is about $200 per month.

Many people think they can't get CalFresh because they have a job or own a car. This is not true. People who use CalFresh can have jobs and cars. In 2014, nearly one in three SNAP participants had jobs and only 6 percent received cash welfare. Two-thirds of SNAP participants are children, elderly, or disabled.[22]

Half the people in California who are income-eligible for CalFresh benefits do not apply for them. Some people do not apply because they do not know about CalFresh; some may be embarrassed. Others are afraid that their information will be shared with other government agencies. This is not true. No other agency will review your CalFresh information.

The *NEOPB* has many CalFresh Outreach partners. These partners can help explain how and where to apply for help in your county. They can bring brochures and

posters to your church if they come to give a talk or to help people with their applications. The list of partners is in **Appendix F**.

The SNAP order page at https://pueblo.gpo.gov/SNAP/SNAPPubs.php is another good resource. You can order or download outreach materials about SNAP. Materials include posters, brochures, and flyers. Many are available in Spanish. All are free.

People can also apply for CalFresh benefits online. To learn how, enter your zip code and follow the steps provided at: http://mycalfresh.org/results/application-process/ and apply for CalFresh online. If your county allows people to apply for CalFresh by mail, you can keep forms at your church. Make sure the forms and stamped envelopes are easy for church members to access. For CalFresh facts go to: http://www.calfresh.ca.gov/pg846.htm. Consider setting up an easily accessible CalFresh computer terminal at the church.

The CalFresh website (www.calfresh.ca.gov) offers applications in many languages. The California Association of Food Banks hosts www.mycalfresh.org, which also has helpful information about the program.

Other Food Assistance Programs

Healthy eating depends on access to good food every day. Many programs help families get healthy through access to food. Using this aid can improve the health of church members and their children.

School-Based Programs

- **California Department of Education Nutrition Services** (includes summer food programs)
  (800) 952-5609
  www.cde.ca.gov/ls/nu
  The California Department of Education Nutrition Services helps schools, childcare programs, and other community programs provide healthy meals and snacks to children. Most schools in California serve lunch to students. A child may be able to get free meals or meals at a very low cost. For more information, talk to the office staff at a school in your community. Children may also qualify to receive nutritious meals when school is not in session.

- **After-School Snack Program**
  (800) 952-5609
  http://www.fns.usda.gov/school-meals/afterschool-snacks.
  If your church hosts a private nonprofit school, it may be eligible to participate in the National School

Lunch Program. This program offers cash reimbursement to help schools and other organizations serve snacks to children in after-school activities aimed at promoting the health and well-being of children and youth in our communities.

- **School Breakfast Program**
  http://www.fns.usda.gov/sbp/school-breakfast-program-sbp
  The School Breakfast Program (SBP) provides cash assistance to states to operate nonprofit breakfast programs in schools and residential childcare institutions.

Elderly or Home-bound Programs

- **Meals on Wheels**
  Meals On Wheels has a national network of more than 5,000 Senior Nutrition Programs that operate in all 50 states. The dedicated volunteers of this program deliver a nutritious meal, a warm smile and a safety check that help keep 2.5 million seniors healthy, safe and living independently in their own homes each year. To find the Meals on Wheels program in your area please visit: www.mowaa.org/findameal

- **California Department of Aging**
  Area Agencies on Aging
  (800) 510-2020
  https://www.aging.ca.gov/ProgramsProviders/AAA/AAA_Listing.aspx
  Call the information line to find services in your community for seniors. You can also visit the website for a listing of senior services by county. They can provide help in getting food delivered to elderly homebound members of your church.

Young Children and Mothers

- **Women, Infants and Children (WIC) Supplemental Nutrition Program**
  (888) WIC-WORKS
  www.wicworks.ca.gov
  WIC helps families by providing checks for buying healthy supplemental foods from WIC-authorized vendors, nutrition education, and help finding healthcare and other community services. The WIC Program is designed to serve pregnant women, breastfeeding moms, infants up to their first birthday and children up to their fifth birthday.

- **Child and Adult Care Food Program (CACFP)**
  www.fns.usda.gov/cacfp/child-and-adult-care-food-program
  CACFP plays a vital role in improving the quality of day care for children and elderly adults by making care more affordable for many low-income families. The site provides useful resources for serving nutritious meals and snacks in in-home childcare, day care centers, after-school care programs, or emergency shelters.

Food Banks and Pantries

Food banks and food pantries provide food for those who don't have enough.

Food banks:

- Collect, sort, store, and give out food in a large area like a county.
- Make sure many people in a region get food.
- Have a warehouse and deliver food to pantries.
- Give food to organizations and individuals.

Food pantries:

- Provide food directly to those in need.
- Tend to serve smaller areas.
- Are often run by churches.
- Can also be called food closets.

There are many reasons people get food from food banks and pantries. Minimum-wage jobs in California may not provide enough money for a family's basic needs. When people lose their jobs, they may turn to a food bank or pantry for help. Emergency food directors in 25 cities were asked what caused hunger in their cities.

The top three answers were:

- Poverty
- Unemployment
- High cost of housing [23]

Members of your church may use food banks or pantries to feed their families. We want this food to be healthy. People who don't have regular access to food or medical care need the best nutrition they can get. They should avoid eating empty calories from high-fat and high-sugar foods. If your church is involved with food drives or donations, you can create a healthy food donation policy. Your church can stand up for the right of all people to feed their families healthy food.

Look Into Food Pantries

You can survey your own church food pantry or closet or other food banks or pantries in your area. Use the survey in **Appendix G** to find out what foods are offered and if healthy foods are promoted. This is a great project for church members who want to help the Health Ministry but don't have much time.

You can use the survey results to create healthy change in your community. The church can host a Healthy Food Drive for your own food pantry or a local food bank. Church members will feel good knowing they are giving food people need and want.

Spread the word about giving healthy foods to those facing food insecurity. Create a healthy food donation policy for your church (for an example see **Appendix H**). Share what you create with others who provide food for those in need. You can help support healthy eating for all people, no matter their income.

Healthy Food Drive

Imagine you have only one meal today. You would want it to be as nutritious as possible. A Healthy Food Drive is one way to help people who don't have enough to eat.

The handout in **Appendix H** lists healthy foods that food banks and pantries need. You can make copies of this handout for every member of the church as part of the food drive. You can also display copies of the Healthy Food Donations list around the church.

If you have surveyed your food pantry or one in the area, you can make your own Healthy Food Donations list. This way you can collect only the food people really need.

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Additional Resources

We based the *Health Ministry Guide — Building a Healthy Body & Soul* on interviews with the *African American Campaign* Faith Projects and on the Campaign's educational tools. We also reviewed these sources:

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- Hyson, D., **The Health Benefits of Fruits and Vegetables: A Scientific Overview for Health Professionals**. Produce for Better Health Foundation, page 1-20, 2002.
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- Health and Human Services. **Physical Activity and Health: A Report of the Surgeon General**, pages 85-151, 2004.
- UC Berkeley School of Public Health. **Ethnic Health Assessment for African Americans in California.** California Program on Access to Care. August 2010.
- U.S. Department of Health and Human Services. **The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity**, 2002.

Body & Soul **Materials**

- ***Body & Soul:* A Celebration of Healthy Eating & Living, 2005**. Learn more about *Body & Soul: A Celebration of Healthy Eating & Living* at: https://snaped.fns.usda.gov/materials/body-soul-celebration-healthy-eating-living.

Recipes

- ***Champions for Change* recipe page,** including links to NEOPB African American cookbooks and Kids... Get Cookin' cookbook: http://cachampionsforchange.cdph.ca.gov/Pages/recipes.aspx.
- **SNAP-Ed Connection Cooking Section**
  https://snap.nal.usda.gov/resource-library/handouts-and-web-sites/cooking
- **California WIC Cooking Section**
  http://www.cdph.ca.gov/programs/wicworks/Pages/WICNECookingwithChildren.aspx.

Appendix A

Health Ministry Plan

HEALTH MINISTRY PLAN WORKSHEET

Mission Statement:

Example Mission Statement: Improve the health of church members and those in our community through education, access, and support.

Members:

Goal 1:

Example Goal: Church members will eat more fruits and vegetables every day.

Objective (how we'll get there):

Example Objectives:

1. By June, begin offering fruits and vegetables and stop serving sugary drinks after church services.
2. Begin providing monthly nutrition classes in March.
3. Start a church garden committee next year.

Goal 2:

Objective (how we'll get there):

Appendix B

Sources for Information and Materials

The following organizations may provide additional information, materials, and/or other resources. Please contact them or visit their websites to learn more about what they have to offer.

Nutrition Education and Obesity Prevention Branch (NEOPB)
(916) 449-5400
www.cachampionsforchange.net
The mission of the *NEOPB* is to reduce the prevalence of overweight and obesity in California residents through education and other strategies.

Inspiring Youth as Partners This document provides guidance, examples, and insight for a youth empowerment project.
www.cdph.ca.gov/programs/cpns/Documents/Network-BRO-200-2009-02.pdf.

Academy of Nutrition and Dietetics
(800) 877-1600
www.eatright.org/Public/
The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals in the U.S. and serves the public by promoting nutrition, health, and well-being. This site is a good source for information about healthy eating and it has a Body Mass Index (BMI) calculator.

Alliance for a Healthier Generation
www.healthiergeneration.org
The goal of the Alliance is to reduce the prevalence of childhood obesity, and to empower kids nationwide to make healthy lifestyle choices. The Alliance works to positively affect the places that can make a difference in a child's health: homes, schools, doctor's offices, and communities. You can find tips and tools for parents.

American Cancer Society
(800) ACS-2345 (or 800-227-2345)
www.cancer.org/
The American Cancer Society (ACS) is the nationwide, community-based voluntary health organization dedicated to eliminating cancer as a major health problem. The ACS was an important partner in the development of *Body & Soul.* You may find local *Body & Soul* trainings on the ACS website. You can order the Healthy Living Newsletter, the Active for Life program to increase physical activity, and the Meeting Well planning tool to organize meetings and events with good health in mind.

American Diabetes Association
(800) DIABETES (or 800-342-2383)
www.diabetes.org
The American Diabetes Association is the nation's leading nonprofit health organization providing diabetes research, information, and advocacy. You can read tips, find recipes, and use its free online tool to help manage diabetes.

American Heart Association
(800) AHA-USA-1 (or 800-242-8721)
www.heart.org
The American Heart Association is a national voluntary health agency dedicated to reducing disability and death from cardiovascular diseases and stroke. Their Power to End Stroke campaign (http://powertoendstroke.org/) offers a Power Sunday Toolkit for churches.

Black Women's Health Imperative
(202) 548-4000
www.bwhi.org
BWHI provides health education, research, advocacy, and leadership development focused on African Americans. You can find articles, videos, and podcasts dedicated to improving the health of black women.

The California Endowment
www.calendow.org
The California Endowment's mission is to expand access to affordable, quality healthcare for underserved individuals and communities, and to promote fundamental improvements in the health status of all Californians. It offers an interactive "grant finder" tool to help you find funding.

California Healthy Kids Resource Center
(510) 670-4583
www.californiahealthykids.org
This resource center of the California Department of Education and Department of Public Health offers free online training and will loan nutrition education material for pre-K to grade 12 students.

California Pan-Ethnic Health Network (CPEHN)
(510) 832-1160
www.cpehn.org/
CPEHN is a leading voice and a resource for multicultural health advocacy. You can find data about health in the African American community. It can help your church advocate for health equity and connect you with resources.

Center for Collaborative Planning
(916) 498-6960
www.connectccp.org
The center promotes health and well-being by engaging the capacity of local communities to act based on their own solutions. It provides workshops and a range of consultation services for community groups and organizations.

Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity
www.cdc.gov/nccdphp/dnpao/index.html
This site provides free resources on nutrition, physical activity, obesity and related topics. You can print brochures and fact sheets to share with church members.

Dairy Council of California
(916) 263-3560
www.dairycouncilofca.org
The Dairy Council provides nutrition education resources to schools and California families. Milk products are featured.

***Fruit & Veggies More Matters,*™ Produce for Better Health Foundation**
www.fruitsandveggiesmorematters.org
The *More Matters* program gives Americans a simple, positive message—eat the recommended amount of fruits and vegetables every day for better health. It offers recipes and suggestions for increasing fruits and vegetables at home.

International Society on Hypertension in Blacks
(404) 875-6263
www.ishib.org
ISHIB promotes public awareness of high blood pressure, especially among African Americans. It educates the public on ways to prevent hypertension and other related cardiovascular diseases.

Let's Move!
www.letsmove.gov
Let's Move! is a comprehensive initiative, launched by First Lady Michelle Obama, dedicated to solving the challenge of childhood obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. The website provides handouts and tip sheets for parents, schools, mayors and local officials, faith communities, community leaders, chefs, kids, day care, and health care providers.

Meals On Wheels Association of America
www.mowaa.org/
Provides local, community-based senior nutrition programs in all 50 U.S. states. This site can help you locate a home-delivery meal program for seniors in your church.

National Black Nurses Association
(301) 589-3200
www.nbna.org
Nurses investigate, define, and advocate for the health care needs of African Americans. The NBNA employs strategies to ensure access to quality health care.

National Cancer Institute (NCI)
(800) 422-6237
www.cancer.gov
The goal of the NCI is to eliminate suffering and death due to cancer. NCI conducts and supports research and training, distributes health information, and runs other programs.

National Institutes of Health—Senior Health
www.nihseniorhealth.gov/
This easy-to-use website features basic health and wellness information for older adults from the National Institutes of Health. You can find information on eating well as you get older and physical activity for older adults.

National Medical Association
(202) 347-1895
www.nmanet.org
NMA serves as the collective voice of physicians of African descent. A leading force for parity in medicine, elimination of health disparities, and promotion of optimal health.

Nutrition Policy Institute
http://npi.ucanr.edu/
NPI conducts and evaluates research related to the impact of nutrition and physical activity on public health.

Office of Minority Health
(800) 444-6472
www.minorityhealth.hhs.gov/
OMH develops health policies and funds research to eliminate health disparities, and improve the health of racial and ethnic minorities. The website describes how your church can become involved in initiatives serving the African American community.

PolicyLink
www.policylink.org
One of PolicyLink's priorities is addressing the needs of boys and men of color (BMoC). It is identifying the systemic failures that have created unequal health outcomes for BMoC. It promotes policies and system practices that demonstrate the greatest potential for improving their quality of life. You can learn more about this initiative at the group's website.

Prevention Institute
(510) 444-7738
www.preventioninstitute.org/
Prevention Institute maintains a core focus on promoting health equity and its primary emphases include preventing violence, traffic injuries, and chronic disease. It offers training and presentations, strategy development, and technical assistance.

Robert Wood Johnson Foundation
www.rwjf.org/
The mission of the Robert Wood Johnson Foundation is to improve the health and health care of all Americans. It offers grants and programs focused on childhood obesity, vulnerable populations, and health equity. You can learn more about its program areas and apply for funding on the group's website.

Sisters Together: Move More, Eat Better
(877) 946-4627
http://www.niddk.nih.gov/health-information/health-topics/weight-control/sisters-together-program-guide/Pages/sisters-together.aspx.
Sisters Together is a national initiative to encourage black women age 18 and over to maintain a healthy weight by becoming more physically active and eating healthier foods.

UC Cooperative Extension
http://ucanr.edu/
UC Cooperative Extension provides current, research-based practices in nutrition, consumer science, youth development, and urban gardening.

Women, Infants, and Children Program Supplemental Nutrition (WIC)
(888) WIC-WORKS
www.wicworks.ca.gov
WIC is a federally-funded nutrition program that helps pregnant women, mothers with new babies, and children up to the age of 5 eat well and stay healthy.

Appendix C

HEALTH MINISTRY COURSE FEEDBACK					
	Course Title:				
	Date:				
1	How would you rate the following?				
	Speaker	☐ Excellent	☐ Good	☐ Fair	☐ Poor
	Topic/Lesson	☐ Excellent	☐ Good	☐ Fair	☐ Poor
	Handouts	☐ Excellent	☐ Good	☐ Fair	☐ Poor
	Group Activities	☐ Excellent	☐ Good	☐ Fair	☐ Poor
2	What did you like most about the workshop?				
3	How could we improve the workshop?				
4	What new things did you learn that will help you make healthier choices?				
5	***Comments:***				

HEALTH MINISTRY COURSE FEEDBACK

6 Please check any of the topics below that interest you:

- ☐ Advocacy
- ☐ Youth health activities
- ☐ Nutrition, healthy cooking
- ☐ Physical activity programs

Other:

- ☐ Volunteering to help
- ☐ Chronic disease prevention
- ☐ Fundraising to support the health ministry
- ☐ Nutrition assistance programs (WIC, CalFresh, etc.)
- ☐ Community projects

7 The Health Ministry welcomes new members. If you would like to support our efforts and become a volunteer, please include your contact information below:

Name _____

Address _____

Phone# _____

Email _____

Appendix D

SNAP/ CalFresh

Fruit and Vegetable Checklist

These questions are about the ways you plan and fix food.
Think about how you usually do things.

Name _____ Date _____ ID# _____ ☐ Entry ☐ Exit

Choose one answer for each question.

1.

Do you eat fruits or vegetables as snacks?

○ no ○ yes, sometimes ○ yes, often ○ yes, everyday

2.

Did you have citrus fruit or citrus juice during the past week?

○ yes ○ no

3.

How many cups of fruit do you eat each day?

☐

4.

Do you eat more than one kind of **fruit** each day?

○ no ○ yes, sometimes ○ yes, often ○ yes, always

5.

Do you eat more than one kind of **vegetable** each day?

○ no ○ yes, sometimes ○ yes, often ○ yes, always

6.

How many cups of vegetables do you eat each day?

☐

7.

Do you eat two or more vegetables at your main meal?

○ no ○ yes, sometimes ○ yes, often ○ yes, everyday

- Use the accompanying instruction guide when administering this tool.
- Research and development for this illustrated diet quality checklist were a joint effort of University of California (UC) Cooperative Extension, the California Nutrition Network, UC Davis Design Program and UC Davis Nutrition Department. Authors: Kathryn Sylva, Marilyn Townsend, Anna Martin, Diane Metz.
- The research for this diet quality instrument is available:

Townsend MS, Kaiser LL, Allen LH, Joy AB, Murphy SP. Selecting items for a food behavior checklist for a limited resource audience. Journal of Nutrition Education and Behavior. 2003;35:69-82.

Murphy SP, Kaiser LL, Townsend MS, Allen LH. Evaluation of Validity of Items in a Food Behavior Checklist. Journal of the American Dietetic Association. 2001;101:751-756, 761.

Townsend MS, Sylva KG, Martin A, Metz D, Wooten-Swanson P, Follett J, Keim N, Sugerman S. Visually Enhanced Evaluation for Low-income Clients. J Nutr Educ Behav. 2005; 37 (1):S49.

- Funded by the USDA Food Stamp Program via the California Nutrition Network, UC Cooperative Extension and UC Davis.

92006

Appendix E

Memorandum of Understanding (Partnership Example)

City of Pasadena

1845 NORTH FAIR OAKS AVENUE
PASADENA, CA 91103

CITY OF PASADENA INCORPORATED JUNE 1886

PUBLIC HEALTH DEPARTMENT
ADMINISTRATION
(818) 844-6005
FAX: (818) 844-6113
Please Note New Numbers:
Phone: 626/744-6055
Fax: 626/744-6113

MEMORANDUM OF UNDERSTANDING
BETWEEN CITY OF PUBLIC PASADENA HEALTH DEPARTMENT
AND

PASADENA CHURCH OF GOD

The **Pasadena Public Health Department (PHHD)** agrees to collaborate with Pasadena Church of God in its program of **Body & Soul: A Nutritional and Physical Healing Program**. PPHD will offer personnel, space and technical assistance in this collaborative project. These in-kind services will be available throughout the March 1, 1999 - September 20, 1999 funding period.

Personnel
The Health Promotion and Policy Development Division Manager, or other appropriate PPHD staff, will become member(s)of the **Body and Soul** Advisory Board, attend quarterly meetings, and provide consultation and guidance to the project as a member of the Board.

Black Infant Health
The Black Infant Health (BIH) Project of the **PPHD** will work collaboratively with Pasadena Church of God's **Body & Soul** Project in targeting pregnant and parenting African American women and their families. Pasadena Church of God houses the Reconciliation for All People (Reap) Foundation which is providing outreach services to BIH. The activities of **Body and Soul** will expand the continuum of services offered to BIH participants.

Women, Infants and Children (WIC)
The WIC program of the **PPHD** will:

- Distribute **Body & Soul** Nutritional Education & Physical Activity material.
- Make space available for client recruitment/contact on a periodic basis at the WIC Satellite office located in Northwest Pasadena (Pasadena Community Health Center),1855 N. Fair Oaks Avenue.

PPHD Distribution Centers
Public Health Clinics and the WIC program will serve as distribution centers for dissemination of **Body & Soul** nutritional education and physical activity materials specifically targeting African Americans of all age groups.

We, the undersigned, agree with the above-stated collaborative efforts on this 7th day of January, 1999.

Wilma J. Allen, Acting Director
Pasadena Public Health Department

Dr. M. Tyrone Cushman, Senior Pastor
Pasadena Church of God

Source: ***NEOPB — African American Campaign***
Faith-Based Community Project, Pasadena Church of God

Appendix F

CalFresh Outreach Organizations

ORGANIZATION	COUNTIES SERVED
Phone number: **211** www.211.org	Alameda, Contra Costa, Fresno, Humboldt, Imperial, Kern, Kings, Los Angeles, Marin, Monterey, Napa, Orange, Riverside, Sacramento, San Bernardino, San Diego, San Francisco, Santa Barbara, Santa Clara, Solano, Sonoma, Stanislaus, Tulare, Ventura
California Association of Food Banks (510) 272-4435, ext. 905 (510) 272-9171 fax www.cafoodbanks.org	Alameda, Amador, Calaveras, Contra Costa, Fresno, Humboldt, Imperial, Los Angeles, Orange, Riverside, Sacramento, San Benito, San Diego, San Francisco, San Joaquin, San Luis Obispo, San Mateo, Santa Barbara, Santa Clara, Santa Cruz, Solano, Tulare, Ventura, Yolo
Catholic Charities of California (916) 706-1539 http://catholiccharitiesca.org/	Fresno, Imperial, Kern, Lake, Los Angeles, Madera, Marin, Merced, Monterey, Napa, Orange, Riverside, Sacramento, San Bernardino, San Diego, San Francisco, San Joaquin, San Luis Obispo, San Mateo, Santa Clara, Santa Cruz, Shasta, Siskiyou, Solano, Sonoma, Stanislaus, Tehama, Trinity, Tulare, Ventura
Central Valley Health Network Nutrition Wellness Manager 2000 'O' Street, Suite 100 Sacramento, CA 95811 (916) 552-2846 www.cvhnclinics.org	Butte, Colusa, Glenn, Kings, Merced, Napa, Riverside, San Bernardino, Santa Cruz, Shasta, Sonoma, Stanislaus, Sutter, Tulare, Ventura, Yuba

ORGANIZATION	COUNTIES SERVED
Center for Healthy Communities California State University, Chico CalFresh Outreach Coordinator (530) 898-4509 http://www.csuchico.edu/chc/	Butte, Colusa, Glenn, Modoc, Plumas, Shasta, Sierra, Siskiyou, Sutter, Tehama, Trinity, Yuba
Clinica Sierra Vista E. Bakersfield Community Health Center 815 Dr. Martin Luther King Blvd. Bakersfield, CA 93307 (661) 328-4245, ext 5131 (office) http://www.clinicasierravista.org/	Fresno, Kern
Clinica Sierra Vista Elm Community Health Center 2740 S. Elm Ave. Fresno, CA 93706 (559) 457-5200 (office) https://clinicasierravista.org/location/locationdetail/elm-community-health-center.html	Fresno, Kern
United Farmworkers Foundation 40602 El Camino Real Greenfield, CA 93927 (831) 776-1722 238 18th St., Suite 4 Bakersfield, CA 93301 (661) 974-6312 www.ufwfoundation.org	Kern, Monterey

Appendix G

FOOD PANTRY SURVEY							
1	Name of food pantry:						
2	Name of neighborhood served:						
3	Date of survey:						
4	Hours of operation			Weekdays:			
				Saturday:			
				Sunday:			
Fruits and Vegetables							
5	How often does the pantry give out fresh produce? (Circle one)						
		every day	once a week	a few times a month	once a month	rarely	never
6	Which fresh vegetables are given out most often? (List up to five)						
7	Which fresh fruits are given out most often? (List up to five)						
8	How often does the pantry give out canned fruits without added fats or sweeteners? (Circle one)						
		every day	once a week	a few times a month	once a month	rarely	never

FOOD PANTRY SURVEY

Other Healthy Foods

9	How often are these items given out? (Check one)					
	every day	once a week	a few times a month	once a month	rarely	never
Beans — low sodium canned or dried (pinto, kidney, refried, black-eyed peas, etc.)						
Peanut butter						
Canned tuna						
Lean meat (85% or higher)						
Nuts or seeds — unsalted						
Eggs						
Powdered milk — lowfat (1%) or fat-free						
Whole wheat bread						
Whole grain cereal or oatmeal						
Brown rice						
Pasta (egg or whole wheat)						
Soy milk						

FOOD PANTRY SURVEY

Unhealthy Foods

10	How often are these items given out?					
	every day	once a week	a few times a month	once a month	rarely	never
Soda						
Other sugar-sweetened drinks (energy drinks, sweetened teas, fruit drinks-not 100% juice)						
Chips						
Cookies						
High-sugar cereals						
High-sugar snacks (fruit snacks, caramel popcorn, etc.)						

Healthy Food Promotion

11	Does the pantry (check one):	Yes	No
	Get mainly foods that are low in salt, sugar, fat, and hydrogenated oils?		
	Give tips for cooking healthy food?		
	Give taste-tests or samples of healthy foods?		
	Teach people about healthy eating?		
	Work with healthy food experts to help people eat better?		
	Talk with healthy food experts about the food they give out?		
	Write about healthy eating in newsletters or mailings?		

Support the health of all

Please Donate Nutritious Foods

Fruits

- Canned fruit in 100% juice
- Applesauce, unsweetened
- Dried fruit
- 100% fruit juice

Vegetables

- Low sodium or "no salt added" canned vegetables
- Low sodium canned tomato products or juices
- Instant mashed potatoes
- Canned salsa, low sodium
- Low sodium canned pasta sauces

Protein

- Peanut butter
- Canned tuna in water
- Powdered, lowfat (1%) or fat-free milk
- Shelf stable milk or soy milk (in a box)
- Canned or dried beans
- Low sodium broth or bean soups
- Lowfat, low sodium cream soups
- Unsalted nuts

Grains

- Brown or wild rice
- Whole grain pasta or noodles
- Whole grain cereals
- Lowfat all-purpose baking mix
- Plain or low-sugar oatmeal
- Reduced-fat whole grain crackers
- Lowfat granola bars
- Lowfat graham crackers
- Whole wheat tortillas

Other

- Olive Oil
- Canola Oil
- Dried spices

This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from the U.S. Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program-Education, known in California as CalFresh. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

CDPH California Department of PublicHealth

CHAMPIONS for CHANGE™

#300375/Ver. 05/16