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
2. 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
Resources
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

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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
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

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

Network for a Healthy California
Regional Training Manual
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
Healthy Eating and Drinking Policy

Gracia y Paz Covenant Church
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

**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

**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
Youth Health Ministry

Los Santos Sanos
Summer Meals in Faith-Based Settings

New Season’s Church
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

1. Decide how often you’ll meet and how far you’ll walk.
2. Scout some routes.
3. Select a convenient and consistent meeting spot. (The goal is to start together, even if you don’t finish together.)
4. 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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