



Faith-Based Wellness

Creating health in mind, body, and spirit

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Agenda

- Defining intercultural development continuum
 - Role of faith communities in promoting holistic health (mind, body, and spirit)
 - How to engage faith communities
 - Overview of the Faith-Based Wellness Program
 - Direct education opportunities
 - Sustainable health changes at faith sites
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Intercultural Development Continuum

**Monocultural
Mindset**

Denial

Polarization

Minimization

Acceptance

Adaptation

**Intercultural
Mindset**





Faith-Based Wellness

Creating health in mind, body, and spirit





The *Faith-Based Wellness program* is a project of *Live Well San Diego: Healthy Works* and implemented by University of California, San Diego Center for Community Health. This work supports *Live Well San Diego*, the County of San Diego's vision of a region that is Building Better Health, Living Safely, and Thriving. For CalFresh information, call 2-1-1. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.





Role of Faith Communities

- Faith communities are trusted support systems.
 - Faith sites promote spiritual health. What about the connection to mind and body?
 - Faith sites and faith leaders can be advocates for caring for the “imago dei.”
 - Be a champion of holistic health (mind, body and spirit).
 - Provide quality education about the physical body.
 - Create a healthy environment within the faith site.
 - Influence the community around the site.
- 



Engaging Faith Communities

- Faith communities are hesitant about partnering with outside agencies, particularly ones that conduct research.
 - A personal relationship is key to connect with faith communities.
 - Friends, family or co-workers that attend a site
 - “Following community leaders” into their faith sites
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Overview of Faith-Based Wellness Program

- **Our work at faith sites:**
 - Identify and recruit a faith site.
 - Assess the faith site with a faith leader and faith community.
 - Create an action plan.
 - Partner with other organizations to provide direct education.
 - Implement policy, systems, and environmental changes (PSEs).
 - Continuously evaluate the impact of the direct education and PSEs.
 - Provide on-going support for the changes.
- 



Direct Education

- **Conduct nutrition education classes after services or activities at the church**
 - Advertise on website, in bulletins, posters or flyers
 - Schedule the classes when there's a captive audience
 - Have the faith-site leader promote the event
 - **Host a nutrition education conference**
 - Half-day nutrition education event
 - **Support the faith-site leader in a message about physical health**
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PSE Changes

- **Policy, Systems, and Environmental Changes**
 - Aim to make the healthy choice the easy choice.
 - Goal is to create sustainable and long lasting changes!
 - Seven examples from our faith sites.



1. Health Ministry

- Form a health ministry or health committee.
 - Champions of holistic health are within your faith site and can direct nutrition and physical activity opportunities.



2. Healthy Food Policy

- Adopt a healthy food policy. This means that whenever food is available, a healthy food option is provided. Some examples of healthy food options are:
 - Offering bananas for sale next to the donuts
 - Having water in addition to fruit punch
 - Providing fruit as a dessert at celebrations



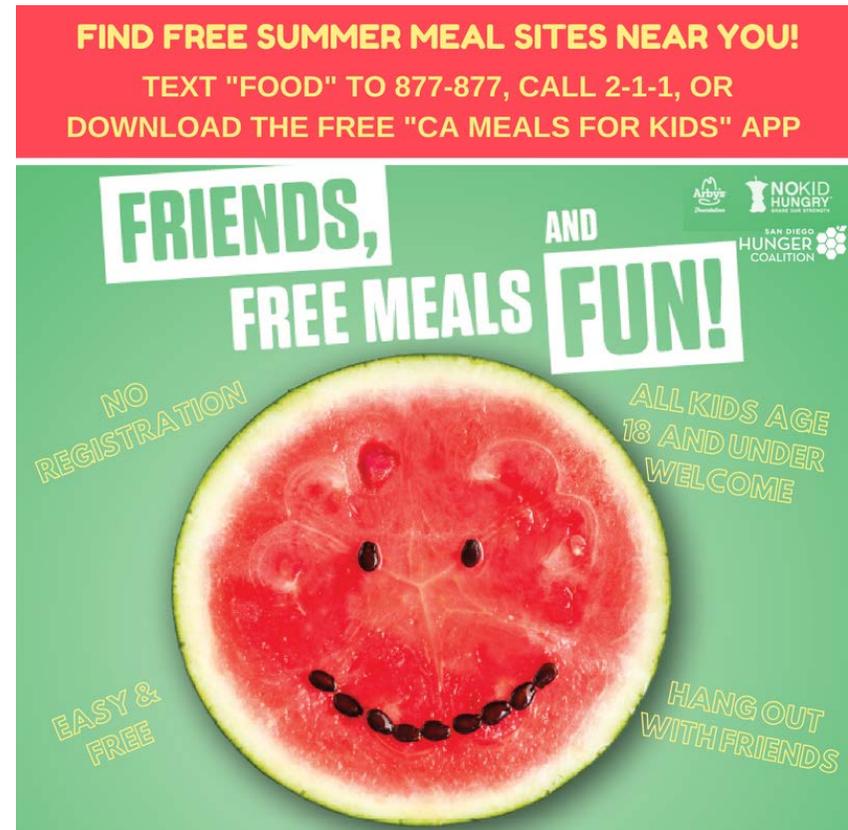
3. Walking Club

- Start a walking club.
 - Some faith sites take a brisk walk after prayers, a service, or a faith activity. Other sites pray while walking.



4. Summer Meals

- Become a summer meal site.
 - The Summer Meals Program is sponsored by the U.S. Department of Agriculture and provides free, nutritious meals and snacks to ensure children under the age of 18 do not go hungry during the summer months. Your faith site can reach out into the community by meeting the needs of children.



5. Safe Routes to Prayer

- Make a difference in the walkability around your faith site.
 - You can help make streets more pedestrian and bicycle friendly around your place of worship. There may be a dangerous intersection, the need for a crosswalk, or poor sidewalks near your site.



6. Community Gardens

- Start a garden at your faith site.
 - Some faith communities donate the food from the garden to a food pantry. Others sell the produce to raise funds for youth mission trips. And some bless faith site attendees with fresh fruits and vegetables!



7. Food Distribution

- Start a food distribution at your faith site.
 - Meet the needs of your local community by becoming a food distribution site.





Coming Soon: Online Faith-Based Wellness Toolkit

ABOUT CONTACT NEWSLET

UC San Diego SCHOOL OF MEDICINE Center for Community Health

Services Work Resources Partnerships

Faith-Based Wellness Toolkit

Creating health in mind, body, and spirit

Welcome

Faith and health go together. This faith-based wellness toolkit, fun and SNAP-Ed through *Live Well San Diego: Healthy Works*, is tailored for to improve access to healthy eating and physical activity opportun

- WELCOME
- HEALTH AND FAITH
- HEALTHY HOLIDAYS AND SEASONAL TIPS
- HARVEST OF THE SEASON
- MAKE YOUR FAITH SITE HEALTHIER
- HEALTH RESOURCES
- CONTACT US

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 Make Your Faith	 Health Resources	 Cor





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Faith-Based Wellness

Creating health in mind, body, and spirit

UC San Diego | Center for
 SCHOOL OF MEDICINE | Community Health

We partner with diverse faith organizations to create healthier communities

Our expertise and services can instill a culture of health and wellness in your congregation and faith community

- Nutrition and physical activity resources, including Harvest of the Month and Walking Clubs
- Health and wellness workshops and training
- Support health and wellness messages, sermons, and policies
- Establishing health ministries or wellness committees
- Ongoing technical assistance and support
- Develop placemaking, gardens, and other healthy environmental changes



Assessment

Assess your current food, exercise, health, and wellness efforts, then develop a tailored action plan based on key areas of interest.



Engagement

Create and train a committee or ministry of congregation and faith community members to support health and wellness efforts in your organization.



Education

Provide health promotion, marketing, and educational materials to communicate and strengthen your health and wellness efforts.



Connect

Act as liaison between community, city, county and state health and wellness resources.



Evaluation

Provide technical assistance to support and evaluate your health and wellness efforts in the community you serve.

Voices from our Faith-Based sites

- “ A program like this is important because our spiritual life is very much connected to our physical life, and so they complement one another.”
- “ I’m eating better and exercising since I started the wellness program at my church. It has helped with my diabetes and I’ve lost weight. I finally feel healthy.”

Join us today

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Program Updates from INN Partners

Eat Greater
Des Moines

 Eat Greater Des Moines   Doris

 Like  Following  + Create Fundraiser 

 Photo/Video  Tag Friends  Check in 

Photos

 
March 3, 2018



[See All](#)

And the winner is.....





FoodCorps Iowa
@FoodCorpsIowa

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Events

Photos

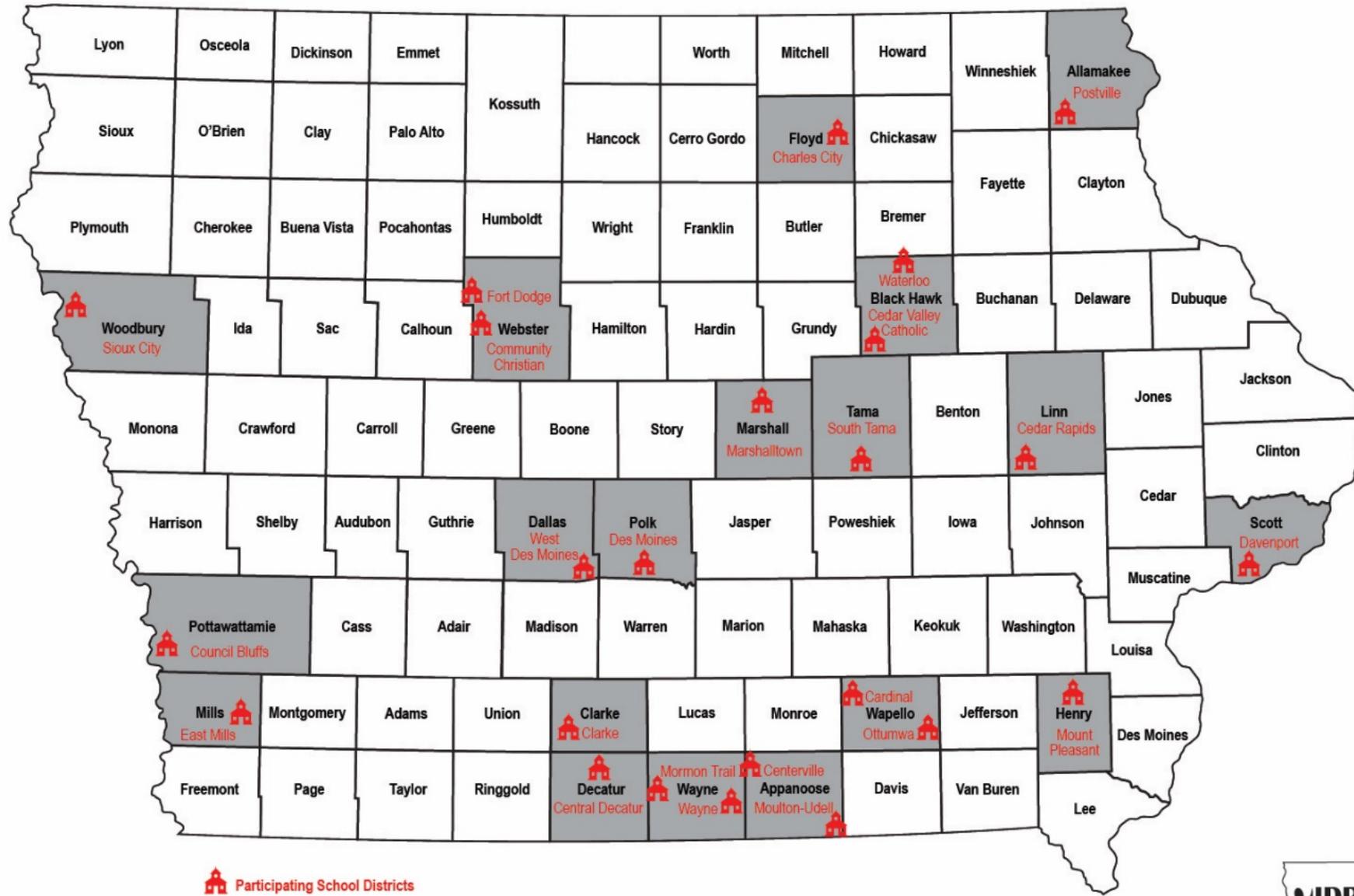


Like
Following
Share
...

Sign Up

Send Message

Iowa Nutrition Network School Grant Program: 2018-2019



 Participating School Districts

 Project Contractors



SAVE THE DATE

5210 HEALTHY CHOICES COUNT! SUMMIT

MARK YOUR CALENDAR:

October 30, 2018

9:00 a.m. – 3:00 p.m.

Location TBA

.....
REGISTRATION COMING SOON!

www.iowahealthieststate.com/5210



COMMUNITY • HEALTHCARE • SCHOOLS • CHILDCARE

Go4Life Month Toolkit

Welcome to the **Go4Life Month** Toolkit! During **Go4Life Month** in September, use the tips and ideas below to help your organization enhance current exercise programs or start new ones.

This year's **Go4Life Month** theme is **Get Ready! Get Moving! Go4Life!** The goal is to encourage older adults to (1) prepare to be more active, (2) get moving with all 4 types of exercise, (3) stay on track with exercise and (4) make regular exercise a habit. During September, each week will be devoted to the following:

- Week One: Get ready with **Go4Life!**
- Week Two: Get moving! Do all 4 types of exercise.
- Week Three: Stay on track to **Go4Life!**
- Week Four: **Go4Life** throughout the year!

Let us know what you do! Use [this form](#) to submit your pictures, videos and short descriptions of **Go4Life Month** activities. We'll post them on our website, include them in the Partner Newsletter, and/or share them on social media.



Week 1 - Prepare for Exercise



Week 2 - Get Moving



Week 3 - Stay on Track



Week 4 - Go4Life All Year Long



Go4Life Month Tip Sheets



Go4Life Month Videos



Planning for Go4Life Month



Go4Life Month Event Ideas



Spread the Word!

National Institute on Aging's fourth annual **Go4Life Month** this September.

Dairy Case Dilemma (milk and milk bevs')

Senior Hunger Marketing Campaign

April 23, 2018





“I only get \$708 a month to live on. Okay, I pay rent, I pay utilities, I buy my medicine, and what is left after that to buy groceries?”

- *Campaign Focus Group Participant*

“We don’t talk about it. It’s embarrassing. I think the belief is, when you’re older and retired, you should have everything.”

- *Campaign Focus Group Participant*

“I moved up here last year and lost my support system immediately. But my family’s here. And I’ve asked them for help, but now when I ask them, they say *‘Well, we just helped you last week. What did you do with that?’* **And so I don’t ask them as often as I need help, because I don’t want to have those talks.”**

- *Campaign Focus Group Participant*

“We hide things. A few months ago, my daughter was coming to town, **so I went to the store and spent my entire month’s food bill at once**, filled my cupboards, so she wouldn’t know there was an issue.”

- *Campaign Focus Group Participant*

“I think we can get enough to eat, but it’s more about are we satisfied? **Are we satisfied with eating nothing but peas and carrots and tuna**—lots of tuna—from the food bank?”

- *Campaign Focus Group Participant*

“I know there’s food available. I know where I can get it for free. But I can’t always get there.”

- *Campaign Focus Group Participant*

“When I go to the doctor, what’s the first thing he says? ‘*Cut the bread. Cut the potatoes. Cut the crackers.*’ Well, you just named the three things I get the most of.”

- *Campaign Focus Group Participant*

Goals

Increase awareness of senior hunger

Promote value and availability of senior meal sites, food pantries, home-delivered meal programs and Iowa Food Assistance.

Timeline

Formative
Research

|
Jan

Creative
Development

|
Feb

Message
Testing

|
March

Timeline

Revision and
Production



April

Campaign
Launch



May

- doctor bill
 - health insurance bill
 - rent
 - electric bill
 - water bill
 - phone bill
- If any money is left,
buy groceries

Seniors, we can help you find a food pantry, meal delivery service or meal site near you. For help finding healthy food, dial:

2-1-1
LifeLong Links: 866-468-7887
Food Assistance Hotline: 1-855-944-FOOD (3663)



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

Meal Planning

Breakfast: Cereal

Lunch: Toast

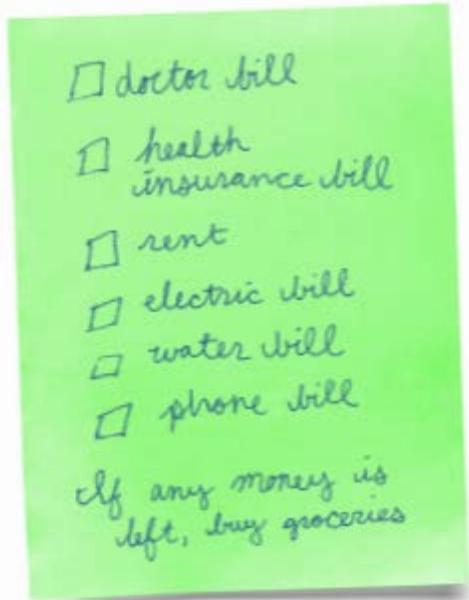
Dinner: Crackers
and canned tuna

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2-1-1
LifeLong Links: 866-468-7887
Food Assistance Hotline: 1-855-944-FOOD (3663)



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.



**No senior
should have
to worry
about running
out of food.**

Get help finding a food pantry, meal delivery service or meal site near you by dialing:

2-1-1

**LifeLong Links:
866-468-7887**

**Food Assistance
Hotline:
1-855-944-FOOD
(3663)**



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

IDPH – Senior nutrition

:30 radio

Every month

Senior woman: Every month after paying bills, I would wonder if I'd have enough money left for groceries. Sometimes I did. But sometimes I didn't.

Then I learned about 2-1-1. It's the number seniors can call for help finding healthy food. With their help, I found a food pantry, meal site and other healthy options near me. Now I don't have to wonder if I can afford groceries.

If you need healthy food, call 2-1-1 and let them help you.

ANNCR: Brought to you by the Iowa Department of Public Health.



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