



MID-SHORE BODY & SOUL

Welcome and Introductions

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Chronic Disease Prevention

Kent County Health Department

Prayer

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Agenda

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- Healthy and Delicious Lunch
- State Health Improvement Process
- Mid- Shore Regional Health Improvement Coalition
- Body and Soul Overview
- Regional Body & Soul
- Next Steps
- Discussion

SHIP

State Health Improvement Process

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https://www.youtube.com/watch?v=JSiBNQ9OVEQ&feature=player_embedded

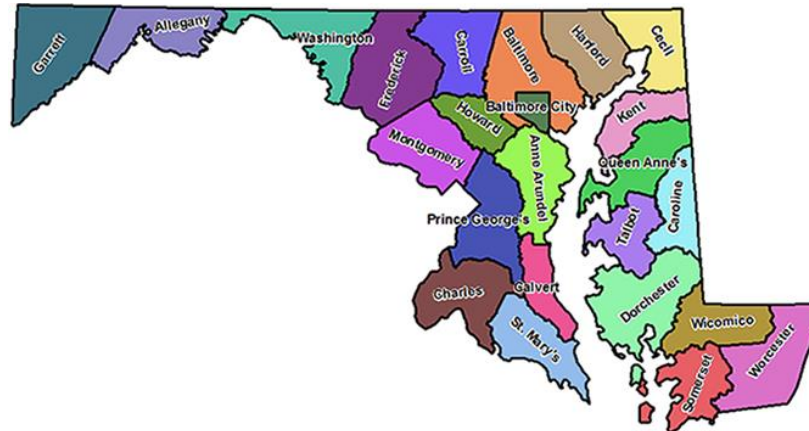
Mid- Shore Regional Health Improvement Coalition

Vision: All Mid Shore Communities will Exemplify Optimal Health and Wellness

Mission: To improve the health of residents of the Mid Shore region through a local collaborative effort that identifies, prioritizes, and provides strategic action planning to solve health problems.

Meeting Dates: 2nd Monday of Every Month starting December 12th, 2011
Time: 12:30 – 2:00

Place: Queen Anne County Health Department, 206 North Commerce Street, Centreville, MD 21617



Mid-Shore Coalition

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- Looked at 39 Health Indicators
- Prioritized 3 that were common to all 5 counties

Mid Shore LHIC objectives

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Priority #1

#31 Reduce the proportion of children and adolescents who are considered obese

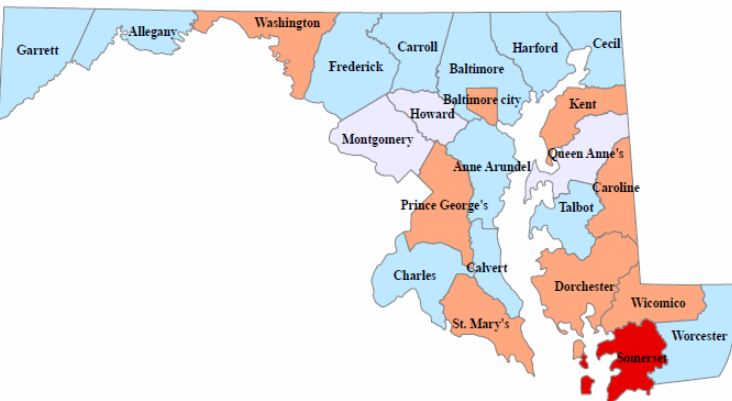
Baseline and Mid-Shore Goal

Reduce adolescent obesity from its current level of 14% to the Year 2014 Goal of 11%

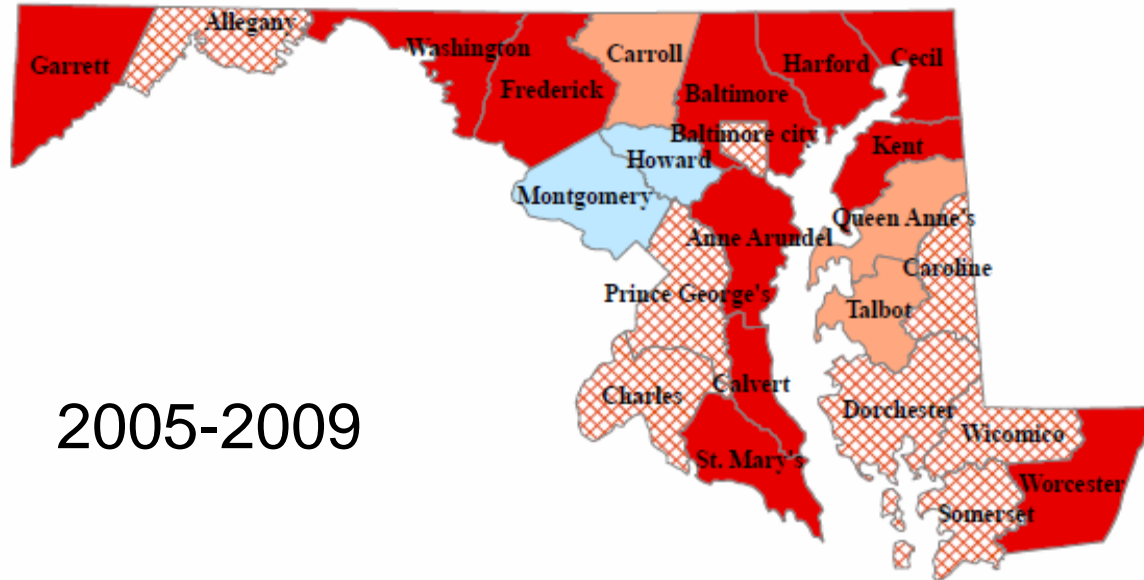
Adult Obesity Prevalence in MD

BRFSS

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1995-1999

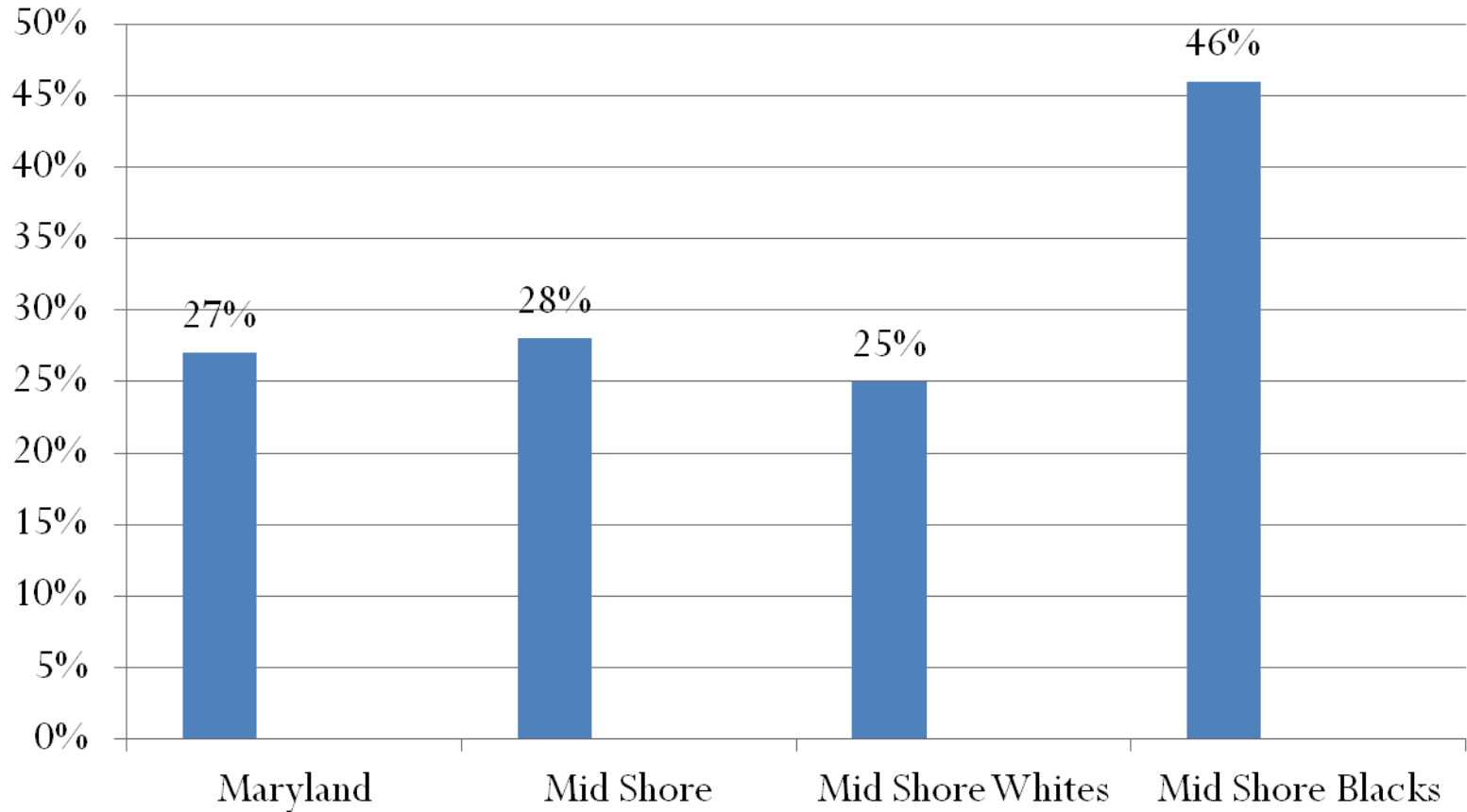


2005-2009

Percent (%) 10.0 - 14.9 15.0 - 19.9 20.0 - 24.9 25.0 - 29.9 30.0 - 45.0

Mid Shore Adult Obesity

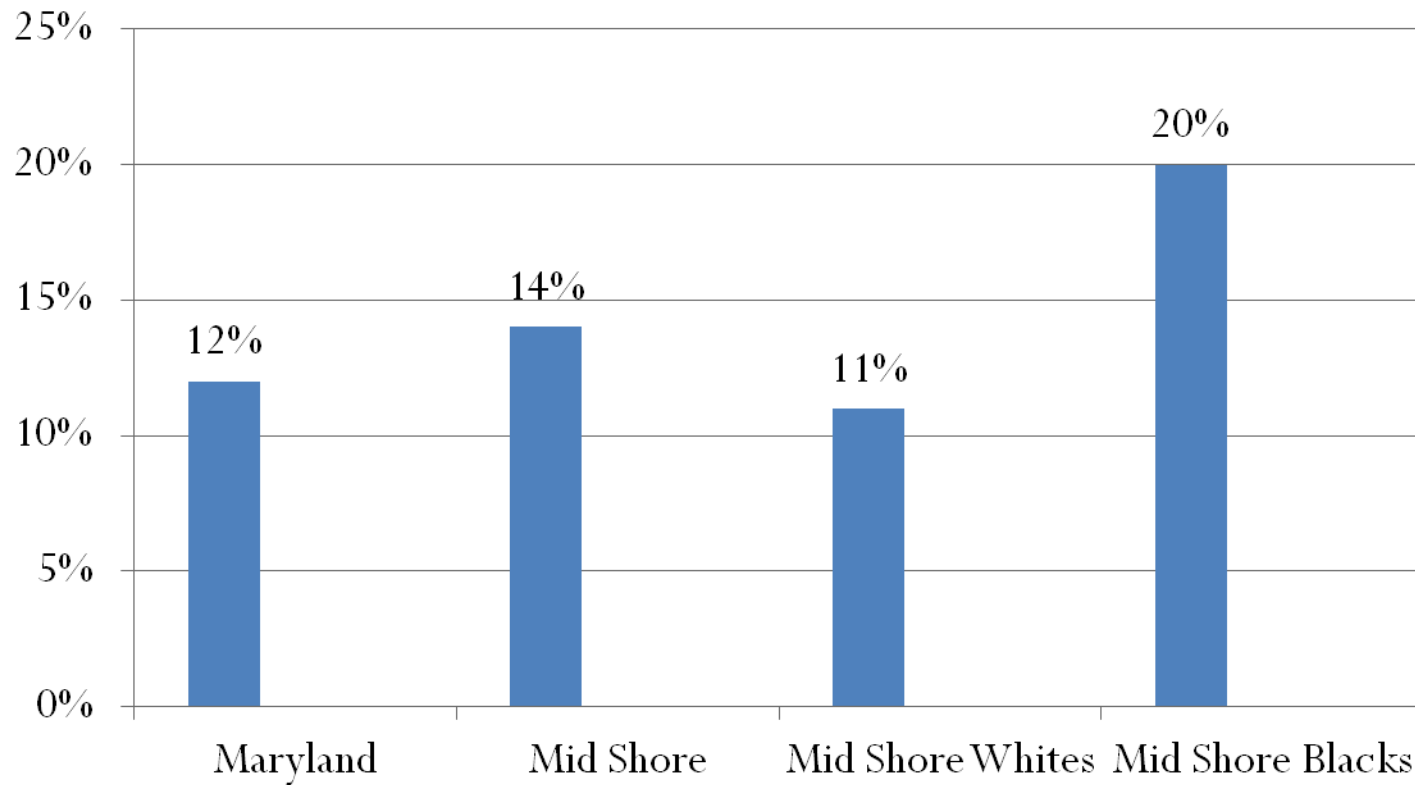
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Maryland BRFSS 2006-2010

Mid Shore Childhood Obesity

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Maryland Youth Tobacco Survey 2008

Chronic Disease

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- Obesity is a major risk factor of the top 4 causes of death in African Americans
 - Heart Disease
 - Cancer
 - Stroke
 - Diabetes

Disparities

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- African Americans suffer disproportionately from major health problems and suffer more consequences from diseases.
- African Americans also:
 - ▣ Die earlier from diseases
 - ▣ Have a lower life expectancy than other groups

Impact of Health Disparities

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Health Disparities lead to earlier death, decreased quality of life, and fewer economic opportunities for African-Americans.

How have these disparities affected your congregation?

Strategy 1

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- Target African American communities throughout the mid-shore region by raising awareness and implementing evidence based strategies for children, adolescents, and adults.



Evidence Based Strategies

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- Combine elements of two proven programs
 1. Get Healthy Kent
 2. Body & Soul

www.kentonthemove.org

Get Healthy Kent

healthy workplace initiative

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In 6 month -1 year:

- 50% marked an increase in fruit consumption and 40% marked an increase in vegetable consumption.
- 27% of participants reported a reduction in salt use. The percentage of participants sparingly using salt and limiting salty food increased from 60% to 80%.
- The mean reduction in waist girth among females from pre to post was 2.6 inches.
- Among participants that had uncontrolled BP at the time of their first screen, 76% reported taking blood pressure lowering medications regularly and at the time of their second screen 43% had achieved BP control.



What is Body and Soul?

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- Body and Soul is a health program for African American churches
- It empowers church members to eat a healthy diet rich in fruits and vegetables every day for better health
- https://www.youtube.com/watch?v=fI2Q3TNGY_M&feature=player_detailpage

5 minute Break

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How does Body & Soul work?

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1. Pastoral Leadership
2. Educational Activities
3. A church environment that supports health eating
4. Peer Counseling



History of Body & Soul

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- Body & Soul is based on NCI funded research conducted in North Carolina (Black Churches United for Better Health) and at Emory University (Eat for Life Trial).
- The American Cancer Society and NCI worked with researches from UNC and Emory to translate this research into a program that could be delivered on a wide scale.

Why Body & Soul Works

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- Church “buy in” leads to a supportive environment
- Multiple components reinforce messages
- Motivational interviewing
- Attractive materials
- Activities that are fun
- It is about good food and good health!



The Four Pillars of Body & Soul

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- A pastor who is committed and involved
- Church activities that promote healthy eating
- A church environment that promotes healthy eating
- Peer counseling that motivates church members to eat a healthy diet

All four pillars must be in place to build an effective
Body & Soul Program

Pillar 1

A Pastor who is committed and involved

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The pastor is the spiritual
and organizational
leader of the church



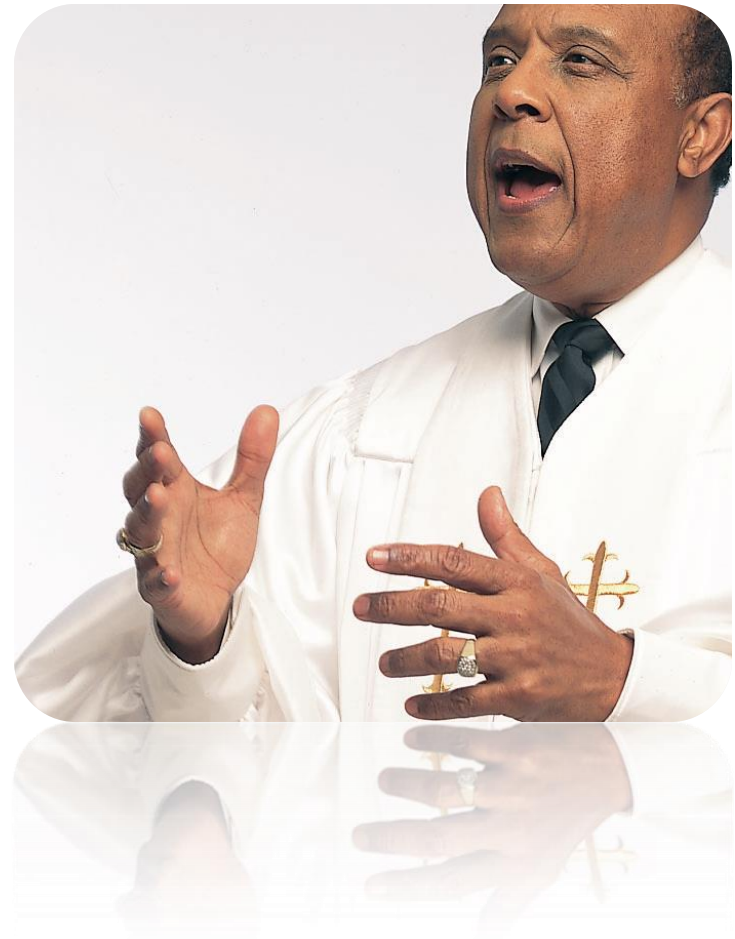
Pillar 1

A Pastor who is committed an involved

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Pastoral Support:

- Shows that the program is keeping with the mission of the church
- Helps church members see the link between physical health and spiritual well-being.



The Pastor's Role

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- Launch the Body & Soul program at a kick-off event. Sign “The Church’s Commitment to Good Health” pledge. Affirm the pledge before the congregation. (A sample pledge is included in Appendix B).
- Be a role model for the congregation by eating more fruits and vegetables every day.
- Deliver inspirational messages about the link between good health and spirituality. Include Bible verses that refer to healthy eating and living in sermons, church bulletins, and newsletters.
- Ask that more fruits and vegetables be served at church functions to help create a healthy church setting.
- Start a “Body & Soul Sunday” where the church focuses on health once a month.
- Recognize the Body & Soul Planning Team.
- Praise the church members who have improved their eating habits.

Pillar 2

Church activities that promote healthy eating

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Activities that encourage church members to eat more fruits and vegetables are the heart of Body & Soul



Pillar 2

Church activities that promote healthy eating

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Church-wide activities:

- ▣ Teach church members about health
- ▣ Give them the opportunity to try new types of fruits and vegetables
- ▣ Learn skills they can use to change their eating habits



Pillar 2

Church activities that promote healthy eating

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Body & Soul activities can include:

- ▣ Workshops
- ▣ Cooking Demonstrations
- ▣ Taste tests
- ▣ Gadget Parties
- ▣ Others???



Pillar 2

Church activities that promote health eating

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- Body & Soul:
 - Begins with a kick-off event to set the tone for the program
 - Include ongoing activities to inform and inspire the congregation
 - Celebrates the congregations' attempt to improve its' health



Pillar 3

A Church Environment that promotes healthy eating

31

With Body & Soul, the church

- ▣ Sets a good example
- ▣ Models healthy eating practices
- ▣ Serves more fruits and vegetables



“We made a policy: no more danishes in Sunday school”

Body & Soul Coordinator, Virginia

Pillar 3

A church environment that promotes healthy eating

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Serving healthier foods at church demonstrates:

- The church “practices what it preaches”
- The church’s commitment to congregational health
- That healthy eating is a part of church life

An Example from Georgia

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A Georgia church asked a dietitian to train the church kitchen committee to prepare healthier dishes. They focused on using more fruits and vegetables and reducing the fat in traditional recipes.

The committee improved meals they served to the congregation. They also made healthier meals for the soup kitchen, shut-ins, and special events.

Pillar 4

Peer Counseling that motivates members to eat a healthy diet

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With Peer Counseling:

- ▣ Members talk with other members about healthy eating
- ▣ The counselors acts as coaches



Pillar 4

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- In peer counseling church members:
 - ▣ Sign up to talk to a trained volunteer counselor from the church
 - ▣ Learn about how healthy eating relates to life goals and personal values
 - ▣ Develop a personal action plan

Pillar 4

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- Peer Counselors:
 - ▣ Are church volunteers
 - ▣ Have experience or background in a helping profession
 - ▣ Are trained in a technique called 'motivational interviewing'

Pillar 4

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□ Peer Counselors

- Use open, supportive and non-judgmental communication
- Do not give advice
- Helps members overcome their own barriers and find their own motivation to change

Pillar 4

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- The peer counseling component:
 - Offers one-on-one assistance to members
 - Helps them fit healthy eating into their lives
 - Adds a personal touch to the program

Grant Award

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- The Mid-Shore Health Improvement Coalition was given a grant from the Community Health Resources Commission
- May-November 2012

Church Recruitment

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- 3 churches per 5 counties (15) representing 1,500 people
- MOTA, Local Health Department Coalitions
- Churches given:
 - Application form
 - Program summary

Application criteria

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- Agrees to the following:
 - Designate 1-3 health coaches
 - Attend training (pastor and health coaches)
 - Schedule and promote health risk assessments
 - Develop healthy food policy
 - Considers other health promoting policies/supports
 - Attend post-event celebration
 - Be featured in reports, media if applicable

Selected Churches

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Caroline County (3)

- Trinity AME Church
- Abrams Memorial
- Union Bethel AME Church

Dorchester County (2)

- St. Luke United Methodist Church
- Cambridge Church of Christ

Kent County (4)

- Mt. Olive AME Church
- Bethel AME Church
- Grave's Chapel AME Church
- The Potter's House Ministries

Queen Anne's County (4)

- New Life Community United Methodist Church
- Chester/ Stevensville Charge
- Bethel AME Church
- Abundant Life Restoration Center

Talbot County (3)

- Scott's United Methodist Church
- New St. John's United Methodist Church
- Union Baptist Church

Congregation

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- There are approx. 1,500 in the 16 church congregations
- Goal- Reach $2/3$ or **1,000 people**

Kick-Off Event

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- Schedule for August, September or early October
- All kick-off's (and health risk assessments) need to be completed by first week of October
- Local Health Departments and Technical Assistance staff may assist if requested
- Health Coaches can help with questionnaires, take heights and weights, and waist measurements

Health Risk Assessments

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- Confidential Health Questionnaires
- Weight/Height (BMI)
- Waist Circumference
- Blood Pressure

- Given:
 - ▣ Pedometer
 - ▣ Walking log
 - ▣ Know your #s wallet card
 - ▣ Down Home Healthy Cookbook
 - ▣ Tips for Healthy families
 - ▣ 8 Weeks to Wellness book

Personal Report

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Wellness Score

Your overall Wellness Score is based on the number of key wellness indicators you currently meet. Each wellness factor is weighted (see list on right) with an overall possible score of 100.

A score of 80 or more indicates doing well. A score of less than 60 indicates improvement is needed.



Your overall wellness score is 42/100.

This puts you in the

"Needs Improving" category!

Progress Chart (Wellness Scores)



Previous Wellness Scores:
02/02/2010 42

Resource Links:

Learn how to make changes to improve your health.

- www.wellscore.com/overall
- http://customer_custom_link

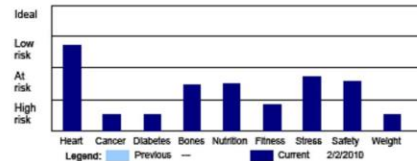


PERSONAL WELLNESS PROFILE™

Advantage

Wellness Overview

This graph gives you a quick overview of how you are doing in these major areas of health. See the following reports for more detailed information.



Key Wellness Indicators (✓ = doing well, ✗ = major risk)

Doing Well:

	Your Wellness points	Possible points
✓ Fruits and veggies – keep eating 4 Cups daily.	4	5
✓ Alcohol – if you drink, limit yourself to 1 drink/day.	5	5
✓ Car safety – always buckle up and no alcohol for driver.	5	5
✓ Sick days – had less than 4 sick days last year.	5	5
✓ Health perception – you perceive your health to be "very good."	3	4

Improvement Opportunities to Consider:

	Your Wellness points	Possible points
✓ Physical activity – aim for 30+ min, 5+ days/week.	2	9
✓ Smoking – stopping smoking would be a great health boost!	0	9
✓ Healthy weight – aim for BMI <25 or lose 10-15 pounds.	1	7
✓ Whole grains – aim for 3+ servings daily.	2	5
✓ Saturated fats – limit animal and solid fats.	2	5
✓ Cholesterol unknown – get it checked (less than 200).	—	7
✓ Blood pressure – aim for less than 120/80.	5	7
✓ Glucose – aim for less than 100 mg/dL fasting.	0	7
✓ Mental outlook – get help if needed.	3	5
✓ Sleep – aim for at least 7-8 hours daily.	3	5
✓ Coping skills – deal with stress in your life.	0	5
✓ Preventive exams – see Medical Follow-up page for guidelines.	2	5
Total Wellness Points	42	100

Your "Health" Age

According to your health habits, your health age is 56.6 even though you report being 50. You are 6.6 year(s) older than you thought.

By following the recommendations above you could add at least another 13.7 year(s) to your life expectancy! See details in the following reports.



- Each individual receives a detailed 14-page report 1-2 weeks after taking their Health Risk Assessment

Physician Summary Report

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Personal Wellness Profile

Physician Summary Report

Joe Concise
555 Oak St.
Portland, OR 97015

ID#
PCP -
INS -

Profile Date: 4/27/2007
Phone:
Birthdate:

Understanding Your Wellness Scores



Preventive Exams

Recommended (not current)
Bowel exam or flexible sigmoidoscopy

Immunizations:
All immunizations current

Healthy Habits

Lifestyle habits - doing well

Does aerobic exercise regularly
Eats breakfast daily
Eats low-fat food choices
Eats mainly whole grains
Gets seven to eight hours sleep most nights
Always uses correct lifting techniques
Seems to be coping very well with stress

Existing Problems

Current Symptoms
Unusual shortness of breath
Trouble sleeping lately

Health History

Personal Health History

Asthma
Cancer, other (not specified)
High blood pressure (140/90+) (Rx)
Sciatica, chronic back problem

Family Health History

Breast cancer
Diabetes

Major Risk Factors and Health Findings

Body Composition
Ht: 56 in, Wt: 163 lbs, BMI: 26.3
% Fat: 19.0%, Waist: 40 in

Risk Factors
Elevated/high blood pressure (129/84)
Elevated blood glucose
Seldom wears a seat belt

Blood Tests

Blood lipids:
Total cholesterol 175 mg/dl
LDL cholesterol 129 mg/dl
HDL cholesterol 45 mg/dl
T-Chol/HDL Ratio 3.9
Triglycerides 140 mg/dl
* Glucose fasting 108 mg/dl

* Outside recommended levels

Educational Issues

Health Interests
("Do NOT notify me...")
Nutritional concerns
Less than five servings of fruit and vegetables per day

Readiness to Change

Physical activity
Good eating habits
No smoking/tobacco use
Maintain healthy weight
Handle stress well
Alcohol moderation
Healthy lifestyle

Contemplative
Precontemplative
Precontemplative
Contemplative
Precontemplative
Precontemplative
Planning

Health Status

Self-rated health status
My overall health is fair

Health Status Questionnaire (HSQ)
Physical Composite Score (PCS): 47.5
Mental Composite Score (MCS): 33.5
Note: PCS, MCS score over 50 is desirable

- To coordinate care with local Primary Care Providers, a summary report is sent if individual gives permission

On-site Health Coaching

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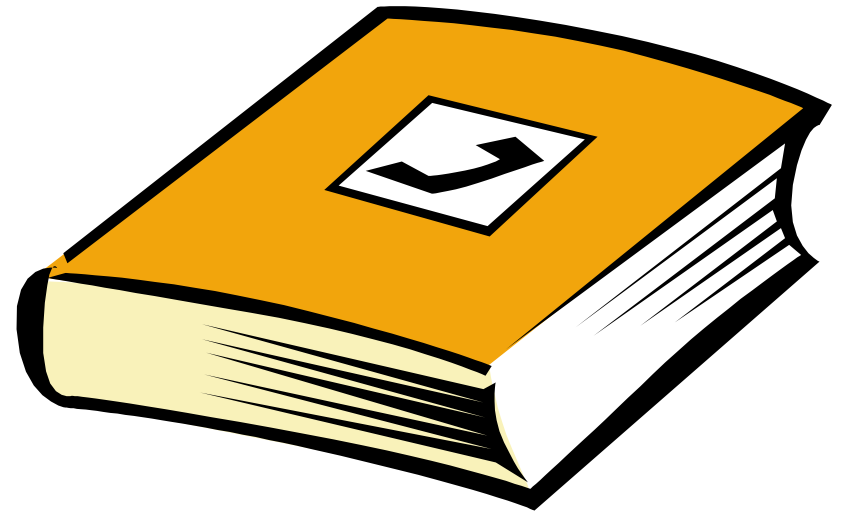
Led by trained church members

- Checking weights and/or blood pressures
- Providing resources for healthy eating and living using Regional Resource Guide
- Leading '8 weeks to Wellness' Classes
(an instructor's manual will be provided)
- Encouraging members to eat more fruits and vegetables

Regional Resource Directory

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- ☐ Fitness
- ☐ Farmers Markets
- ☐ Health Insurance
- ☐ Cancer Screenings
- ☐ Support Groups
- ☐ Stress Reduction
- ☐ Weight Management
- ☐ STD, HIV
- ☐ Family Planning
- ☐ Mental Health
- ☐ Addictions
- ☐ Senior Services
- ☐ Family Support Services
- ☐ Diabetes Management
- ☐ Primary Care Providers/Clinics
- ☐ Etc.

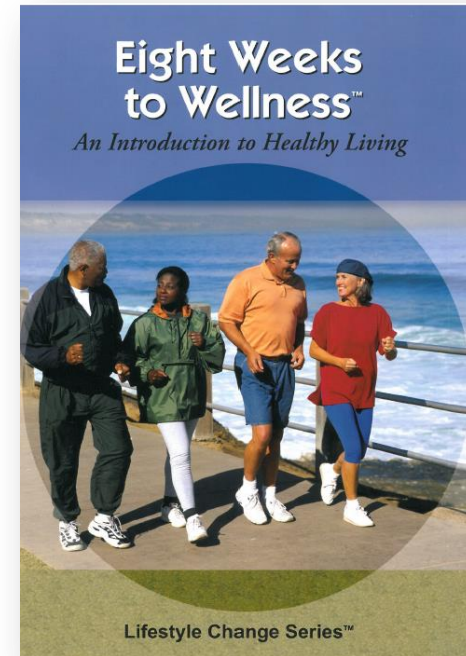


Guided Health Program

‘Eight Weeks to Wellness’

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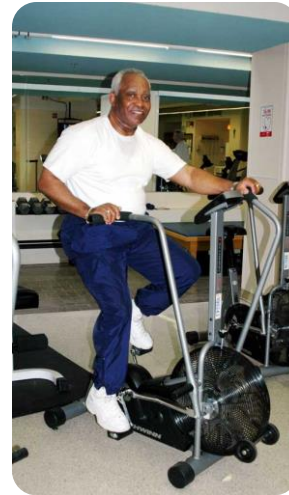
- Developing a Healthy Lifestyle
- Becoming More Physically Active
- Choosing Healthy Fats
- Choosing Healthy Carbohydrates
- Achieve/Maintain a Healthy Weight
- Enhancing the Mind/ Body Connection
- Coping with Stress
- Getting Preventive Checks



A Healthier Church

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- ❑ Starting a CSA share
- ❑ Offering on-site fitness opportunities
- ❑ Creating and promoting healthy food policies for church sponsored celebrations
- ❑ Offering cooking demonstrations
- ❑ Schedule taste testing
- ❑ Organizing walking groups
- ❑ Hosting Guest Speakers
- ❑ Leading weekly health classes
- ❑ Organizing healthy recipe competitions



E-Newsletters

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- Local/ Regional Events
- Success Stories
- Tips and Tools for Healthy Living

Fall Celebration

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Recognition

Recognition for each church

Recognition to each health coach

Awards

Awards to participants

- ❑ Nominated by church, 1 from each to be 'Health Stars'

Awards to church

- ❑ Best Participation
- ❑ Most Supportive Church Environment



Supplies given to Churches

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- Body & Soul banner
- Binders with printables
- Blood Pressure Kits
- Scales
- Tape Measurers
- Health Questionnaires
- Pencils
- Pedometers
- Folding Privacy Screen
- Cookbooks
- Know your #s Pocket Cards
- Walking Logs
- 8 weeks to Wellness Manuals
- 3-sided display board for Final celebration
- Regional Resource Guide

Technical Assistance Support

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- Delivering Supplies
- Assisting in Kick-off event (if requested)
- Collecting completed health questionnaires
- Printing personal reports
- Sending reports to primary care providers
- Compiling Regional Resource Directory
- Creating monthly e-newsletters
- Organizing Final Celebration
- Sharing Successes and advocating for services

5 minute break

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Next Steps

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- Identify Church Coordinator
- Convene planning team
- Set a kick-off date
- Schedule activities

Role of the Church Coordinator

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- Oversee all aspects of program planning and implementation
- Meet with the Technical Assistance staff to learn about program components
- Orient the Planning Team
- Ensure all four pillars are implemented

Role of Church Coordinator

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- Prepare a timeline and task list that shows who will be responsible for what.
- Make a list of resources needed for each activity.
- Ask community organizations to help with activities, materials, speakers, and food. (Examples: 4-H, Extension Service, grocery stores)
- Get the word out early and often. Promote events in the church bulletin, newsletter, and displays. (Examples: posters, bulletin board notices, banners)
- Offer door prizes for people who come to the activities.
- Be seen supporting Body & Soul. Appear at church services and functions.
- Maintain a tracking system to be sure each activity happens as planned.
- Keep a scrapbook (e.g., flyers, photos) so that the church has a record of its Body & Soul program.
- Schedule meetings between the Planning Team and pastor for feedback on how well the program is working.

Role of the Planning Team

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- Members can include:
 - ▣ Health Ministry
 - ▣ Kitchen committee
 - ▣ Sunday school teachers
 - ▣ Elders
 - ▣ Other health professional staff

"Everybody can be great because everybody can serve... You only need a heart full of grace and a soul generated by love."

Rev. Dr. Martin Luther King, Jr.

Planning Body & Soul activities

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- The planning team should
 - ▣ Keep a record of Body & Soul activities
 - ▣ Attend Body & Soul events
 - ▣ Monitor activities
 - ▣ Schedule regular meetings

Keeping Body & Soul Alive

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- Create a full health ministry. Bring in other health topics such as health screenings, preventing and managing chronic diseases, and substance abuse.
- Feature a Body & Soul article in the church newsletter.
- Set up a Body & Soul bulletin board in the church. Use it to post nutrition and health messages regularly.
- Include physical activity in church offerings. Walking groups and aerobics classes are two examples. One church has walking prayer meetings.
- Hold Body & Soul workshops every few months during the year.
- Create a Body & Soul ministry. Reach outside the church into the community or to other congregations.
- Invite nutrition or health support groups to meet regularly at the church.
- Include walking clubs and weight control programs.
- Expand Body & Soul into community services the church provides, such as the food pantry or Meals On Wheels.

You lift their spirits, now health improve their health

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“Whether therefore ye eat or drink, or whatsoever ye do, do all unto the glory of God.”

1 Corinthians 10:31

Contact information

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