




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
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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?

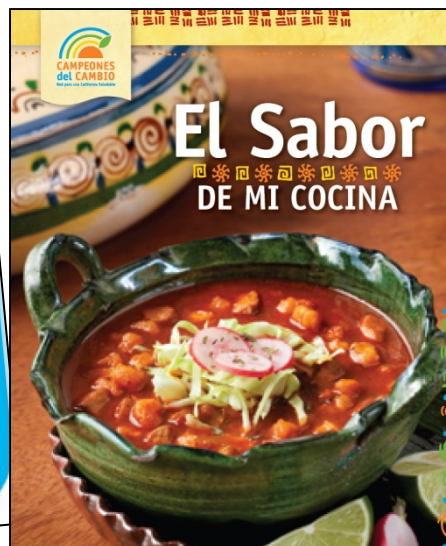
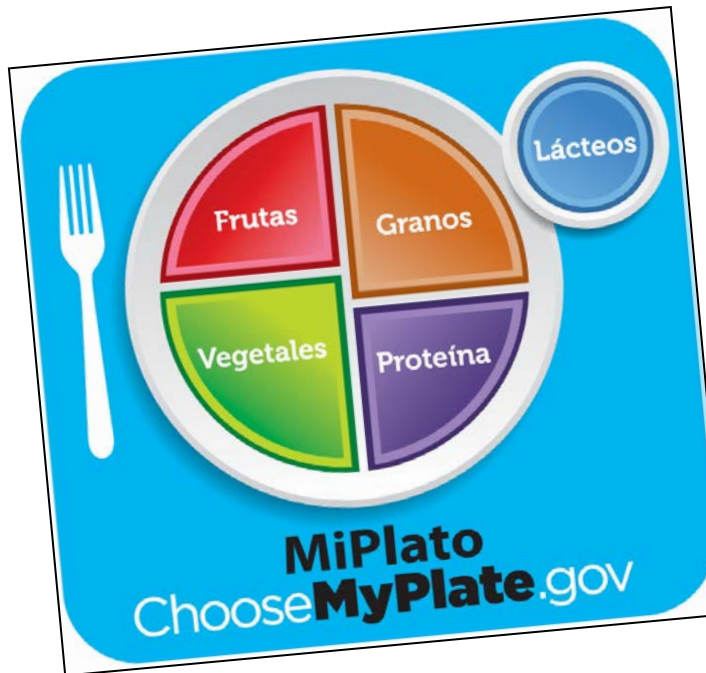
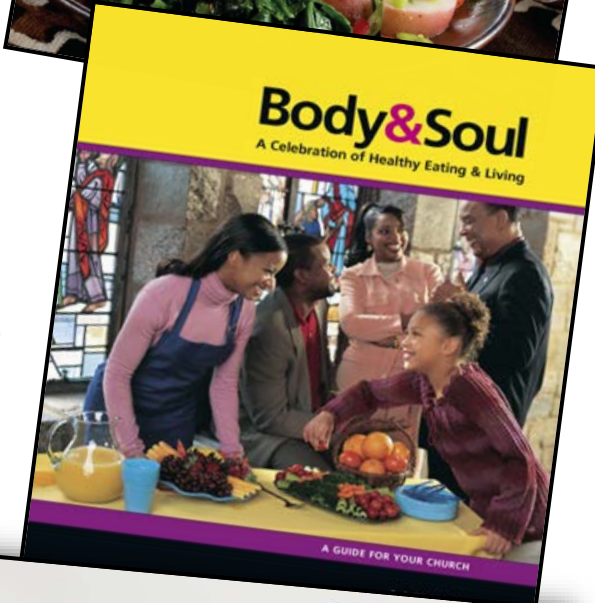
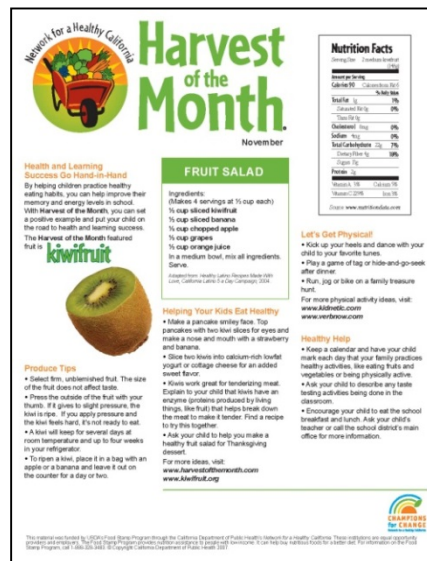
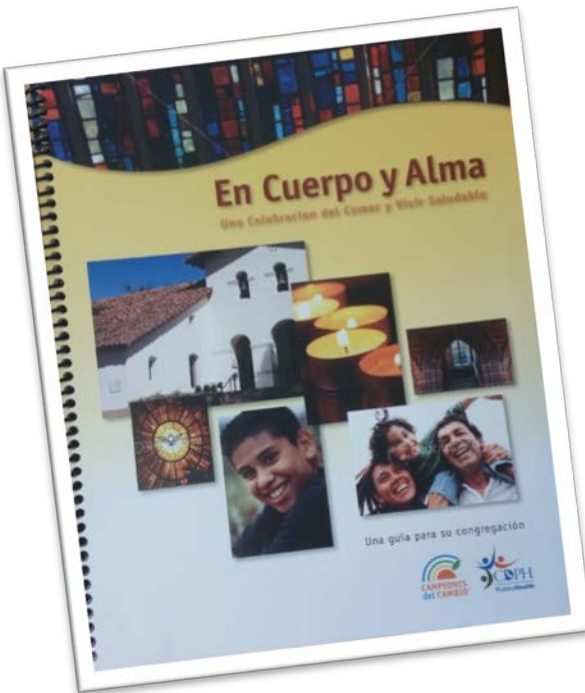


Recruiting Faith-Based Organizations

- **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)
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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
- 
- A decorative graphic in the bottom right corner consisting of several concentric, semi-circular arcs in light blue, green, and yellow, with a single green leaf shape positioned to the right of the arcs.



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



Body & Soul

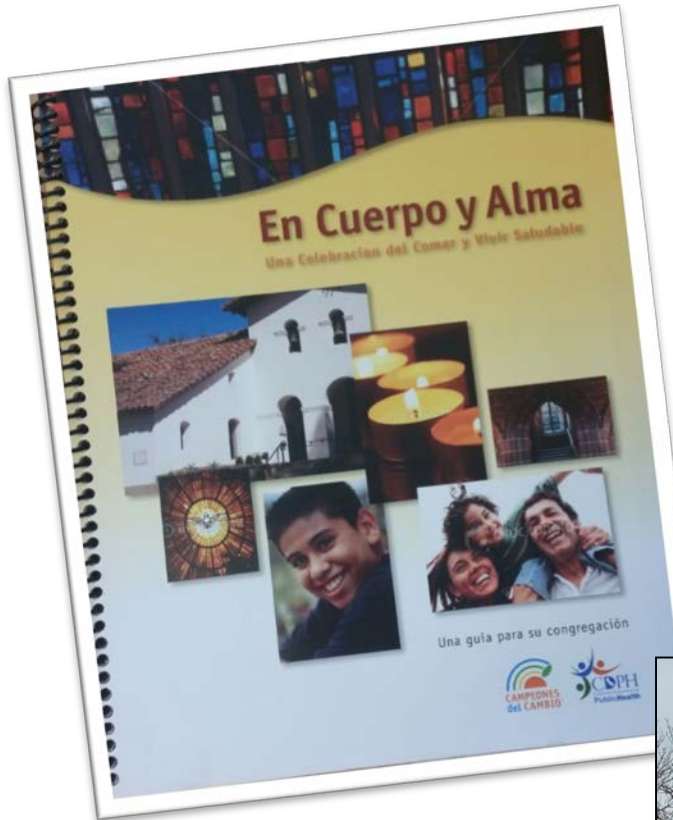
A Celebration of Healthy Eating & Living

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

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

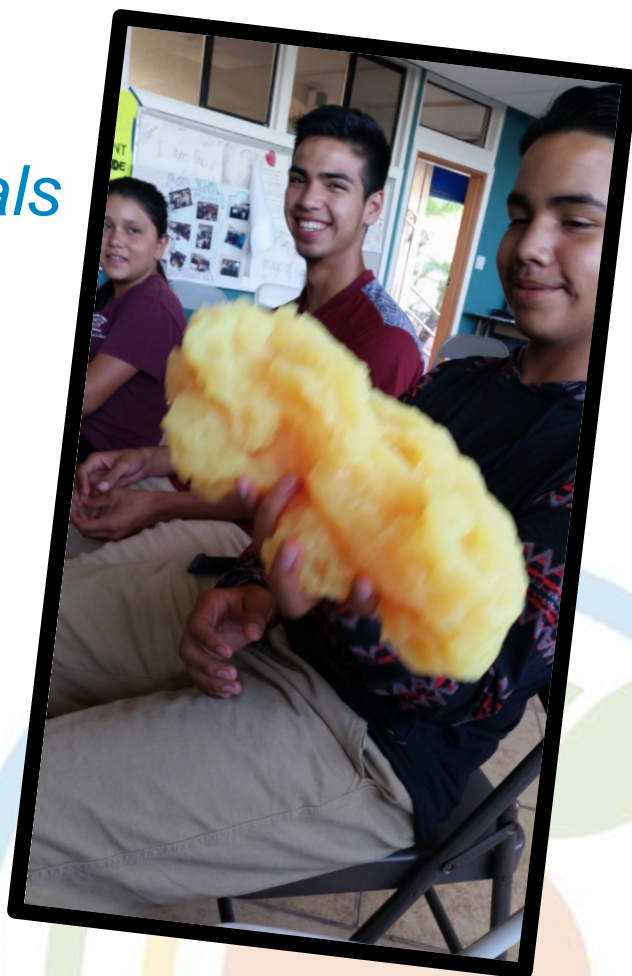


En Cuerpo y Alma



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

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
Examples: 1. Toolbox classes 2. Body & Soul 3. Food demonstrations 4. Shape of Yoga demonstrations at health fair/festival event	Examples: 1. Train Champion Moms from a church to use Playing for Healthy Choices at Women's Health Ministry meetings. 2. Train parks and rec staff on Shape of Yoga for free parent classes at their sites. 3. Train young faith leaders to lead cooking demonstrations at faith community events.
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.

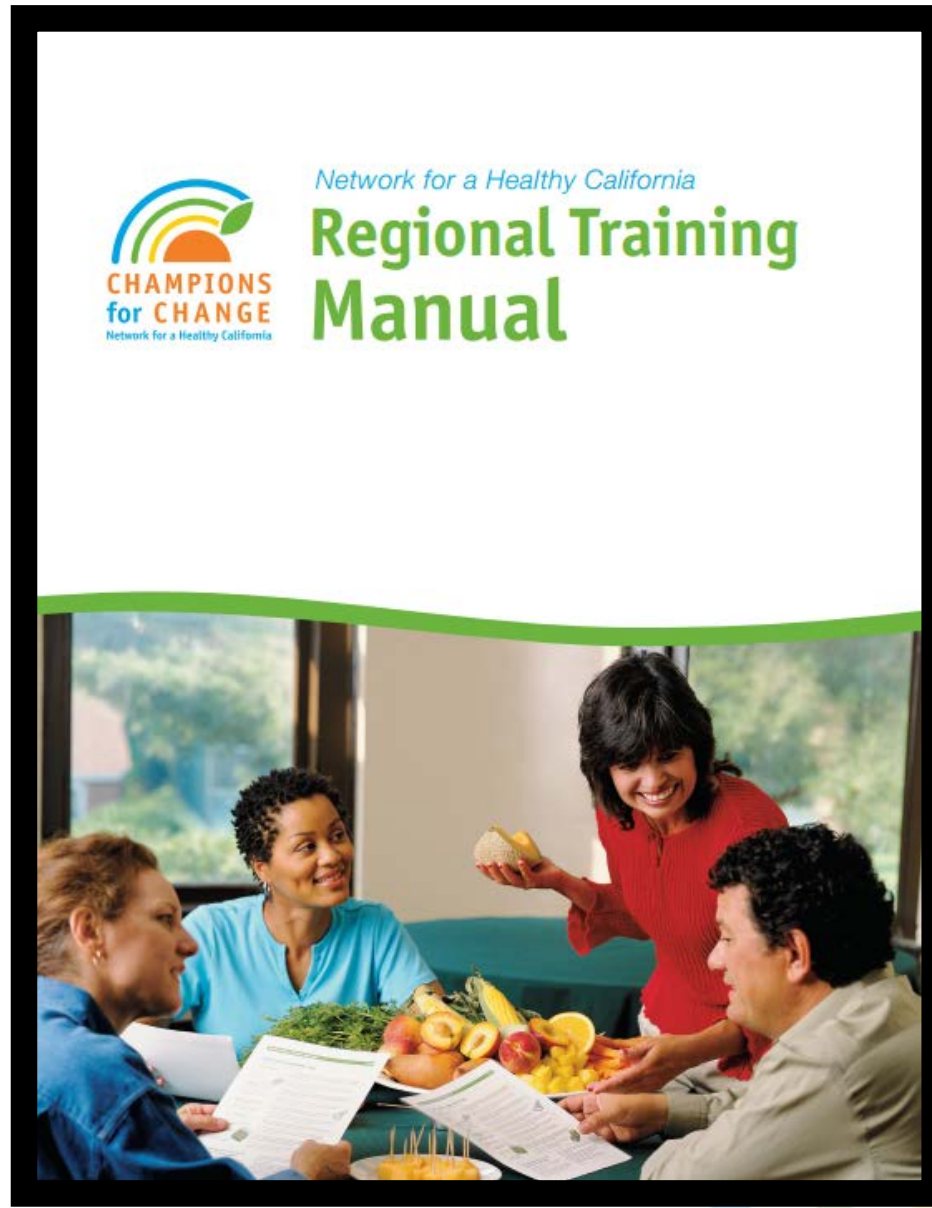


Customize Your Trainings

- 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

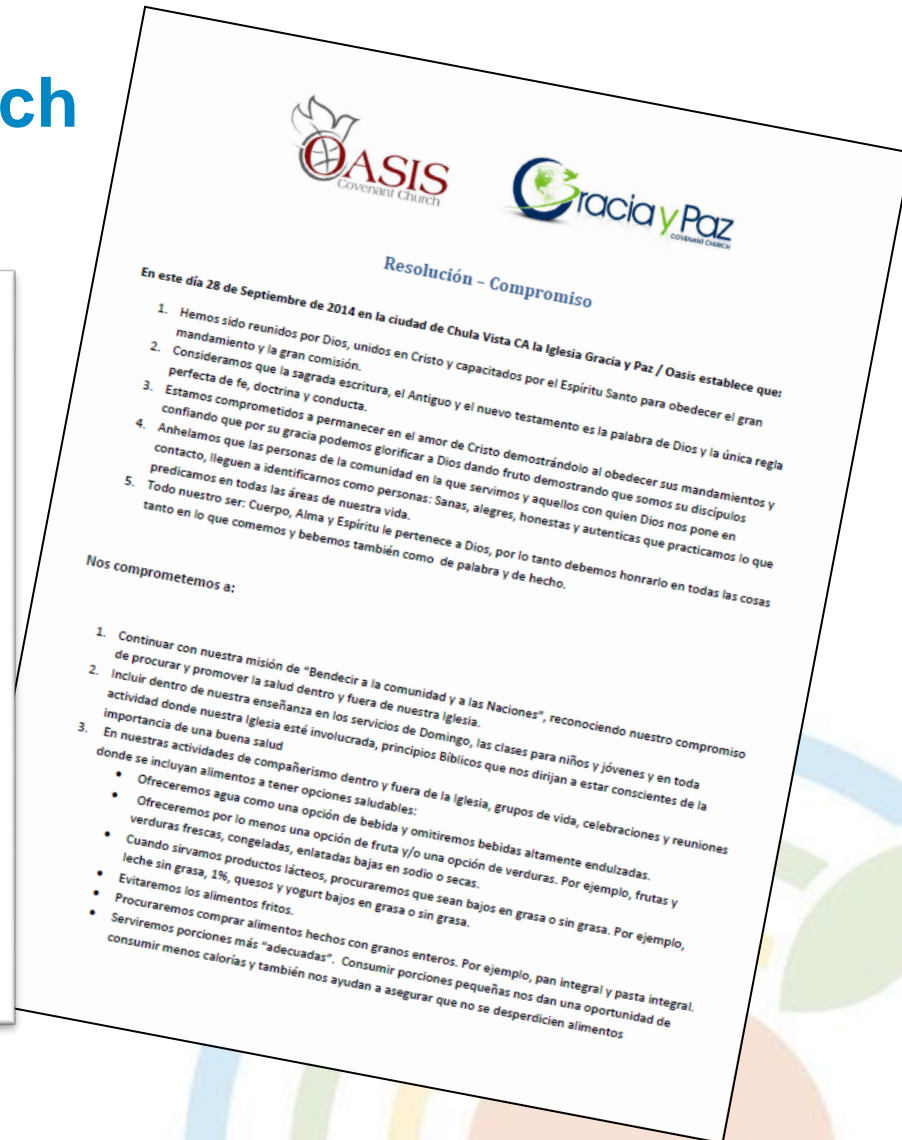


First Garden bed



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

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.

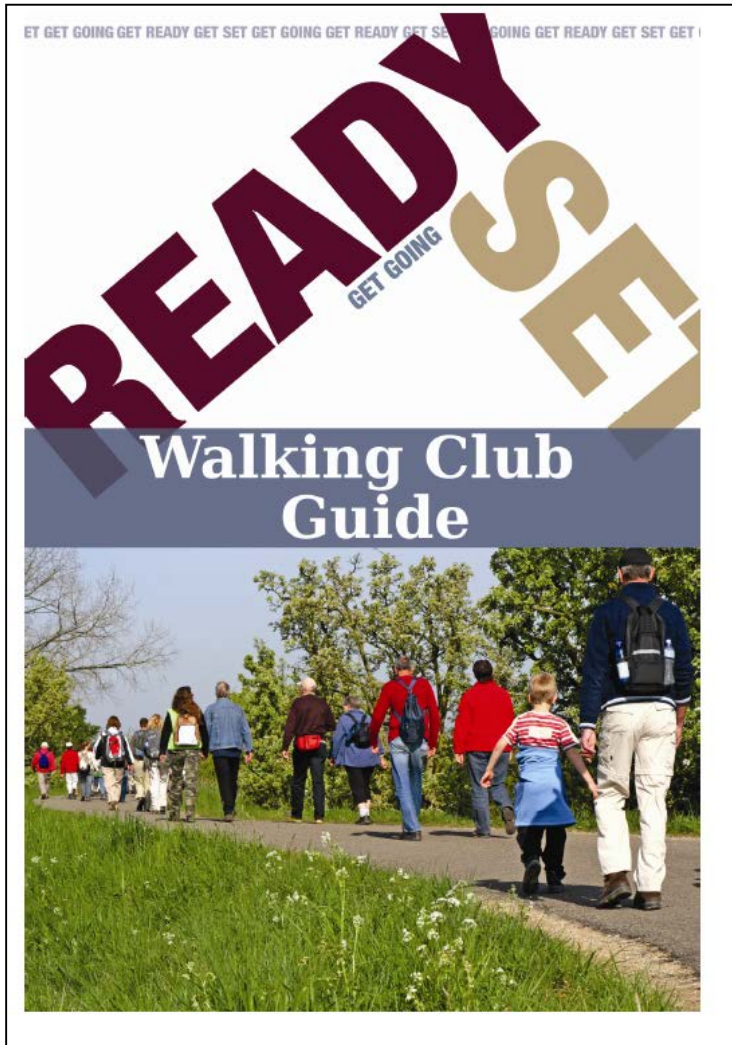
5 Steps to Get Going

- 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



Q & A



Thank you!

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