




# Faith and Health Resource Guide

## Connecting You to Health Resources

This Faith and Health Resource Guide is designed to help you easily identify health resources and programs that benefit your faith-based organization. It provides a program description, easy links to websites and examples for you to share with others.



The Faith and Health Resource Guide has been developed to provide the faith community with information that can be used in faith-based or community organizations to promote healthy behaviors. This resource guide is part of the SC Obesity Action Plan and supported through the work of the **SCale Down** Initiative. **SCale Down** is a collaborative initiative that engages key stakeholders in focused actions to achieve the objectives outlined in the South Carolina Obesity Action Plan. For more information, visit [scaledown.org](http://scaledown.org).

While this guide is in no way intended to be an exhaustive list, it is meant to assist those seeking successfully implemented programs and initiatives to use as models for their own efforts. The guide will be updated annually. If there are resources that you have used and would like to be considered for future updates please send that information to [CHInfo@dhec.sc.gov](mailto:CHInfo@dhec.sc.gov).

**Toolkit supported by:**

South Carolina Department of Health  
and Environmental Control (DHEC)  
Bureau of Community Health and  
Chronic Disease Prevention

# Introduction

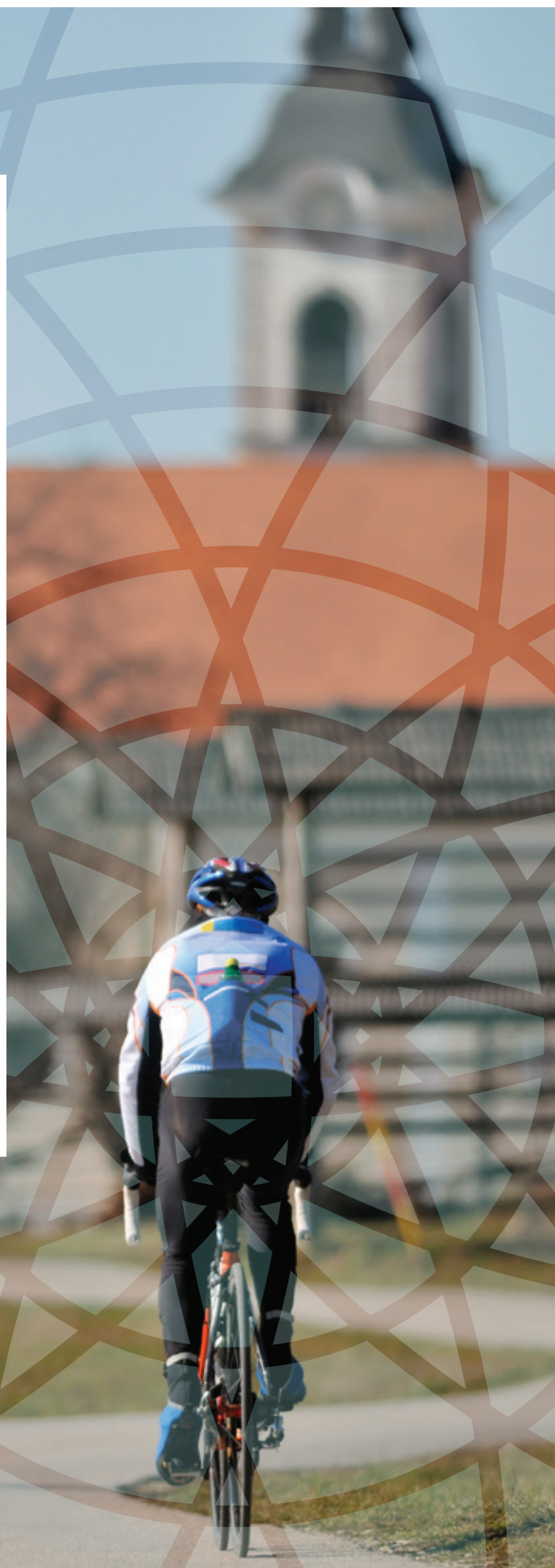
## How to use this guide:

This resource guide is divided into 3 sections

1. General guides and training opportunities that may be helpful as you develop your Health Ministry Program.
2. National tools and resources that help you plan, implement and track your programs focused on improving the health of your congregation and community.
3. South Carolina tools and resources to connect you to local programs and coalitions.

## Why focus on faith communities?

Many faith-based organizations are implementing health practices to send a message that health is important. Faith communities provide social support, community leadership and reinforcement that helps members make lifestyle changes to achieve and maintain a healthy weight and prevent the development of chronic diseases, such as heart disease and diabetes.



# Health Ministry Programs

Studies show that enhancing our physical and social environments where we live, work, worship and play can improve health. These general guides and training opportunities address nutrition, physical activity and tobacco-free living. Start your health ministry today!

**Protect your body. Protect your temple.  
Protect yourself and your loved ones with  
healthy habits.**

[www.scdhec.gov/minority](http://www.scdhec.gov/minority)

This toolkit provides African American faith-based organizations with ideas and resources to help plan, develop and implement health related programs and activities focusing on physical activity, nutrition and tobacco use prevention. The toolkit includes education and awareness activities, best practices and model policies to support healthy lifestyles. The Office of Minority Health has developed church bulletin inserts focusing on minority health issues affecting African Americans. The inserts contain educational messages focusing on risk factors and the six (6) priority health disparity areas that disproportionately affect the African-American community. (Cardiovascular Disease, Cancer, Diabetes, HIV/AIDS, Infant Mortality and Adult Immunizations).

**Created by:** DHEC

**Cost:** No cost

## Soulfully Fit

The Soulfully Fit Health Ministry Toolkit Training is a 2–3 hour training on how to develop or enhance a faith-based health ministry. The training and toolkit address the benefits of a health ministry, developing a health ministry, conducting an assessment, planning and implementing activities, developing partnerships and identifying community resources and reporting guidelines.

**Contact:** Suzette McClellan at [mcclclcs@dhec.sc.gov](mailto:mcclclcs@dhec.sc.gov) on how you can become a Soulfully Fit faith-based organization.

**Created by:** DHEC

**Cost for materials and/or training:** No cost

**Minimum # of participants:** 5

**NOTE:** Currently only available in Chesterfield, Clarendon, Darlington, Dillon, Florence, Georgetown, Horry, Lee, Marion, Marlboro, Sumter and Williamsburg counties.

# National Tools and Resources

These health information, promotion and education tools are designed to help you plan, implement and track your programs focused on improving the health of your congregation and community.

## HEART DISEASE AND STROKE

### Power to End Stroke...You are the Power

[www.powertoendstroke.org](http://www.powertoendstroke.org)

Heart disease and stroke are major health risks for all people. African Americans are at particularly high risk. Power to End Stroke is an education and awareness campaign that was created to help reduce stroke and risk of stroke. The American Heart Association has developed tools to make getting involved and spreading the word about heart and brain health a lot easier. Under the "Tools" menu you will find downloadable resources including the Power Sunday Toolkit, Family Reunion Toolkit and Family Tree History, designed to assist places of worship in organizing activities and programs to reduce the risk of stroke.

**Created by:** The American Heart Association/American Stroke Association

**Cost:** Free

## HEART DISEASE AND STROKE

### The Heart Truth Faith-Based Toolkit

[www.nhlbi.nih.gov/health/educational/hearttruth](http://www.nhlbi.nih.gov/health/educational/hearttruth)

To make women more aware of the danger of heart disease, the National Heart, Lung and Blood Institute (NHLBI) is sponsoring a national program called The Heart Truth® in partnership with many national and community organizations. The program includes a faith-based activities toolkit that contains ideas and resources you can use to conduct activities to promote The Heart Truth® for women. Program background information, faith-based resources and other promotional and educational materials as well as the activity ideas contained in this kit can help you formulate a plan for your own faith-based program.

**Created by:** National Heart, Lung and Blood Institute

**Cost:** Free



## DIABETES

## Small Steps. Big Rewards. Your GAMEPLAN to Prevent Type 2 Diabetes.

[ndep.nih.gov/publications/PublicationDetail.aspx?PubId=71](http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=71)

Millions of Americans are at risk for diabetes, a serious and costly disease that has reached epidemic proportions in the past 10 years. The good news is type 2 diabetes can be prevented or delayed. The National Diabetes Education Program has created campaign messages and materials for people at risk for diabetes, including those at highest risk: African Americans, Hispanic and Latino Americans, Native Americans and Alaska Natives, Asian Americans and Pacific Islanders, women with a history of gestational diabetes and older adults. *The Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention*, a companion curriculum to *Small Steps. Big Rewards*, is available at <http://ndep.nih.gov/media/power-to-prevent-508.pdf>. Use this curriculum to guide your congregation in the use of the NDEP tools and to help them support one another in making changes toward a healthier lifestyle.

**Created by:** The National Diabetes Education Program in partnership with the US Department of Health and Human Services National Institutes of Health and the Centers for Disease Control and Prevention

**Cost:** Free downloadable materials

HEALTHY  
EATING ACTIVE  
LIVING

## Eat Smart Move More North Carolina

[www.faithfulfamiliesesmm.org](http://www.faithfulfamiliesesmm.org)

The Options for Action for the faith community contains a unique set of goals, objectives and tools to guide obesity prevention efforts. The tools include *African-American Churches Eating Smart and Moving More: A Planning and Resource Guide* – providing assistance to faith-based organizations when planning, promoting and implementing programs for health and wellness. The guide contains sample policies and resources that promote increasing fruits, vegetables and other healthy foods in the diet and increasing physical activity. The Faithful Families *Eating Smart and Moving More* resource promotes healthy eating and physical activity in communities of faith.

**Created by:** North Carolina State University

**Contact:** Annie Hardison-Moody at [amhardis@ncsu.edu](mailto:amhardis@ncsu.edu)

**Cost:** Faithful Families kits are \$100 each, plus \$8 per kit for shipping.

**Note:** Local assistance for Faithful Families Eating Smart and Moving More can be provided by Eat Smart Move More South Carolina. Please go to [www.eatsmartmovemore.org](http://www.eatsmartmovemore.org) for more contact information. Visit [www.eatsmartmovemore.org/community-action/resources/faith-based](http://www.eatsmartmovemore.org/community-action/resources/faith-based) for additional free, downloadable materials for the faith community.



HEALTHY  
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## Congregation to Community: Shared Use by North Carolina Faith-Based Organizations

[changelabsolutions.org/publications/congregation-community](http://changelabsolutions.org/publications/congregation-community)

Shared use – also called “joint use” and “community use” – traditionally occurs when government entities or other organizations agree to open access to their facilities for community use. Faith-based organizations can do this as they often have recreational facilities that are not in continual use. North Carolina congregations are successfully embracing shared use as a way to create more opportunities for physical activity and enhance the health of both congregants and community members. *Congregations to Community* will guide you through the process about how your faith-based organization can play an important role in improving the health and well-being of your congregants and community by opening up recreational facilities for general use by community residents.

**Created by:** North Carolina Division of Public Health

**Cost:** Free downloadable toolkit

HEALTHY  
EATING ACTIVE  
LIVING

## Live Healthy in Faith: A Faith Community Guide to Promoting Nutrition and Physical Activity

[www.livehealthyloraincounty.com/cms/files/File/faithbased%20toolkit.pdf](http://www.livehealthyloraincounty.com/cms/files/File/faithbased%20toolkit.pdf)

Georgia’s Nutrition and Physical Activity Initiative developed a “Live Healthy in Faith” toolkit for faith community health promotion programs focusing on nutrition and physical activity. The toolkit includes guidelines for developing a health committee, instructions for assessment, suggestions for policy and environmental changes, selected health promotion programs and month-by-month ideas for nutrition and physical activity.

**Created by:** Georgia’s Nutrition and Physical Activity Initiative

**Cost:** Free downloadable toolkit

HEALTHY  
EATING ACTIVE  
LIVING

## Starting a Community Garden

[www.clemson.edu/extension/hgic/plants/vegetables/gardening/extension\\_community\\_garden.pdf](http://www.clemson.edu/extension/hgic/plants/vegetables/gardening/extension_community_garden.pdf)

There are many good reasons to consider starting a community garden with your faith-based organization. Some of the most common are to help those in need, provide a positive youth activity and to promote locally grown food that can be used to encourage healthy eating habits among the congregation. This guide provides information on how to start a community garden, planning before planting and other resources for successful gardens.

**Created by:** Clemson Cooperative Extension

**Cost:** Free downloadable guide

HEALTHY  
EATING ACTIVE  
LIVING

## Body and Soul

[rtips.cancer.gov/rtips/](http://rtips.cancer.gov/rtips/)

Church-based nutrition programs offer a unique opportunity to increase fruit and vegetable consumption among African Americans. Black Churches United for Better Health and Eat for Life are two nutrition education programs that have been tested and work. The program combines the effective components from the Black Churches United for Better Health and Eat for Life programs. The components include church-wide nutrition activities, such as: planning a kick-off event, forming a project committee, conducting nutrition events and making policy changes.

**Created by:** National Cancer Institute, US Department of Health and Human Services and the National Institutes of Health

**Cost:** Free downloadable resources

HEALTHY  
EATING ACTIVE  
LIVING

## Walk to Jerusalem/Walk to Bethlehem

[www.stjohnprovidence.org/walktojerusalem](http://www.stjohnprovidence.org/walktojerusalem)

St. John Providence Health System has created two walking programs, combining exercise with devotions. The Walk to Jerusalem and Walk to Bethlehem programs are designed to improve the physical and spiritual health of members of the faith community. Individuals log their progress each week as they take an imaginary trip to Jerusalem - from January to Easter or Bethlehem - from September to Christmas. There are new and expanded versions of both programs that include new devotions and information for various age groups, countries and cultures.

**Created by:** St. John Providence Health System

**Cost:** Basic program materials start at \$35; call 1-888-440-7325 for more details.

HEALTHY  
EATING ACTIVE  
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## Walk With Ease

[www.scdhec.gov/arthritis/LifeImprovementPrograms](http://www.scdhec.gov/arthritis/LifeImprovementPrograms)

The Walk with Ease program was designed by the Arthritis Foundation for people with arthritis, but is also an effective program for people without arthritis who would like to begin a regular walking program. The eighteen one-hour sessions meet three times per week for six weeks. The program can be modified to meet the needs of the participants. Sessions are offered at sites in communities across the state. Someone from your organization can start a group by participating in the program's online training curriculum.

**Created by:** The Arthritis Foundation

**Cost:** Ranges from free to a nominal charge depending on the site offering the program

**Note:** The online training is currently offered through the Aerobics and Fitness Association of America (AFAA) for a fee of \$79. For more information or to register for the training, visit [www.afa.com/arthritisfoundation.htm](http://www.afa.com/arthritisfoundation.htm). Once online training is complete, you must contact DHEC Division of Healthy Aging at (803) 898-0760 to finalize the certification process.

HEALTHY  
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## American Heart Association

[www.startwalkingnow.org/](http://www.startwalkingnow.org/)

Walking is considered a good source of physical activity for improving overall health. Walking can also promote weight loss, depending on the intensity and duration of the workout. The American Heart Association has created a comprehensive online resource that provides information for individuals and groups on the benefits of walking, how to create a walking club, where to find a walking path and healthy eating options to compliment your walking program. There is also an online tracking tool for participants to log their times and distances, save walking routes and enter their daily food intake.

**Created by:** The American Heart Association

**Cost:** Free downloadable resources and online tracker registration

HEALTHY  
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LIVING

## Better Choices Better Health

[www.scdhec.gov/arthritis/LifeImprovementPrograms](http://www.scdhec.gov/arthritis/LifeImprovementPrograms)

Any adults in your organization who have ongoing health conditions including arthritis, diabetes, heart disease, depression or high blood pressure can take advantage of a Better Choices, Better Health workshop. The workshops address practical ways to deal with pain and fatigue and discover healthier eating and exercise choices. The two and a half hour sessions are conducted once a week for six weeks by a trained volunteer. You can contact DHEC Division of Healthy Aging at (803) 898-0760 for details on group leader training, or go to [www.scdhec.gov/arthritis/LifeImprovementPrograms](http://www.scdhec.gov/arthritis/LifeImprovementPrograms) to find a program in your area.

**Created by:** The Arthritis Foundation and the National Council on Aging

**Cost:** Ranges from free to a nominal charge depending on the site offering the program



**HEALTHY  
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## Congregational Health Index

[www.faithandwellness.org/CHI/congregational-health-index.html](http://www.faithandwellness.org/CHI/congregational-health-index.html)

The Congregational Health Index (CHI) is a survey tool that congregations can use to assess current activities and opportunities for change for physical activity and healthy eating. The CHI was based on the Centers for Disease Control and Prevention's School Health Index and their School Wellness Policy work. The index focuses on policies and guidelines for congregation wellness. Congregations can work through the CHI questions and develop a plan to fit the unique characteristics of their congregation.

**Created by:** Ecumenical Ministries of Oregon – Interfaith Food and Farms Partnership

**Cost:** Free downloadable guide

**WEIGHT  
LOSS**

## Weigh Down Ministries

[www.weighdown.com](http://www.weighdown.com)

Weigh Down Ministries is a faith-based weight loss program that teaches participants to utilize the body's natural cues to determine hunger and fullness. The program also teaches portion and volume control. The program consists of a series of online educational and motivation seminars.

**Created by:** Gwen Shamblin

**Cost:** Some video and audio instructional materials are available for free on their website, along with other information available for purchase.

**TOBACCO  
CESSATION**

## Tips from Former Smokers

[www.cdc.gov/tobacco/campaign/tips/partners/faith](http://www.cdc.gov/tobacco/campaign/tips/partners/faith)

Faith-based organizations play an important role in stopping or preventing tobacco use among its members. The webpage on the Centers for Disease Control and Prevention's website includes simple steps and downloadable resources you can use to promote a healthier, tobacco-free lifestyle.

**Created by:** Centers for Disease Control and Prevention

**Cost:** Free downloadable materials

**TOBACCO  
CESSATION**

## Pathways to Freedom

[www.savingblacklives.org/cessation/pathways](http://www.savingblacklives.org/cessation/pathways)

The African American Tobacco Control Leadership Council provides information on their website about the dangers of tobacco use and its effect on the African American community. One of the cessation resources that it offers is a free, downloadable copy of the manual *Pathways to Freedom*, a guide designed to give members of the African American faith community the information and solutions to stop smoking or using tobacco products.

**Created by:** United States Department of Health and Human Services and the Centers for Disease Control and Prevention

**Cost:** Free downloadable guide

TOBACCO  
CESSATION

## National Cancer Institute

[www.smokefree.gov/free-resources](http://www.smokefree.gov/free-resources)

This site provides free, accurate, evidence-based information and professional assistance to help support the immediate and long-term needs of people trying to quit smoking. The list of resources includes information to assist seniors, pregnant women, African Americans, smokers who recently quit and others interested in breaking the tobacco habit.

**Created by:** National Cancer Institute

**Cost:** Free online and downloadable materials

HEALTHY  
CHOICES

## MyPlate

[www.choosemyplate.gov](http://www.choosemyplate.gov)

The United States Department of Agriculture provides practical information to individuals on how to build healthier diets and live healthier lives through a user-friendly website. As Americans are experiencing high rates of overweight and obesity, the online resources and tools can empower people to make healthier food choices and learn how to incorporate physical activity into their lives. Programs are designed for individuals, families and children. The website includes a number of printable and free materials designed to help adults and children live healthier lifestyles. Materials are available in Spanish.

**Created by:** United States Department of Agriculture

**Cost:** Free

HEALTHY  
CHOICES

## Let's Move

[www.letsmove.gov](http://www.letsmove.gov)

Let's Move! is an effort dedicated to solving the challenge of childhood obesity within a generation so that children born today will grow up healthier. Let's Move! is about putting children on the path to a healthy future during their early years. This website provides helpful information and tips for parents, children, community leaders and more on how to eat well and stay fit. The Let's Move! Faith and Communities toolkit is full of resources and guidance on how faith-based and neighborhood organizations can initiate, expand and coordinate activities that make communities a place of wellness for children and their families.

**Created by:** First Lady Michelle Obama

**Cost:** Free

HEALTHY  
CHOICES

## CDC Breastfeeding Materials

[www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)

Research has shown that breastfeeding is recognized as the best source of nutrition for most infants. Faith-based organizations should consider supporting a mother-friendly environment in which nursing mothers feel comfortable with the decision to breastfeed their baby. The Centers for Disease Control and Prevention has created The CDC Guide to Strategies to Support Breastfeeding Mothers and Babies. This guide offers relevant information for various setting including places of worship.

**Created by:** Centers for Disease Control and Prevention

**Cost:** Free

HEALTHY  
CHOICES

## It's Only Natural

[www.womenshealth.gov/itsonlynatural](http://www.womenshealth.gov/itsonlynatural)

The U.S. Department of Health and Human Services of Women's Health has developed a website designed to help African-American women and their families understand the health benefits of breastfeeding—not just for babies, but for moms too. The site provides facts and practical tips on how to plan for and fit breastfeeding into your life, overcome challenges and find support.

**Created by:** United States Department of Health and Human Services

**Cost:** Free

HEALTHY  
CHOICES

## National Health Information Center

[www.healthfinder.gov/nho](http://www.healthfinder.gov/nho)

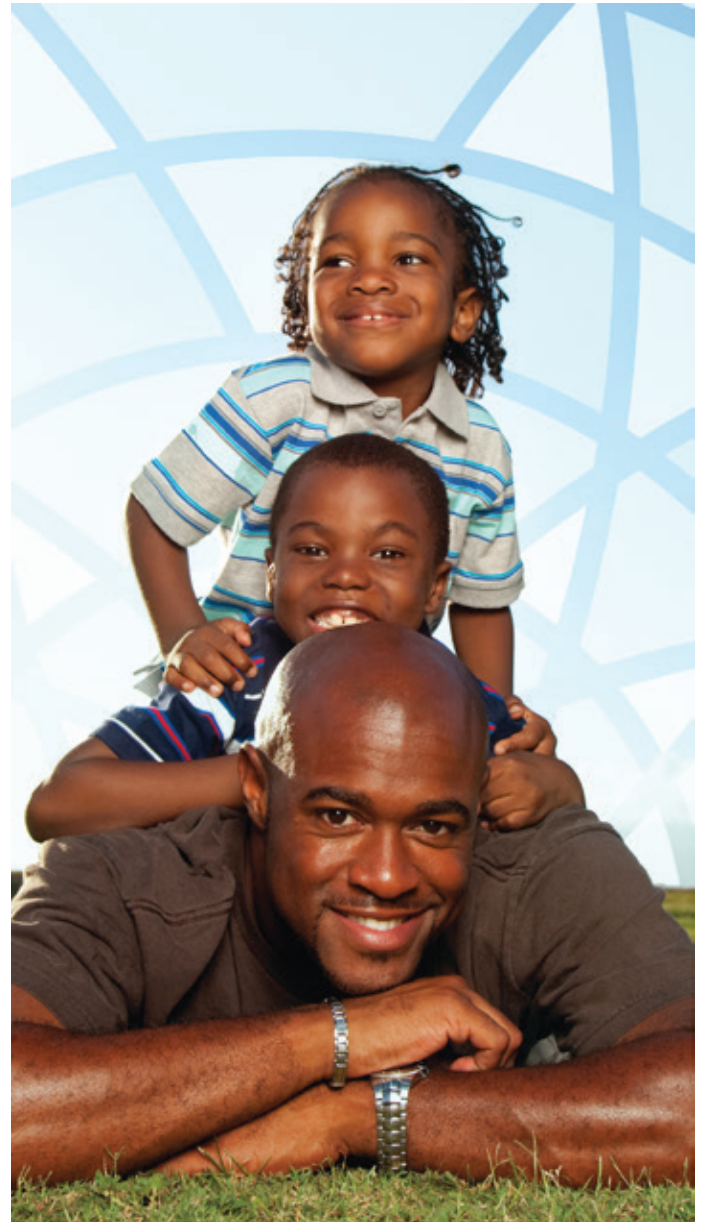
National health observances are special days, weeks or months dedicated to raising awareness about important health topics. You can use these observances to educate your congregants and the community about:

- health risks
- organizing successful health promotion events and campaigns
- providing new ideas, information and resources on health topics of interest.

For a comprehensive listing of these observances and online resources, visit the United States Department of Health and Human Services National Health Observances website.

**Created by:** United States Department of Health and Human Services

**Cost:** Free



# South Carolina Tools and Resources

These health-based tools and resources are provided to help connect you to local programs and coalitions.

## Eat Smart Move More South Carolina

[www.eatsmartmovemoreesc.org](http://www.eatsmartmovemoreesc.org)

Eat Smart Move More South Carolina (ESMMSC) focuses its efforts on Making the Healthy Choice the Easy Choice. ESMMSC is dedicated to positively impacting the health of all South Carolinians by promoting healthy eating and active living where we live, learn, work, pray and play. ESMMSC does this by partnering with community leaders and focusing on policy, systems and environmental changes that influence people to make healthy choices. Many faith-based communities in South Carolina are supporting efforts to improve health. Visit [EatSmartMoveMoreSC.org](http://EatSmartMoveMoreSC.org) to find and join a local coalition near you.

## ESMMSC Let's Go!

[www.letsgosc.org](http://www.letsgosc.org)

Let's Go! is a resource developed by ESMMSC to provide a resource of healthy options in your community. Communities across South Carolina are making it easier for people to eat healthier and get moving. Go to [www.letsgosc.org](http://www.letsgosc.org) for information that will help you eat smart, move more and take advantage of your community's parks, trails, farmer's markets and other resources.

## South Carolina Tobacco Free Collaborative

[www.sctobaccofree.org](http://www.sctobaccofree.org)

The South Carolina Tobacco Free Collaborative is a statewide assembly of the leading health organizations, community coalitions and businesses committed to reducing the toll of tobacco use in South Carolina by providing resources and information on tobacco related policies to advocates, lawmakers and concerned citizens. Visit the site for an example of the model Tobacco-Free Policy for Faith-Based Organizations, designed to provide a safe, healthy environment for congregation members, employees, visitors and community residents. The site also provides an up-to-date listing of smoke-free communities, colleges and universities in the state.

## Hold Out the Lifeline

[www.holdoutthelifeline.org](http://www.holdoutthelifeline.org)

Hold out the Lifeline (HOTL) is an organization that assists and enables religious congregations and communities to work alone or with agencies and other organizations for the purpose of improving the health and well-being of families in South Carolina. One resource developed by HOTL and Mothers Eliminating Secondhand Smoke is a program to reduce secondhand smoke exposure within faith communities.

## Faith in Action

The Faith in Action Network partners with faith-based organizations through memorandums of agreement. The network utilizes outreach tools such as church bulletin inserts, advocacy training and grant programs to educate their faith partners about various chronic disease related issues.

## Tobacco Quitline

[www.scdhec.gov/quitforkeeps](http://www.scdhec.gov/quitforkeeps)

**Call 1-800-QUIT-NOW (1-800-784-8669)**

The S.C. Tobacco Quitline is a free counseling service that helps South Carolina smokers and tobacco users quit. Services include: one-on-one coaching on phone or web-based counseling and support, development of a personalized quit plan and free nicotine patches, gum and lozenges to South Carolinians without health insurance.

## The Faith, Activity, and Nutrition Program

[www.health-e-ame.com/fan.htm](http://www.health-e-ame.com/fan.htm)

The Faith, Activity, and Nutrition (FAN) Program was developed through a partnership between South Carolina universities and the 7th Episcopal District of the African Methodist Episcopal (AME) Church. The program is included in the National Cancer Institute's Research Tested Intervention Programs because of its success in increasing physical activity and fruit and vegetable intake in members in a five-year randomized trial (<http://rtips.cancer.gov/rtips/programDetails.do?programId=10977999>). Although FAN was designed for AME church members, the training and tools that are provided online can assist any denomination or group interested in promoting healthier member behaviors and healthier church environments. FAN helps churches make changes to the church environment, including providing opportunities for physical activity and healthy eating, providing messages that promote these behaviors, setting church guidelines to support these behaviors and encouraging pastor and church leader support of the program and messages. All program materials and training modules for church cooks and church committee members are provided online. Currently the University of South Carolina Prevention Research Center is disseminating the program on a larger scale.





