

## LiveWell Greenville At Worship Best Practices

The LiveWell Greenville At Worship Best Practices are designed to assist your faith community in strengthening health and wellness efforts. They are intended to guide the leaders within your Health Ministry Team toward creating policy and environmental change and promoting healthy eating, active living, and tobacco cessation in your house of worship. Our ultimate goal is to help you *make the healthy choice the easy choice* for members of your congregation, and spark behavior change that will decrease the incidence of chronic disease.

### Why?

Faith Communities are a unique venue and an excellent vehicle to share health and wellness information and activities. Holistic attitudes already exist within faith communities – to care for the whole person.

### Health Ministry:

- Pastor has signed the LiveWell Greenville At Worship covenant.
- A lay individual in the congregation has been identified as the lead for organizing the Health Ministry Team.
- A Health Ministry Team, led by the individual mentioned above and approved by pastor, has been created.
- Health Ministry Team meets at least once per quarter to plan health ministry activities for the congregation.
- Health Ministry Team has broad representation from the congregation (seniors, youth, singles, men, women, etc).
- Pastor announces membership with LiveWell Greenville to congregation communicating the importance of policy around healthy eating, active living, and tobacco cessation.
- At least **20%** of total regular adult attendance has completed the LiveWell Greenville At Worship survey – pre and post surveys.
- The faith community will maintain dialogue with LiveWell Greenville by:
  - At least **one** representative attending each LiveWell Greenville Quarterly Workshop;
  - At least **one** representative attending the annual At Worship Summit.



## Health Communication:

- Congregation has at least **one** social support group dedicated to holistic wellbeing and/or health (i.e. weight management, walking club, exercise classes, etc.).
- Health is addressed as a faith issue at least **monthly** either in sermons, announcements, Bible study, other meetings, etc.
- Health information is shared at least **monthly** in print/e-materials (i.e. bulletins and church newsletters).
- Congregation has successfully implemented **all three** of their goals set by their health ministry team.
- Invite additional congregations to participate in LiveWell Greenville At Worship Quarterly Workshops, and to become a participating faith community.

## Healthy Eating, Active Living, & Tobacco Cessation:

- There is a congregational policy in place surrounding healthy eating.
- There is a congregational policy in place surrounding active living.
- There is a congregational policy in place that all buildings on church property are tobacco-free.
- Health Ministry Team reviews congregational menus to ensure consistency with congregational policies surrounding healthy eating.
  - Fruits and vegetables (fresh, frozen, canned in own juices) are offered at congregant meals.
- Water is provided as an option at all congregant meals, meetings, and events.

## Resources, Tools, & Guides

- LiveWell Greenville At Worship Toolkit – [www.livewellgreenville.org](http://www.livewellgreenville.org)
  - Healthy Catering Guide - <http://livewellgreenville.org/community-action/?select-action=at-mealtime-2>
  - Afterschool Healthy Eating Standards [adopted from HOST] - <http://livewellgreenville.org/wp-content/uploads/2014/10/OST-Appendix-C2-National-Afterschool-Association-Healthy-Eating-Standards.pdf>
  - LiveWell Near You Map - <http://livewellgreenville.org/livewell-near/>
  - Healthy Meetings Toolkit - <https://www.cspinet.org/nutritionpolicy/healthy-meeting.html>
  - Healthy Snack Guidelines - <http://livewellgreenville.org/wp-content/uploads/2015/04/Healthy-Snack-Resources.pdf>
- SC Department of Health and Environmental Control [educational resources] – [www.scdhec.gov](http://www.scdhec.gov)
- American Heart Association – [www.heart.org](http://www.heart.org)
- YMCA USA – HEPA Standards - [http://www.ymca.net/hepa?utm\\_source=ymcadotnet&utm\\_medium=right%20rail&utm\\_campaign=HEPA](http://www.ymca.net/hepa?utm_source=ymcadotnet&utm_medium=right%20rail&utm_campaign=HEPA)
- YMCA Greenville – [www.ymcagreenville.org](http://www.ymcagreenville.org)
- Eat Smart Move More SC – [www.esmmsc.org](http://www.esmmsc.org)
- American Cancer Society – [www.cancer.org](http://www.cancer.org)
- American Lung Association – [www.lung.org](http://www.lung.org)
- American Diabetes Association – [www.diabetes.org](http://www.diabetes.org)

