



# Promoting Faith-Based Wellness

UC San Diego – Center for Community Health Inland Desert Region Training and Resource Center

### **Ice Breaker**

- 1. Pick 1 flash card each flash card will have a number on it
- Look for someone in the room that you do not know very well and share with that person your name and 'x' number of fun facts about yourself based on the number on your card
- 3. Your partner will do the same
- 4. Once you finish, switch cards and look for another person in the room
- 5. You will share fun facts about yourself based on the number on the new card you now have
- 6. Repeat this process with other people in the room
- 7. After 5 minutes, volunteers will have a chance to share 1 fun fact that they remember about someone they met

# Introductions

1. Name

### 2. Organization

3. What you hope to get out of this training

# **Overview of the Day**



## **CDPH Priorities for Faith-Based Wellness**

- Advance healthy eating and active living in faith-based settings
  - Promoting nutrition and physical activity through
    - Education
    - Policy, Systems and Environmental (PSE) changes
- Main focus
  - Collaboration with Latino and African American FBOs

## Why work with Faith-Based Organizations?



### **Recruiting Faith-Based Organizations**

- Effective approaches & tools for recruiting Latino & African American FBOs
  - Example of recruitment meeting for Latino church
  - Example of recruitment meeting for African American church

### • Overview of recruitment tools:

- FBO assessment
- Menu of Opportunities
- Goodie bag & key USDA handouts to show FBO leaders example of nut. ed. materials (especially helpful with Catholic churches)

# **Practice Time!**

- Break into groups of 6
- 3 groups practice recruiting an African American church
- 3 groups practice recruiting a Latino church
- Each group has 5 mins. to deliver mock presentation to the large group
- Participants provide feedback
- TRC provides feedback



## Body & Soul A Celebration of Healthy Eating & Living



### What is Body and Soul?

Body and Soul is a wellness program developed for African-American churches. It empowers church members to eat the recommended amounts of fruits and vegetables every day for better health.

"You must start at the center of the community, which is the church of the African American communities." – Rev. Tuggle III



## Body & Soul A Celebration of Healthy Eating & Living

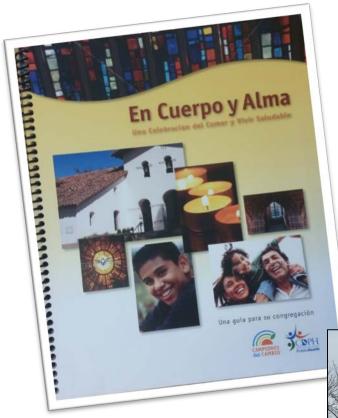
Body & Soul is comprised of four different parts also known as pillars:

- Pastoral Leadership
- Educational Activities
- Church Environment that supports healthy eating
- Peer Counseling





# En Cuerpo y Alma





Cómo Comunicar Su Mensaje y Transmitirlo a los Miembros de la Iglesia





## USDA Nutrition Education & P.A. Materials for Faith-Based Wellness

- Nutrition Education Lessons using USDA Materials
  - (English & Spanish)
- P.A. Lessons using USDA Materials
  - (English & Spanish)





### **Direct Education vs Train-the-Trainer**

Direct Education	Train-the-Trainer
Engaging community members directly	Building capacity in partners
Know needs of audience	Know needs of audience
Skill-focused	Skill-focused
<ul> <li>Examples:</li> <li>1. Toolbox classes</li> <li>2. Body &amp; Soul</li> <li>3. Food demonstrations</li> <li>4. Shape of Yoga demonstrations at health fair/festival event</li> </ul>	<ul> <li>Examples:</li> <li>1. Train Champion Moms form a church to use Playing for Healthy Choices at Women's Health Ministry meetings.</li> <li>2. Train parks and rec staff on Shape of Yoga for free parent classes at their sites.</li> <li>3. Train young faith leaders to lead cooking demonstrations at faith community events.</li> </ul>

### Funding/staff dependent

### Greater potential for sustainability

# **Effective Trainers Are...**

An expert on the training topic.

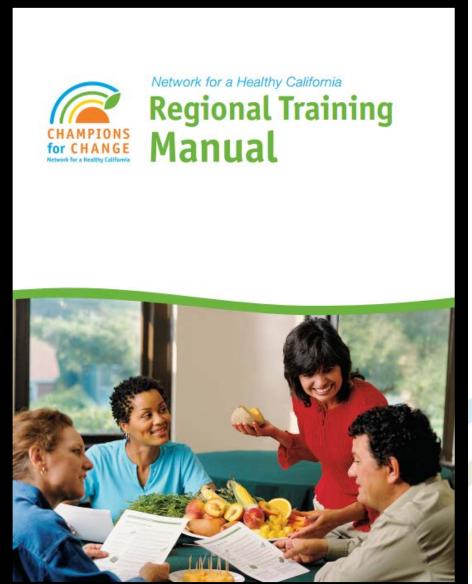
A facilitator of the learning process

A coordinator of activities.

# **Customize Your Trainings**

- Audience
- Format
- Space
- Active learning
- Resource/tool selection
- Be flexible
- Be inclusive

## **Training & Facilitation Resource**





# **Lunch Break!**

# Please return by 1:30 p.m.



## **Champion Mom Recruitment in Faith-Based Organizations**

- Recruitment Strategies
- Certificate/Acknowledgement
- Creating Sustainability in FBOs



# Engaging the Faith Community



### **Engaging and Training Champion Moms as Leaders**

- Body & Soul
- Nut. Ed. & P.A. using USDA materials





### **Engaging Champion Moms as Leaders**

### **Grocery Store Tour**



### **Walking Club**



### Youth Cooking Program



## **PSEs in Faith-Based Settings**

- Community Garden
- Healthy Eating and Drinking Policies
  - Gracia y Paz Covenant Church
  - City of Hope International Church
- Youth Health Ministry
- Summer Meals
- Establishing Walking Clubs

### **Community Garden in AA Church**

 Launched first community garden, which included three raised garden beds

 Church received donations from Wal-Mart and Home Depot for items including mulch and biodegradable flower pots

• Church formed committee to help maintain the garden

#### Soil and mulch donations





### **Healthy Eating and Drinking Policy**

#### **Gracia y Paz Covenant Church** ASIS Concia y Pazz Resolución - Compromiso En este día 28 de Septiembre de 2014 en la ciudad de Chula Vista CA la Iglesia Gracia y Paz / Oasis establece que: 1. Hemos sido reunidos por Dios, unidos en Cristo y capacitados por el Espíritu Santo para obedecer el gran mandamiento y la gran comisión. Consideramos que la sagrada escritura, el Antiguo y el nuevo testamento es la palabra de Dios y la única regia Be Active. Coma Saludable. Sea Activo. perecta de re, doctrina y conducta. Estamos comprometidos a permanecer en el amor de Cristo demostrándolo al obedecer sus mandamientos y Estamos comprometidos a permanecer en el amor de Cristo demostrandolo al obedecer sus mandamiento confiando que por su gracia podemos glorificar a Dios dando fruto demostrando que somos su discípulos comiano que por su grecie pouentos graninar e uno uno uno uentostantos que somos so unocupios Anhelamos que las personas de la comunidad en la que servimos y aquellos con quien Dios nos pone en 4 Anheiamos que las personas de la comunidad en la que servimos y aqueilos con quien Ulos nos Pone en contacto, lleguen a identificarnos como personas: Sanas, alegres, honestas y autenticas que practicamos lo que predicamos en todas las areas de nuestra vida. Todo nuestro ser: Cuerpo, Alma y Espíritu le pertenece a Dios, por lo tanto debemos honrario en todas las cosas 5 Nos comprometemos a: Continuar con nuestra misión de "Bendecir a la comunidad y a las Naciones", reconociendo nuestro compromiso de procurar y promover la salud dentro y nuera de nuestra Iglesia. Incluir dentro de nuestra enseñanza en los servicios de Domingo, las clases para niños y jóvenes y en toda incrue centro ce nuestra ensenanza en los servicios de comingo, las tiases para ninco y jovenes y en code actividad donde nuestra iglesia esté involucrada, principios Biblicos que nos dirijan a estar conscientes de la importancia de una buena salud En nuestras actividades de compañerismo dentro y fuera de la Iglesia, grupos de vida, celebraciones y reuniones e se incuryan aumentos a tener opciones sauvarores; Ofreceremos agua como una opción de bebida y omitiremos bebidas altamente endulzadas. Orreceremos egue como una opción de fruta y/o una opción de verduras. Por ejemplo, frutas y verouras nescas, congeneous, ennesaus unias en avono o secas. Cuando sirvamos productos lácteos, procuraremos que sean bajos en grasa o sin grasa. Por ejempio, Evitaremos los alimentos fritos. eviraremos ios aramentos irrius. Procuraremos comprar alimentos hechos con granos enteros. Por ejemplo, pan integral y pasta integral. Frocuraremos comprar aramentos recirus con granos enteros, For ejentario par integrar y paste integra Serviremos porciones más "adecuadas". Consumir porciones pequeñas nos dan una eportunidad de servirenus porciones mas "alorcuauas". Consumi porciones pequenas nos uan una uporcum consumir menos calorías y también nos ayudan a asegurar que no se desperdicien alimentos

## Healthy Eating and Drinking Policy City of Hope International Church



#### **PROBLEM:**

Poor food choices offered at church

#### SOLUTION:

Establish a policy that is sustainable in order to support healthy changes for the congregation members

#### **Next Steps:**

- Support from pastor and church leadership
- Assist church in forming wellness committee
- Conducted nutrition education classes and taste tests
- Connected church to community resources



#### HEALTHY FOOD POLICY ADOPTION:

•Offer healthy food and beverage options at meetings, events and church services

•Serve foods that are low in sodium, sugar and fat, and are high in fiber

# **Youth Health Ministry**



# Los Santos Sanos

### **Summer Meals in Faith-Based Settings**

### **New Season's Church**



### Walking Clubs

### Move Your Body | Get Going Activity

### Start a Walking Group

Starting a neighborhood walking group requires little effort and provides big rewards. Simply spread the word and get organized. Soon you'll be moving your body toward better health.

### 5 Steps to Get Going

Decide how often you'll meet and how far you'll walk.

#### Scout some routes.

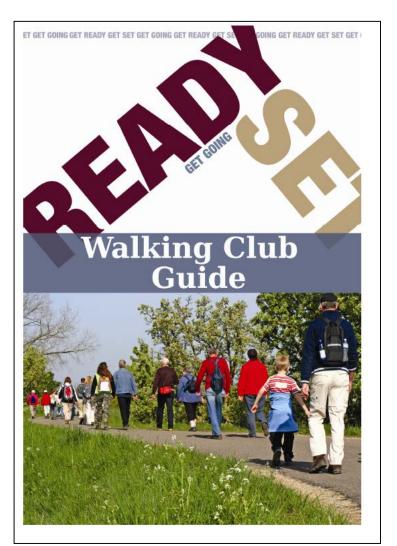
(1)

- 3 Select a convenient and consistent meeting spot. (The goal is to start together, even if you don't finish together.)
- Prepare for the unexpected, such as bad weather, conflicting schedules or illness.

(5) Support each other as you walk your way to a healthier life!



# Walking Clubs



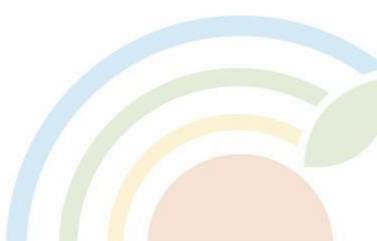
- Guide on
  - Getting started
  - Encouraging others
  - Staying motivated
  - Planning a Kickoff event
  - Summer and Winter Walking Tips



## Review

- CDPH Priorities for Faith-Based Wellness
- Why Work with FBOs
- Recruiting FBOs
- Faith-Based Resources: Body & Soul and Nut. Ed & P.A
- Delivering effective trainings
- Champion Mom Recruitment
- Engaging Faith Community as Leaders
- PSEs in Faith-Based Settings





# Thank you!

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