

SHAPING THE HEALTH OF YOUR CONGREGATION

× LEADERSHIP
IN THE COMMUNITY

PHYSICAL
ACTIVITY

TOBACCO
PREVENTION

○ SPIRITUAL

ENVIRONMENTAL ○

BEHAVIORAL
HEALTH

HEALTH
EDUCATION ○

NUTRITION

○
HEALTH SCREENINGS

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***Note**

The phrases such as **"tobacco-free," "tobacco prevention," "tobacco use prevention," "anti-tobacco," "tobacco control," "no tobacco use," "tobacco"** and **"tobacco users"** when mentioned refer to commercially produced tobacco products and non-ceremonial use of tobacco.



Introduction

WHY SHAPE THE HEALTH OF YOUR CONGREGATION?

In Oklahoma, there are three behaviors (tobacco use, sedentary lifestyle, and poor diet) that contribute to four conditions (heart disease and stroke, cancer, diabetes, and lung disease), causing 60% of deaths.¹ When equipped with the information above along with the knowledge that congregations are the soul of communities, shaping the health of congregations is essential to improving health across the state.

If attending worship could make congregants healthier and help them live longer, would that be motivation to attend? There is increasing research that links religious involvement with health and wellness. For many, it is a matter of being surrounded by individuals who are supportive, active, and promote healthy lifestyles, while others may need additional motivation. For example, this motivation may be in the form of being reminded of yearly health screenings, opportunities to be physically active and eat healthy, or knowing where to call when struggling with tobacco use. By focusing on nutrition, physical activity and tobacco cessation, congregations can promote health literacy and healthy opportunities. It's all about making the healthy choice the easy choice.

Congregations are concerned with all facets of health and wellness including the mind, body and spirit throughout the course of its members' lives. The goal of the *Shaping the Health of Your Congregation Manual* is to provide tools focused on improving health within congregations. One of the benefits gained from developing a program focused on improving health is, first and foremost, a healthier congregation. A healthier congregation is one that is more active, has greater attendance and has an impact within its surrounding community.

People of all ages not only look to live longer but want to improve their quality of lives. Feeling healthy, maintaining independence, and enjoying a feeling of security are major components. Research has proven that the impact of health behaviors begins prior to birth and continues to influence health status in later life.² This impact is a result of biological factors, culture, the surrounding environment, individual behaviors, and other social and economic factors interacting together over time shaping the health of individuals and communities.²

Many times, health-related programming is geared towards senior populations for the purpose of managing chronic conditions. However, younger generations are also mindful of their health and about programs designed to encourage healthy behaviors.^{3,4} In order to address the health needs of all members, it is important for places of worship to engage in conversations and activities that promote healthy lifestyles across age groups. This sets the stage for lifelong healthy behaviors.

According to an article by Anshel and Smith in the *Journal of Religious Health*, "by addressing matters of health, nutrition, and fitness in congregations, it delivers important messages regarding the need for healthy living."⁵ This manual incorporates resources to support planning and implementing programs that will enhance the health and wellness of congregations. It will also assist with ideas around Certified Healthy Congregations, which is a great way to assess a congregation's level of health promotion and growth from year to year. When congregational health is promoted through proven practices, it helps local communities create a culture of health, which in turn leads to healthier lives.

1. 3-4-60: Oklahoma Chronic Disease Deaths, 2006-2015 fact sheet, retrieved February 2017

2. Halfon N, Larson K, Lu M, Tullis E, and Russ S. Lifecourse Health Development: Past, Present, and Future. *Matern Child Health J.* (2014) 18:344-364. Doi: 10.1007/s10995-013-1346-2

3. Nielsen Company report Millennials are Seeking the Fountain of Youth Through Healthy Aging 2014

4. Nielsen Company report "Millennials - Breaking the Myths" 2014

5. Anshel, M H and Smith, M (2014). The Role of Religious Leaders in Promoting Healthy Habits in Religious Institutions. *Journal of Religious Health*; 53:1046-1059

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“We address
the spiritual,
physical, and
emotional side
of our members.”

SHANE KEETER, CHURCH VOLUNTEER
FIRST BAPTIST CHURCH OF MUSKOGEE
MUSKOGEE, OKLAHOMA



How to Become a Certified Healthy Congregation

The Certified Healthy Oklahoma Program is a free, voluntary, statewide certification. The certification showcases businesses, campuses, communities, early childhood programs, restaurants, schools and congregations that are dedicated to supporting healthy environments.

The Certified Healthy Congregations component of this statewide program began in 2014. It recognizes all faith traditions in Oklahoma that are working to improve the health of their congregations and surrounding communities. The yearly application period runs from August 1st through November 1st.

Steps to take

1. Review information on the Certified Healthy Oklahoma website (congregation section) at [LINK](#).
2. Obtain approval from your congregation's leadership to apply for certification so an application to become certified may be initiated.
3. Pull a small group together to review the criteria and available resources located on the Certified Healthy website. Navigate to the resource link and print off a PDF version of the application and other materials.
4. Determine who will complete and submit the web-based application.
5. As a group, determine what your congregation has done within the last year around health. If before November 1st, you have an opportunity to do additional activities before the end of the application period.
6. Make note of criteria your congregation has achieved.
7. Go back to [LINK](#) and click "Apply Now" to create a new contact if you have not applied in the past. If you have applied in the past, you may use your existing account.
8. Enter your information into the system. At the end, click "Submit." *Note: if you need to make updates to your application, you may do so before the November 1st deadline.*
9. You will receive a letter in December notifying you of your certification level.

For questions, contact the Center for the Advancement of Wellness at centera@health.ok.gov or 405-271-3619.

“Becoming Certified Healthy validates what we are doing... we want to share with others.”

**- DR. MARY CAREY, WELLNESS COORDINATOR
ST. JOHN MISSIONARY BAPTIST CHURCH, OKLAHOMA CITY**

***Note** Visit the resource section of the Certified Healthy website to view website resources for each content area.

Planning is important prior to implementing health activities for your congregation.

Sample 12-month Timeline for Shaping the Health of Your Congregation

The next two pages show a path your congregation could take over a 12-month period to promote health. The draft has three levels that includes activities for congregations.

- **New to implementing health activities**
 - **Have established health programs**
 - **Have new and/or established programs**
-

FIRST AND SECOND MONTHS

- Receive buy-in/approval from leadership to begin an initiative that focuses on health if you do not already have one.
- Determine who at your congregation will lead the initiative.
- Form a wellness team, committee or health/wellness ministry.
- Recruit members for your team, committee or ministry.
- Begin developing your 12-month timeline.
- Develop a list of activities or events you currently do around health at your congregation.
- Review or develop current guidelines, practices, tenets, principles, resolutions, or policies about tobacco use on property grounds, physical activities/programs, and types of foods offered at fellowship meals, dinners, snacks, and events.
- Review the Certified Healthy Congregation application and materials. (If you are starting during the period between August 1st to November 1st, consider applying for certification even if your committee is not fully functioning. This will give you an opportunity to apply again the next year to see your progress.)
- Announce to your congregation that a Certified Healthy application has been submitted (if within the August 1st through November 1st timeframe).
- Determine if there are any local coalitions or programs in your community to connect with as a partner.
- Contact your local county health department to see if there are any partnership opportunities.

THIRD AND FOURTH MONTHS

- Discuss how you will implement health/wellness initiatives at your congregation.
- Discuss adjustments in health activities your committee would like to implement.
- Develop a group that meets bi-weekly to support each other to lead healthy lifestyles.
- Post Oklahoma Tobacco Helpline (1-800-QUIT NOW) materials on announcement boards, in bulletins, social media, and website (or other types of communication delivery systems your congregation utilizes).
- Determine if your congregation has space (inside or outside) to offer physical activity opportunities. Note: if outside, consider the different seasons.
- Wellness committee/ministry decides which wellness activities will be conducted over the next eight months and start planning.
- A representative from your health/wellness committee could join a community health coalition or group as your congregation's representative.
- Engage members in a fun activity to gather suggestions on how the congregation can promote health.
- If a congregational meal is offered during this timeframe, start with introducing at least one healthy option such as a fresh green tossed salad with vegetables and fresh fruit.

FIFTH AND SIXTH MONTHS

- Implement one physical activity and one nutritional activity that takes place over several months.
- Incorporate the Oklahoma Tobacco Helpline (1-800-QUIT NOW) logo in your bulletin, on announcement boards, social media, and website as a permanent fixture. Visit okhelpline.com.
- Promote a health message in your bulletin, on announcement boards, social media, marquees, and/or website.
- Include health messages into sermons.
- Incorporate a larger percentage of foods offered during congregational meals, snacks and events that are low in calories, fat, sugar and sodium. Water flavored with fruit, plain water, and/or unsweetened tea should be offered.
- Review your congregation's emergency plan in case of fire, tornado, earthquake, severe weather, etc.
- Connect with other congregations in your area and begin discussions on hosting a community-wide health event. Include health professionals located in your community to participate on the planning committee, such as your county health department, non-profit or voluntary agencies, businesses, and/or community coalitions/groups.
- Offer sessions on stress management, work/life balance and/or depression for all members.
- Implement two activities related to physical and nutritional health that will take place over several months.

SEVENTH AND EIGHTH MONTHS

- Include information about reducing sodium when preparing and purchasing foods in your bulletin, on announcement boards, marquees, social media and website.
- Work with congregation members and leaders to secure a private space for nursing mothers.
- Update or develop a congregation emergency plan in case of fire, tornado, earthquake, severe weather, etc.
- Host a mini healthy cooking demonstration, either before morning class, between morning class and worship or immediately following worship service. This can also be done during mid-week services, study groups, or other support groups hosted by your congregation.
- Determine if you have a nurse or other health professional in your congregation and provide blood pressure and BMI screenings for members. Note: If not within the normal range, encourage members to make an appointment with their healthcare provider.
- Continue planning with the congregational group about the community health event.
- If during one of the health observance months, submit a written press release to your local newspaper.

NINTH AND TENTH MONTHS

- Develop a group that meets bi-weekly to support each other to lead healthy lifestyles.
- Include information about a health topic in your bulletin, on announcement boards, and website.
- Announce the new or updated emergency plan so all congregation members are informed.
- Promote a health month with a press release.
- Continue planning with the congregational group about the community health event.

ELEVENTH AND TWELFTH MONTHS

- Host the health event your congregation has been planning with other congregations and community partners. Encourage all congregations present to apply for Certified Healthy status.
- Review the Certified Healthy Congregation application materials again and prepare to submit an application.
- If necessary, revise or produce written guidelines, practices, tenets, principles, resolutions, or policies to make a commitment to not allow tobacco use on property grounds, promote physical activity opportunities, and increase the amount of healthy foods and beverages offered at your congregation.
- Formally adopt and announce the congregation's commitment to be tobacco free, promote active living, and offer healthy foods and beverages. If there is not a formal document, post the information in a common location so members may continually be aware.
- Post tobacco-free property signage on grounds.
- Prepare congregation for tobacco-free signage to be posted by announcing to the congregation and holding question/answer sessions as needed.
- Host a planning meeting to plan the next year's calendar of events.

THINGS TO CONSIDER WHEN PLANNING YOUR NEXT 12-MONTH TIMELINE

- If your congregation followed the New to implementing health activities timeline during the previous 12 months, implement activities listed for congregations with established health programs.
- Established health program timeline consider these activities in addition to those listed in the draft timeline:
 - Have a young chefs event where youth participate in healthy cooking classes and the food prepared is provided to the congregation.
 - Lead community-wide collection of information to determine how your congregation may collaborate with community members to incorporate health-related improvements.
 - Develop a community garden.
 - Plan a grocery store trip to teach members how to shop for healthy foods.
 - Check to see if tobacco-free signage has been damaged by the weather. Replace if needed.
 - Create a congregation healthy cookbook that features foods low in calories, fat and sodium.
 - Implement a challenge congregation-wide to decrease screen time (television, smart phone, computer, tablets, etc.) at home and encourage members to spend time studying religious materials.
 - Apply to be a Certified Healthy Congregation (August 1st through November 1st).

***Note** This is an annual certification.

12-Month Timeline for Shaping the Health of Your Congregation

Congregation Name

Dates

First and Second Months

.....

Third and Fourth Months

.....

Fifth and Sixth Months

.....



Seventh and Eighth Months

Ninth and Tenth Months

Eleventh and Twelfth Months

Health Services and Screenings

Not only is your spiritual health important to take care of, it is also important to take care of your physical health. A component of taking care of your physical health is participating in and receiving health services and screenings, which are also known as preventive health screenings. Participating in health services and screenings can assist with keeping individuals healthy. Health services and screenings can assist with early detection, facilitating control and management of diseases before they become life-threatening. Health services and screenings may include blood pressure checks, pre-diabetes screening, height and weight measurements, blood glucose monitoring, cancer screenings, and immunizations such as flu or HPV vaccines. Encourage members to check with their health insurance carriers about the cost of screenings and immunizations.

Congregations can play a vital role in health screenings and services. Often, congregants and community members do not receive preventive screenings for a variety of reasons, such as lack of available services, lack of available child care/adult care, transportation and health literacy. Fear may also be a barrier to seeking and receiving health services and screenings. Congregations can assist with locating health care providers in their communities, providing transportation to appointments, teaching literacy classes, offer mentoring, holding lifestyle-change classes, providing childcare/adult care, and offering health education classes.

The following list includes additional ideas that a congregation could consider when encouraging congregants and community members to receive health services and screenings. The list is not extensive and is not meant to limit planning activities.

- › Designate and promote a month each year for members to contact their health care providers to receive preventive screenings. Congregants and community members without a health care provider may want to contact a federally qualified health center to establish a medical home. A complete listing of federally qualified health centers is located online [HERE](#).
- › Partner with local health departments, health agencies, pharmacies, etc., in your area to provide screenings or information about preventive screenings or care coordination programs.
- › Encourage use of online tools to assist with tracking and management of health services and screenings. There are several trustworthy tools, such as:
 - Million Heart®-Heart Age Calculator located [HERE](#).
 - American Heart Association's Life's Simple 7 and the My Life Check Assessment, located [HERE](#).
 - Prediabetes Check Tool located [HERE](#).
 - Body Mass Index (BMI) Calculator located [HERE](#).

Certified Healthy Tip

Promoting a congregation-wide activity to get an annual exam that includes a health assessment can count under the health screenings and services content area.

Certified Healthy Tip

Providing opportunities to have preventive screenings such as blood pressure, prediabetes, and BMI checks can count under the health screenings and services content area.

Health Services and Screenings to Request from Your Healthcare Professional

Congregations can promote and encourage congregants and community members to receive health services and screenings by promoting screening and immunization recommendations. It is important to note that health services and screening guidelines are updated periodically and should be reviewed prior to implementing an activity.

To prevent chronic diseases, such as heart disease, heart attacks, strokes, diabetes, and cancer, it is important to follow a healthy lifestyle and get screened at the recommended intervals. The following is an abbreviated screening guideline list from the U.S. Preventative Task Force.

- › Adults aged 18 and older should receive blood pressure screening.
- › Adult men 35 and older should receive cholesterol screening.
- › Adults 40-70 and older who are overweight or obese should receive blood glucose screening to identify pre-diabetes.
- › All adults should be screened for obesity using tools such as the BMI calculator.
- › Women between the ages of 50-74 should receive screening mammograms every two years.
- › Women over the age of 21 should receive cervical cancer screenings every 3 or 5 years according to testing guidelines.
- › All adults 50-75 should receive colorectal cancer screening.



REFERENCES

1. Chronic Disease in Oklahoma Data Book, Oklahoma State Department of Health, 8/19/2013.
2. Centers for Disease Control and Prevention, Immunization Accessed 5/12/2013.
3. U.S. Preventive Services Task Force, Screening for High Blood Pressure in Adults, Accessed [HERE](#) on 5/12/2016.
4. U.S. Preventive Services Task Force, Screening for High Blood Pressure in Adults, Accessed [HERE](#).

Health Education

How You Can Provide Support

There are numerous ways congregations may provide awareness to congregants and community members. This can be done through weekly bulletins and announcement sheets provided to members and visitors. These messages could also coincide with national health observance months/days. Congregations could also spread health messages to the broader community through displays on marquees and social media. Each quarter, your congregation could pick a health issue/topic and start a Twitter® or Facebook® discussion, which involves friends, family, and community members. This is a good avenue to get the discussion going, and if your congregation offers health activities around the issue/topic, you could encourage all to come out to your location and participate.

Building awareness with congregants regarding health provides needed information and resources without making people feel singled out. There may be times when members have questions about health issues but feel ashamed to ask for assistance. Providing health messaging is a nonjudgmental and non-confrontational way of letting members know that help is available to support them.

Certified Healthy Tip

Providing health messages in bulletins, on marquees, websites, and social media accounts may count under the health education content area.

Here Are Some Examples

Additional examples are in the appendices and at: SHAPEYOURFUTUREOK.COM

Being physically active is one of the most important steps that people of all ages and abilities can take to improve their health. – U.S. Surgeon General's Report on Walking and Walkable Communities.

For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.

Smoking remains the leading cause of preventable death and disease in the United States, killing more than 480,000 Americans each year. – Centers for Disease Control and Prevention.

Mental and emotional well-being is essential to overall health. – U.S. Surgeon General's Report on Mental and Emotional Well-Being.



Each month, there are different health topics covered nationally to increase public awareness. Congregations can promote them through short, simple messages in bulletins, social media and website messages. You may want to publicize health messages while celebrating traditional observances such as religious holidays, heritage holidays, congregation anniversaries, celebrations and more.

Here are some of those observances

(YOUR CONGREGATION MAY CHOOSE TO INCLUDE OTHERS NOT LISTED)

● JANUARY

- › Quitting Smoking Starts Your Year Off Right ([LINK](#))

● FEBRUARY

- › Go Red for Women® (Heart Health Month), National Wear Red Day (first Friday in February). [LINK](#)
- › National Cancer Prevention Month ([LINK](#))
- › Through with Chew ([LINK](#))

● MARCH

- › Kick Butts Day ([LINK](#))
- › National Nutrition Month ([LINK](#))

● APRIL

- › Alcohol Awareness Month ([LINK](#))
- › Smoke-Free Homes ([PDF](#))

● MAY

- › National Physical Fitness and Sports Month ([FITNESS.GOV](#)) [LINK](#)
- › World No Tobacco Day [LINK](#)
- › National Women's Health Week [LINK](#)
- › Mental Health Month [LINK](#)
- › National Seat Belt/Car Seat Safety Month ([LINK](#))

● JUNE

- › National Safety Month ([LINK](#))
- › National Men's Health Week ([LINK](#))

● AUGUST

- › National Immunization Awareness Month ([LINK](#))

● SEPTEMBER

- › Fruits & Veggies – More Matters Month ([LINK](#))
- › National Childhood Obesity Awareness Month ([LINK](#))
- › National Women's Health and Fitness Day ([LINK](#))
- › National Recovery Month ([LINK](#))

● OCTOBER

- › National Breast Cancer Awareness Month ([LINK](#))
- › Domestic Violence Awareness Month ([LINK](#))

● NOVEMBER

- › National Diabetes Month ([LINK](#))
 - › Great American Smokeout ([LINK](#))
-

Tobacco-Free Living

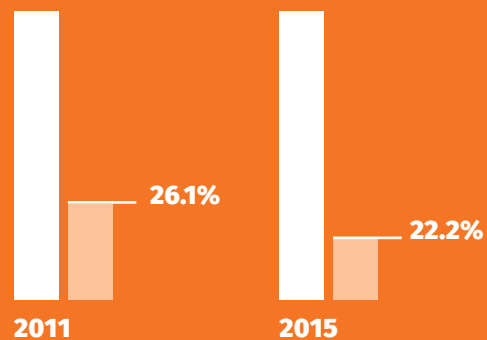
No Judgments, Just Help

Tobacco use is the single most preventable cause of disease, disability, and death in the United States. Each year, an estimated 480,000 people in the U.S. die prematurely from smoking and exposure to secondhand smoke. Despite these risks, many adults continue to smoke cigarettes and use tobacco. In Oklahoma, 7,500 deaths are linked to smoking annually, and 88,000 kids alive today will die prematurely from smoking. Smoking causes diminished overall health, increased absenteeism from work, and increased health care service need and cost.



Deaths Each Year

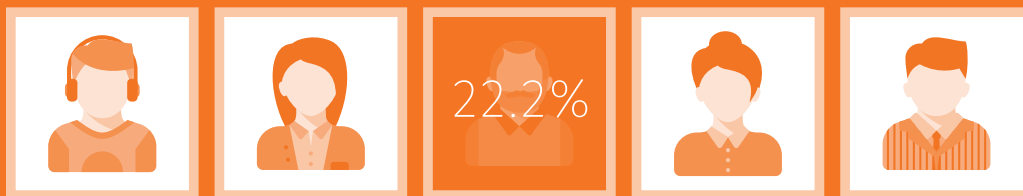
CIGARETTE SMOKING is responsible for approximately 7,500 deaths each year in Oklahoma.



Oklahoma's Adult Population

● NON-SMOKING ● SMOKING

1 in 5 Adults in Oklahoma Smokes



DATA SOURCES: Behavioral Risk Factor Surveillance System-2015, Campaign for Tobacco-free Kids, and Centers for Disease Control and Prevention.

The harmful effects of smoking do not end with the smoker. Even brief exposure to secondhand smoke can be dangerous because nonsmokers inhale many of the same poisons in cigarette smoke as smokers. Secondhand smoke exposure causes serious disease and death, including heart disease and lung cancer, sudden infant death syndrome, acute respiratory infections, ear problems, and more frequent and severe asthma attacks in adults and children.

If you are a smoker or nonsmoker, you can do some important things to protect others.

- › Do not allow anyone to smoke anywhere in or near your home. Allowing someone to smoke in only one room or by a window does not protect you or your family from secondhand smoke because it stays in the air, walls, furniture, etc.
- › Never allow anyone to smoke in your car, even with the window down. No amount of secondhand smoke is safe.

Benefits of a Tobacco Free Lifestyle



Among Oklahomans who use tobacco, most adult smokers say they want to quit. There are many benefits to quitting tobacco, including improved overall health, protecting family and friends from secondhand smoke, saving money over time, and adding years back to your life. People who quit may have their own personal reasons. They may want:

- › To have more quality years with family and friends
- › To be around to share birthday with kids
- › Fewer sick days and lost wages
- › To be there for weddings, graduations and other important family events
- › To know their grandkids
- › To have more energy
- › To breathe easier
- › To enjoy the smell and taste of food
- › To be a better role model
- › To save a significant amount of money
- › To live a long, healthy life into retirement
- › There may be other reasons

Quitting tobacco is a major milestone in anyone's life.

Tips to decrease stress as a person quits

- › Go for a walk
- › Read a book
- › Watch the sunset
- › Take deep breaths
- › Brush your teeth
- › Play like a kid
- › Talk to a friend
- › Drink water
- › Keep a journal
- › Listen to music
- › Spend time in the garden
- › Exercise

Freedom

- › Focus on being free of tobacco, rather than on what's missing.

It will pass

- › A craving or urge will pass in just 3-5 minutes.

The 4D's

- › Do something different
- › Deep breathing
- › Drink water
- › Distract yourself

Taken from OTH tip card



Congregations have the opportunity to be change agents by assisting members with their quit attempts through the promotion of the [Oklahoma Tobacco Helpline](https://www.okhelpline.com).

There are FREE materials and resources available for you to [order](#) for your members. You may also use the social media and other free promotional items available through the Helpline website. You may find this information at [OKhelpline.com](https://www.okhelpline.com).



Promoting the Oklahoma Tobacco Helpline can be marked on your application under the tobacco prevention content area.

WHAT IS THE OKLAHOMA TOBACCO HELPLINE?

- › The Oklahoma Tobacco Helpline provides evidence-based tobacco cessation services for Oklahomans.
- › Provides FREE 24/7 services for all Oklahomans 13 years and older.
- › Offers customizable services based on individual preferences.

WHAT SERVICES ARE OFFERED?

- › Specially trained Quit Coaches™ offer nonjudgmental support.
- › FREE nicotine replacement therapy to those that qualify.
- › Spanish-language services.
- › Hard-of-hearing services.
- › Text and email support are now available.
- › Choose from these services:
 1. All Access: All Access is the most complete package and includes:
 - a. At least one coaching call
 - b. Web coaching
 - c. Supportive text messages
 - d. Helpful emails
 - e. A Quit Guide and other materials
 - f. At least a two-week supply of FREE patches, gum or lozenges
 2. Web Coach: Web Coach provides a private online community where you can receive:
 - a. Web coaching
 - b. Supportive text messages
 - c. Helpful emails
 - d. An electronic Quit Guide
 - e. A Free Starter Kit with a two-week supply of patches, gum, or lozenges
 - f. Plus, you can:
 - Access helpful digital tools
 - Develop your own Quit Plan
 - Track your progress
 - Interact with an online support community
 - Discuss your challenges and victories
 3. Individual Services: Individual Services allow you to customize your own Quit Plan by selecting from the following services:
 - a. Supportive text messages
 - b. Helpful emails
 - c. A Quit Guide
 - d. A FREE Starter Kit with a two-week supply of patches, gum or lozenges

HOW TO REGISTER

- › Phone: 1-800-QUIT NOW (1-800-784-8669).
- › Web: OKhelpline.com.

WHAT TO EXPECT – PHONE:

- › When calling the Oklahoma Tobacco Helpline, you will first speak with a registration specialist for about 10-15 minutes.
- › Once registered, you're transferred to a Quit Coach™ or you can schedule your Quit Coach™ call for a later date or time.
 1. Answer a few questions and select the services that work best for you.

WHAT TO EXPECT – ONLINE:

- › When registering online:
 1. Visit OKhelpline.com and click the "Sign Up" button.
 2. Select your health insurance and employment status.
 3. Answer a few questions and select the services that work best for you.

HELPFUL INFORMATION

- › When the Helpline calls you, the following will appear on caller IDs:
 1. Land lines: 1-800-QUIT NOW
 2. Cell Phones: 1-800-784-8669
- › If nicotine replacement therapy is ordered, it should arrive within 10-14 business days.

POST TOBACCO-FREE SIGNAGE

Let all who enter your property know they are entering a healthy congregation site that is tobacco free by placing a "No Tobacco Use on this Property" sign at your entrance points (the perimeter of the parking lot and doors to the building).



BREAK OUT IDEA

Every congregation is unique. Recruit committee and congregation members to help create your own tobacco-free signage design!

“The healthier the bodies and minds of each member of a congregation, the easier it is for them to distinguish and follow the voice of God.”

- PASTOR LARRY PRIEST
EDMOND SEVENTH-DAY ADVENTIST CHURCH,
EDMOND, OKLAHOMA

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2. Campaign for Tobacco-Free Kids, Tobacco Overview. Available [HERE](#).
3. Centers for Disease Control and Prevention, CDC Tips from Former Smokers Campaign: Reasons to Quit Smoking. Available [HERE](#).
4. Centers for Disease Control and Prevention, Secondhand Smoke (SHS) Facts. Available [HERE](#).
5. Oklahoma State Department of Health, Tobacco Use Prevention. Available [HERE](#).
6. Oklahoma Tobacco Helpline. Available [HERE](#).

Ways to Keep Your Congregation Physically Active

Participation in regular physical activity can produce many benefits in all aspects of a person's life including mental, spiritual and emotional health. It may help you sleep better and keep your thinking, learning, and judgment skills sharp. Research has shown that doing aerobic or a mix of aerobic and muscle-strengthening activities 3 to 5 times a week for 30 to 60 minutes.

Regular exercise and physical activity do not have to be a chore! Most people think of exercise as only taking place in a gym. Instead, think about your interests and incorporate exercise into those activities. If you enjoy reading, download an audio book and listen while you go on a walk. Rather than eating out with friends, sign up for an exercise class together. The possibilities are endless. Just keep an open mind and an adventurous spirit.

CONSIDER SPONSORING ACTIVITIES THAT WILL GET YOUR MEMBERS MOVING.

Many of these activities are free while others may be implemented at a low cost. This section will provide suggested ideas, but please work with your wellness committee/ministry to brainstorm other activities for your congregation. As you begin activities, you will notice over time that you are being a big influence on the health of your members and playing a major role with assisting those who want to improve their health.

Disclaimer

Before starting any type of physical activity at your congregation, members should consult their doctor to ensure they are healthy enough to participate. Prior to participation you may want to have each member sign a statement or bring a letter from their doctor stating they are healthy enough to participate.

Starting an Exercise Program

Starting an exercise program can sound like a daunting task, but the main goal of exercise is to boost your health by meeting the basic physical activity recommendations of 30 minutes of moderate-intensity physical activity at least five days per week, or vigorous-intensity activity at least three days per week, and strength training at least twice per week.

The talk test is a simple way to measure your exercise intensity. As a rule of thumb, if you're doing moderate-intensity physical activity you can talk, but not sing, during the activity. If you're doing vigorous-intensity physical activity, you will not be able to say more than a few words without pausing for a breath. This is a test you can easily do while you are active to see where you are. If you can easily talk and sing, then you should increase your intensity.

“Ensuring the health of our congregants is the stepping stone to healthier communities.”

- REVEREND TRINA BOSE NORTH

CROWN HEIGHTS UMC, OKLAHOMA CITY, OKLAHOMA

Before you dive into any physical activity program, there are a few areas you need to become familiar with for yourself and the members of your congregation. Walking is one of the best exercises a person can do to improve health. While walking is a low-risk activity, you can still suffer from injury or overexertion if you're ill-prepared or have high health risks.

ACCORDING TO THE AMERICAN COLLEGE OF SPORTS MEDICINE (ACSM), YOU COULD BE AT RISK IF YOU:

- > Have a family history of heart disease
- > Smoke
- > Have high blood pressure—equal to or greater than 140/90 mmHg
- > Have high cholesterol—a total cholesterol greater than 200 mg/dL
- > Are diabetic
- > Are obese
- > Are sedentary
- > Are a male 45 or older, or a female 55 or older

If any of these conditions apply to you or participants from your congregation, be sure to visit a medical professional before beginning any form of physical activity.

Sources: [U.S. Department of Health & Human Services](#); [WELCOA](#)

The Good News About Being Active*

If you are inactive, you can improve your health and well-being by becoming even moderately active on a regular basis. Even more, physical activity doesn't have to be strenuous to achieve health benefits.

- > Physical Activity reduces the risk of:
 1. Dying prematurely
 2. Dying from heart disease
 3. Developing diabetes
 4. Developing high blood pressure. It reduces blood pressure in those who already have high blood pressure.
 5. Developing colon cancer
 6. Feeling depressed
- > Physical Activity:
 1. Helps build and maintain healthy bones, muscles, and joints
 2. Promotes psychological well-being

*All figures are based on U.S. statistics.

Source: [CDC](#)

Getting Your Members Up and Moving!

TIPS FOR GETTING ON TRACK WITH PHYSICAL ACTIVITY

1. Encourage members to park their cars as far away from the entrance as possible.
2. Encourage the use of pedometers or an app on their smartphones to count the number of steps taken each day (2,000 steps equals about 1 mile).
3. Have a football, baseball, softball, or Frisbee on hand for members to toss around before and after service. You could designate an area of the property for activities such as these.
4. Ask for members to volunteer their time for facility chores, such as vacuuming, sweeping or raking, for extra opportunities to be active and to serve.
5. Encourage study groups to go for "spiritual" walks before and/or after class to focus on prayer and spiritual growth. Even 10-minutes of walking before and/or after would be beneficial.
6. If possible, install a basketball hoop for members to shoot some hoops.
7. Ask members to donate any unused fitness equipment (if still in decent condition) that may be cluttering up the house (dumbbells, exercise mats, exercise videos, resistance bands, etc.). This equipment can be placed in a room for members to use at specified times.
8. If your congregation participates in gift sharing for the holidays or birthdays, encourage members to provide healthy fitness/nutrition-related gifts if possible.
9. If your facility has stairs, encourage members to use the stairs. Stairwells can be spruced up to make them more appealing to the members.



BREAK OUT IDEA

Ask your youth group or one of your ministries to develop signs to display around the congregation that has encouraging words focused on walking or taking the stairs.

10. Ask your health- and fitness-oriented members if they would be willing to mentor other members.
11. Contact your local health and fitness center about fitness instructors who may be willing to volunteer their time for free group fitness classes for your members.
12. Create wellness packets for your members that could include the following:
 - a. Local fitness centers with hours of operation, contact person, amenities, and dues/fees (if possible)
 - b. List of local pedestrian trails for walking, hiking, jogging, and cycling
 - c. Updated local Parks and Recreation booklet, listing all upcoming activities and classes
 - d. List of healthy menu items from local restaurants
 - e. Healthy, simple recipes
13. Encourage members to team up and participate in an upcoming local fun run, 5k, or walks (such as Susan G. Komen Race for the Cure®, Breast Cancer Walk, etc.) by providing volunteer-driven training sessions (Beginner Walking Program, Couch to 5K, etc.) to prepare. The teams could hold fundraisers to pay for registration fees and funds to purchase t-shirts made for each participant with their team and congregation names.
14. Hold fundraisers to invest in physical activity equipment and games. You can hold physical activity competitions for your members.
15. Have elders within the congregation teach the youth some of the games and activities they grew up with; have the youth teach the elders some of the games and activities they now enjoy.
16. Have the congregation adopt a roadway, park or highway and have members schedule a rotation to get out and keep it clean.
17. Create a wellness library of donated exercise books and videos for members to check out.

Source: 2011 Healthy Congregation Manual; Shape Up America! www.shapeup.org

Certified Healthy Tip

Offering physical activity opportunities may be marked on your application under the physical activity content area.



Your wellness committee/ministry may come up with ways to incorporate physical activity. Here are some examples.

SPIRITUAL WALKING

Group Name: Spiritual Walkers (or come up with your own group name)

When: Every Tuesday from 5:30 pm to 7:00 pm (or choose an appropriate time for your members)

Where: Find a walking path, utilize your local park, or walk the neighborhood that surrounds your congregation.

What Will You Do:

5:30–5:35 pm Stretch and have an opening prayer

5:35–5:50 pm Walk your route

5:50–5:55 pm Stop to read a scripture/spiritual reading

5:55–6:10 pm Walk

6:10–6:15 pm Discuss the scripture (have one or two questions ready to ask the group for the discussion)

6:15–6:30 pm Walk

6:30–6:35 pm Discuss the scripture (have one or two questions ready to ask the group for the discussion)

6:35–6:50 pm Walk

6:50–6:55 pm Discuss the scripture (have one or two questions ready to ask the group for the discussion)

6:55–7:00 pm Stretch and have a closing prayer

BASKETBALL

Group Name: Power Ballers (or come up with your own group name)

When: Every Thursday from 2:00 pm to 3:30 pm (or choose an appropriate time for your members)

Where: At your congregation if you have a gym with basketball court, a local community center that has a basketball court, or an outside basketball court at a local park.

What Will You Do:

Prayer and scripture/spiritual reading before the game starts

Play ball for a specified amount of time

Break for a discussion on the chosen scripture/spiritual reading (have questions ready to prompt discussion)

Play ball for a specified amount of time

Closing prayer

***Note** For each of the examples above, make sure each participant is properly dressed for the activity and has water available.

Get Moving Towards a Healthy Eating Lifestyle

The sharing of food has always been part of the human story. We show our love, we celebrate and we grieve with food as the centerpiece. As faith communities come together for fellowship, an opportunity arises to uplift each other with nutritious foods. There are numerous benefits to eating a balanced diet which includes improving mood, boosting energy and combating disease. Does that mean we can only eat fruits and vegetables? No. Healthy eating is all about balance. By following the tips in this section we can encourage each other to live a healthy and fulfilling life.

This section contains information you can provide to your members to incorporate when eating and when preparing fellowship meals. Work with your wellness committee/ministry to brainstorm other meal ideas and information to share with members.

Certified Healthy Tip

Hosting nutrition classes and providing healthy options for meals and snacks may be marked on your application under the nutrition content area.

WHAT DOES IT MEAN TO “EAT HEALTHY”?

It is important to eat better for a longer, healthier, more enjoyable life, but what exactly is eating healthy?

- › Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- › Includes lean meats, poultry, fish, beans, eggs, and nuts
- › Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars

Source: [Choose My Plate](#)

TIPS TO GET YOUR CONGREGATION ON TRACK WITH EATING HEALTHY

- 1. Show by example**
Eat fruits, vegetables, and whole grains with meals or as snacks. During congregational meals serve healthy options. This will encourage families to prepare healthy meals when at home.
- 2. Go Food Shopping Together**
Grocery shopping can teach your members about food and nutrition. Discuss the location of fruits, vegetables, grains, milk, and meats and how to choose healthy options by comparing the calories, fat, and fiber in products. Include families so they can make healthy choices together.
- 3. Get Creative in the Kitchen**
Host classes for your members and the surrounding community on how to prepare healthy meals and snacks. Go to [Simple Cooking](#) for videos and recipes about healthy food preparation.
- 4. Encourage Members to Listen to Their Bodies**
Offer classes that teach members not to deprive themselves of food, but to make different choices and healthy options available.
- 5. Develop a “Healthy Eating” Cookbook**
Let your members be active participants in creating a cookbook everyone can be proud of.
- 6. Partner with Programs that Focus on Healthy Eating**
Become a location site for programs that encourage healthy eating.
- 7. Develop a Community Garden**
As you garden and enjoy fellowship together, you will be able to introduce fresh vegetables to members. This will encourage members to choose healthy options.
- 8. Encourage Members to Limit Screen Time**
Get up and move during commercials. Encourage physical activity and avoidance of marketing to decrease cravings for unhealthy food choices. Encourage members to eat family meals at the dinner table and not in front of the television.
- 9. Encourage Physical Activity**
Make physical activity a part of activities offered at your congregation.
- 10. Be a Good Food Role Model**
Young members look up to the elders in their congregation. Be a good role model. Try new foods and eat healthy food options.

Source: [2011 Healthy Congregation Manual](#)

DO I HAVE TO GIVE UP MY FAVORITE COMFORT FOOD?

No! Healthy eating is all about balance. You can enjoy your favorite foods even if they are high in calories, fat or added sugars. The key is eating them only once in a while and balancing them out with healthier foods and more physical activity.

Some general tips for comfort foods:

- › Consume them less often. If you normally eat these foods every day, cut back to once a week or once a month. You'll be cutting your calories because you're not having the food as often.
- › Eat smaller amounts. If your favorite higher-calorie food is an afternoon chocolate bar, have a smaller size or only half a bar. Be careful! This technique works well for some people, but others may find it is too tempting to have their favorite food available, even in smaller amounts.
- › Try a lower-calorie version. Use lower-calorie ingredients to prepare foods differently. For example, if your macaroni and cheese recipe uses whole milk, butter, and full-fat cheese, try remaking it with non-fat milk, less butter, light cream cheese, fresh spinach, and tomatoes. Just remember to not increase your portion size.
- › Reduce the amount of sodium. Too much sodium can raise blood pressure which can have serious health consequences. Over 75% of dietary sodium comes from eating packaged and restaurant foods. If possible, make meals at home from scratch.
- › Eat foods high in fiber. Foods such as beans, fruit and whole-wheat pastas are excellent sources of fiber and will help you feel fuller, longer.

Source: [CDC, Healthy Weight](#)

HOW TO AVOID PORTION SIZE PITFALLS TO HELP YOU MANAGE YOUR WEIGHT

When eating at many restaurants, it's hard to miss that portion sizes have gotten larger in the last few years. The trend has also spilled over into grocery stores and vending machines, where a bagel has become a BAGEL and an "individual" bag of chips can easily feed more than one. Research shows that people unintentionally consume more calories when faced with larger portions. This can mean significant excess calorie intake, especially when eating high-calorie foods. Here are some tips to help you avoid some common portion-size pitfalls.

Portion control when eating out. Many restaurants serve more food than one person needs at one meal. Take control of the amount of food that ends up on your plate by splitting an entrée with a friend. Or, ask the wait person for a "to-go" box and wrap up half your meal as soon as it's brought to the table.

Portion control when eating in. To minimize the temptation of second and third helpings when eating at home, serve the food on individual plates, instead of putting the serving dishes on the table. Keeping the excess food out of reach may discourage overeating.

Portion control in front of the TV. When eating or snacking in front of the TV, put the amount that you plan to eat into a bowl or container instead of eating straight from the package. It's easy to overeat when your attention is focused on something else.

Go ahead, spoil your dinner. We learned as children not to snack before a meal for fear of "spoiling our dinner." Well, it's time to forget that old rule. If you feel hungry between meals, eat a healthy snack, like a piece of fruit or small salad, to avoid overeating during your next meal.

Be aware of large packages. For some reason, the larger the package, the more people consume from it without realizing it. To minimize this effect:

- › Divide up the contents of one large package into several smaller containers to help avoid over-consumption.
- › Don't eat straight from the package. Instead, serve the food in a small bowl or container.

Out of sight, out of mind. People tend to consume more when they have easy access to food. Make your home a "portion friendly zone."

- › Replace the candy dish with a fruit bowl.
- › Store especially tempting foods, like cookies, chips, or ice cream, out of immediate eyesight, like on a high shelf or at the back of the freezer. Move the healthier food to the front at eye level.
- › When buying in bulk, store the excess in a place that's not convenient to get to, such as a high cabinet or at the back of the pantry.

Source: [CDC, Healthy Weight](#)

RETHINK YOUR DRINK

You now have some tips to help you eat better and manage your weight, but have you thought about what you drink?

When it comes to weight loss, there's no lack of diets promising fast results. There are low-carb diets, high-carb diets, low-fat diets, grapefruit diets, cabbage soup diets, and blood type diets, to name a few. But no matter what diet you may try, to lose weight, you must take in fewer calories than your body uses. Most people try to reduce their calorie intake by focusing on food, but another way to cut calories may be to think about what you drink.

WHAT DO YOU DRINK? IT MAKES MORE DIFFERENCE THAN YOU THINK!

Calories in drinks are not hidden (they're listed right on the Nutrition Facts label), but many people don't realize just how many calories beverages can contribute to their daily intake. As you can see in the example below, calories from drinks can really add up. But there is good news: you have plenty of options for reducing the number of calories in what you drink.

Occasion	Instead of...	Calories	Try...	Calories
Morning coffee shop run	Medium café latte (16 ounces) made with whole milk	265	Small café latte (12 ounces) made with fat-free milk	125
Lunchtime combo meal	20-oz. bottle of non-diet cola with your lunch	227	Bottle of water or diet soda	0
Afternoon break	Sweetened lemon iced tea from the vending machine (16 ounces)	180	Sparkling water with natural lemon flavor (not sweetened)	0
Dinnertime	A glass of non-diet ginger ale with your meal (12 ounces)	124	Water with a slice of lemon or lime, or seltzer water with a splash of 100% fruit juice	0 calories for the water with fruit slice, or about 30 calories for seltzer water with 2 ounces of 100% orange juice.
Total beverage calories:		796		125-155

Source: [CDC, Healthy Weight](#)

Substituting no- or low-calorie drinks for sugar-sweetened beverages cuts about 650 calories in the example above.



RECIPE SUBSTITUTIONS TO MAKE YOUR FELLOWSHIP MEALS HEALTHIER

Tips to decrease the total fat and calories

Instead of this:

Try Using this:

Shortening, butter, margarine, or solid fat.

Use 1/3 less liquid oil or solid fat called for in the recipe. If recipe calls for 1 cup, use 3/4 cup. If recipe uses 1/4 cup shortening, use 3 Tablespoons oil. Use equal amounts of oil for melted shortening, margarine or butter.

Shortening, butter, or oil in baking

Use applesauce or prune puree for half of the butter, shortening or oil. May need to reduce baking time by 25%.

Instead of whole milk, half and half or evaporated milk

Use skim milk, 1% milk, evaporated skim milk, fat-free half and half, or plain soymilk with calcium.

Butter, shortening, margarine, or oil to prevent sticking. Fat to sauté or stir-fry.

When frying foods use cooking spray, water, broth or nonstick pans.

Full-fat cream cheese

Use low-fat or nonfat cream cheese, Neufchâtel, or low-fat cottage cheese pureed until smooth.

Full-fat sour cream
Full-fat cottage cheese
Full-fat ricotta cheese

Use nonfat or reduced fat sour cream or fat-free plain yogurt. (Yogurt is not heat stable). Use 2% or fat-free cottage cheese. Use part-skim ricotta.

Cream
Whipping cream

Use evaporated skim milk. Use nonfat whipped topping or cream. (This is only nonfat if one serving size is used.)

Eggs

Use egg whites (usually 2 egg whites for every egg) or 1/3 cup egg substitute.

Whole fat cheese

Use reduced fat cheese, but add it at the end of the cooking time or use part skim mozzarella.

Frying in fat

Use cooking methods such as bake, boil, broil, grill, poach, roast, stir-fry, or microwave.

Regular mayonnaise or salad dressing

Use low fat, reduced, or nonfat mayonnaise or salad dressing.

Canned fish

Use water-packed canned products or canned products packed in 'lite' syrup.

Fatter cuts of meat, skin on

Leaner cuts of meat or ground meat, remove skin before cooking.

Source: Ohio State University Extension, Family and Consumer Sciences Fact Sheet, [Get Moving Get Healthy](#)

TIPS TO REDUCE THE AMOUNT OF SUGAR

Instead of this:

Try Using this:

Sugar	Reducing sugar by 1/4 to 1/3 in baked goods and desserts. If recipe calls for 1 cup, use 2/3 cup. Cinnamon, vanilla, and almond extract can be added to give impression of sweetness. (Do not remove all sugar in yeast breads as sugar provides food for the yeast.)
Sugar	Replacing sugar with amounts of sucralose (*Splenda™), works well for most baked products. Add 1/2 teaspoon baking soda in addition to each cup of Splenda™ used. Baking time is usually shorter and product will have a smaller yield. Try using aspartame (*NutraSweet™), saccharin, or acesulfame potassium in other products that are not baked. The sweet taste will vary with product combination or amounts of each sweetener used.
Fruit-flavored yogurt	Plain yogurt with fresh fruit slices or use light versions of yogurt.
Syrup	Pureed fruit, such as no-sugar added applesauce, or sugar-free syrup
Sugar in canned or frozen fruits	Decrease or eliminate sugar when canning or freezing fruits or buy unsweetened frozen fruit or fruit canned in its own juice, water, or light syrup.

WAYS TO INCREASE FIBER

Instead of this:

Try Using this:

White rice, enriched grains	Whole grain, brown rice, wild rice, whole cornmeal (not degermed), whole barley, bulgur, kasha, quinoa, or whole wheat couscous.
All-purpose flour	Substitute whole wheat flour for up to 1/2 of the flour. For example, if a recipe calls for 2 cups flour, try 1 cup all-purpose flour and 1 cup minus 1 tablespoon whole wheat flour. Use "white whole wheat flour" or "whole wheat pastry flour" for total amount of all-purpose flour.
Pastas, crackers, cookies, cereals	Whole grain pastas, crackers, cookies, and cereals.
White bread	100% whole wheat bread and 100% whole grain bread.
Iceberg lettuce	Romaine lettuce, endive, and other leafy lettuces, or baby spinach.
Meat	Use more dried beans and peas. Add legumes and lentils to many different dishes: try adding lentils to your spaghetti sauce.
Peeled fruit and vegetables	Add extra fruits and vegetables, such as adding carrots to spaghetti sauce, leaving apple peels in apple crisp, zucchini bread, etc. Add extra fruits and vegetables to recipes and include the peel when appropriate.

* Use of brand name does not mean an endorsement of the product.

Source: Ohio State University Extension, Family and Consumer Sciences Fact Sheet, [Get Moving Get Healthy](#)



“A healthy congregation benefits the church in a variety of ways. A healthier congregation is a more involved and active congregation.”

REV. DANIEL U'REN
SENIOR MINISTER, WESTERN OAKS CHRISTIAN CHURCH
OKLAHOMA CITY, OKLAHOMA



Safe and Healthy Environment

Safe environments are also healthy environments. As stated in this manual, tobacco use is the number one preventable cause of death and disease. According to the Breathe Easy OK website, secondhand smoke is a known cause of cancer in humans and also causes heart disease and stroke. This type of passive smoking is estimated to cause more than 700 deaths in Oklahoma among nonsmokers each year. It also causes irritation of the eyes, nose, throat, and lungs. The best protection against secondhand smoke exposure is to first quit smoking and secondly pass guidelines that prohibit the use of any form of tobacco on your congregation property.

Other commitments around physical activity, nutrition, transportation and emergency preparedness are also beneficial in providing a safe, healthy environment. Oklahoma is known as "Tornado Alley," so being weather-aware includes having a plan in place just in case a disaster happens. Providing a clean, safe and private

space for nursing mothers also allows families to stay connected while at your congregation. Congregations have various age groups in attendance, so having members trained in CPR and how to recognize the signs of heart attack and stroke are important because these can happen at any age. More information may be found at www.heart.org and www.strokeassociation.org.

WELLNESS COMMITMENTS TO REINFORCE A SAFE AND HEALTHY ENVIRONMENT

Committing to wellness is an affirming way of letting members and surrounding communities know that steps are being taken to improve health. It also lets them know that the congregation is an active collaborator and supporter to help out as they move forward on their journey to decrease preventable illnesses. Written commitments allow everyone an opportunity to know expectations around wellness within your congregation.

Below you will find a sample commitment to wellness your congregation may agree to as a way to set standards around tobacco-free living, healthy foods and beverages and active living. You may tailor it to the needs of your congregation. Visit the Certified Healthy Oklahoma website at www.certifiedhealthyok.com/congregation/ to find a fillable commitment statement you may download and print.

Commitment to Wellness

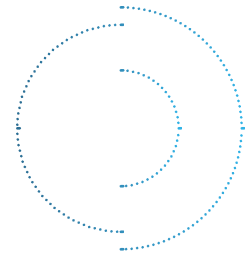
[] is dedicated and devoted to the safety, health, and spiritual well-being of its members and surrounding community. We acknowledge that chronic diseases such as heart disease & stroke, cancer, diabetes, and lung disease are harmful to the health of our congregation and community. We recognize that providing and promoting healthy food and beverage options, physical activity opportunities, and tobacco-free environments can help improve health and wellness.

On [] [] commits to promote a healthy congregation and community by:

- › Incorporating nutrition, physical activity, and tobacco-free education and messages in congregation communications, and in bulletins, newsletters, sermons, and youth programming;
- › Supporting congregational leaders as they serve as role models for healthy eating, active living, and being tobacco-free and
- › Emphasizing the connections between spiritual faith, and physical health and displaying posters, pictures, or books that support healthy foods and beverages, opportunities to be physically active, and tobacco-free air.

In addition to the above commitment, [] also commits to the following healthy food and beverage, physical activity and tobacco-free components:

***When adopting the wellness guidelines, also include the nutrition, physical activity, and tobacco-free components shown on pages 27-28 as part of the overall guidelines.**



HEALTHY FOOD AND BEVERAGE

**Check all that apply*

When foods and beverages are served or sold, the following will be offered as a way to increase healthy options for members and visitors:

Unflavored water, unsweetened tea, 100% real fruit juice with no added sugar, and low-fat (1%) or non-fat milk.

A variety of fruits and vegetables.

Whole grain options such as oatmeal, 100% whole grain pasta, brown rice, whole grain barley, 100% whole grain bread, and whole grain cereal (whenever grain products are served).

Lean meats and/or meat substitutes that are low in saturated fat and cholesterol, such as chicken, fish, turkey, beans, nuts, seeds, and soy protein (whenever meats and/or meat substitutes are served).

Foods that are low in fat and sodium.

Foods that are cooked by steaming, grilling, roasting, broiling, baking, poaching, or sautéing, rather than deep frying (whenever cooked foods are served).

In addition, we are committed to creating an environment that supports and promotes healthy eating in the following ways:

Promoting smaller portion sizes.

Using non-food items as rewards and treats in youth programs.

Providing a safe, clean, and private space and accommodations for nursing mothers.

[] healthy weight or healthy eating programs such as nutrition classes, cooking classes, support groups, and tasting parties for congregants and community members.

[] a garden where congregants and community members can grow fruits and vegetables for personal use, to donate to local food pantries, or use at congregation events and services.

[] a farmer's market where congregants and community members can purchase locally grown fruits and vegetables.

Ensuring that [] of the foods distributed through the food pantry are vegetables, fruits, whole grains, fat-free, or low-fat dairy products, lean meats, nuts, and seeds; and that

[] of the beverages distributed through the food pantry are water, unflavored milk or milk alternatives with no added sweeteners, 100% real fruit or vegetable juice, and coffee or tea.

PHYSICAL ACTIVITY

**Check all that apply*

We are committed to helping congregation members participate in physical activity by:

Incorporating physical activity breaks in [].

(It is recognized that this may not be possible during traditional worship services).

Incorporating physical activity into classes, programs, and special events for children and adolescents.

Not withholding or assigning physical activity as a form of punishment during classes, programs, and special events for children and adolescents.

Hosting ongoing physical activity programs, including [].

Providing space for group exercise classes and programs.

Providing equipment for exercising.

Supporting and promoting physical activity programs such as [], by posting flyers, making announcements, and sending emails.

In addition, we promote physical activity opportunities for our neighboring community by:

Opening [] facilities, such as playgrounds, sport courts, walking trails, gymnasiums and multi-purpose rooms for community recreational use during set days and times.

Inviting community members to participate in physical activity programs such as [].

TOBACCO-FREE

**Check all that apply*

Defining tobacco as a product that contains or is derived from tobacco and is intended for human consumption, excluding drugs or devices approved for cessation by the United States Food and Drug Administration. This includes combustible and noncombustible tobacco products as well as e-cigarettes and vapor products with or without nicotine.

Preventing exposure to secondhand and thirdhand smoke for all employees, members, visitors, and any persons present and supporting those who want to quit using tobacco products by:

Disallowing, at all times, the use of tobacco products on congregation-owned or leased property, both indoors and outdoors (including parking lots, etc.).

Disallowing the use of tobacco products during all congregation events, meetings, and programs, whether located on or off congregation property.

Disallowing the use of tobacco products in vehicles belonging to the congregation.

Posting signs informing congregation and community members of the tobacco-free commitment in highly visible areas including parking lot, and outdoor areas.

Promoting tobacco cessation in the congregation and community by providing information for the Oklahoma Tobacco Helpline (1-800-QUIT NOW).

Refusing sponsorship from a tobacco company and not allowing tobacco advertising or promotion on congregation-owned property or at any off-site congregation meetings and events.

Removing ash receptacles, such as ashtrays or ashcans, from congregation property.

Effective Date: _____

Name and Title: _____

Signature: _____

Certified Healthy Tip

At a minimum, in order to be considered for the Excellence Level, applicants must have an indoor and outdoor tobacco-free property. See above for the definition of a tobacco product.

Leadership in the Community

The influence of unhealthy lifestyles is within walking distance of each community. Congregations have the influence to mobilize communities to focus on healthy behaviors. This can be accomplished by sharing educational or promotional information about health not only with congregants, but also with community members. Opening up facilities to the community, partnering with other organizations and/or congregations to plan and implement health programs, and participating in local health-related community groups are steps towards leadership in the community.

When communities become organized and involved in decision making around health issues, their voice is part of the discussion up front. Everyone has to be involved to help implement solutions and keep all communities healthy.

We can end deaths and diseases from unhealthy lifestyles if we all work together. As people become healthier, they will be able to do great things.

Certified Healthy Tip

Collaborating with other congregations to promote health may be marked on your application under the leadership in the community content area.

BE THE DRIVING FORCE FOR CHANGE

1. **JOIN** a local health coalition, team or committee within your community.
2. **MEET** with decision-makers on the city, county, and state level and educate them about health issues concerning our communities such as tobacco, nutrition, and physical activity.
3. **MAKE SURE** you create an atmosphere of healthy living at your congregation by posting tobacco free property signage, promoting **1-800-QUIT NOW**, providing nutritious meals, encouraging physical activity, providing health screenings, and applying to be a Certified Healthy Congregation.
4. **HOLD** programs for your congregation to educate on healthy living.
5. **COLLABORATE** with other congregations to sponsor health events.
6. **HOST** community forums and elicit information on what communities can do to become healthy communities.
7. **WORK** with local businesses to decrease tobacco advertisement and promote healthy eating.
8. **ASK** health clinics, doctors' offices and local health departments to collaborate and host wellness clinics at your congregation to provide community screenings.
9. **HELP** groups in your community get the word out about health information/services.
10. **SUPPORT** statewide issues and encourage people to speak out about the importance of improving everyone's health.
11. **URGE** communities to do something to protect residents from tobacco use exposure.
12. **SHARE** your knowledge and experience with other congregations in your community.
13. **ENCOURAGE** other congregations to implement health-related activities and apply to become a Certified Healthy Congregation.



Example of the Faithful, Fit, and Strong Health Collaborative

COLLABORATIVE HEALTH FESTIVALS

Leadership in the community does not mean it cannot be shared leadership. In 2010, the Faithful, Fit, and Strong Health Collaborative began as an idea of two forward-thinking nurses with community health experience, a keen awareness of community needs, and strong connections within the faith community. This collaborative began small with support from local congregations from the northeast part of OKC and OU College of Nursing. The group wanted to bring health to the community, but not as a traditional health fair, so they developed what they called “health festivals.” Operating on donations and months of planning, the collaborative was able to engage external partners. The festivals included participation from over 20 partners and were hosted at a local congregation. They were comprised of educational presentations as well as health screenings, dental screenings, and social services open to any community member. There was something for all age groups. This experience allowed congregations to share leadership, while planning for community impact. Much can be done when individuals who have common goals and commitments come together and pool their resources for the greater good of the community.

This type of event is modifiable for any community as congregations come together and engage county health departments, health coalitions, educational organizations, hospitals, clinics, and other local partners to plan and implement community-wide health events. Congregations could even use this concept to engage young adult groups to connect across different congregations and with community partners. This could serve as an opportunity not only to serve the needs of the community but also build collaborative leadership skills in the next generation of faith leaders.



“Congregations working together to address the preventive health needs of communities is one of the best ways to address population health.”

- FAITHFUL, FIT AND STRONG FAITH COLLABORATIVE

Behavioral Health

In the past, faith community members seldom shared their own or their family members' behavioral health, mental health or addiction problems and challenges with their fellow congregants. Unfortunately, fear that they would be judged or shamed by their own faith family caused them to keep it a secret and deny that these struggles existed. Today, congregations everywhere are addressing these issues because of the scientific findings that these issues are not moral failings, but are caused by chemical imbalances in the brain.

IMPORTANCE OF BEHAVIORAL HEALTH TO OVERALL HEALTH

Behavioral health, good mental health, and living a life in recovery from addiction are necessary for adults who are parenting children. When children are traumatized by negative adult behaviors in the home which cause the children to be in "fight or flight" mode, children can become physically sick and could actually grow up to be physically unhealthy adults.

SO HOW CAN CONGREGATIONS HELP FAMILIES STRUGGLING WITH BEHAVIORAL HEALTH ISSUES?

1. September is Recovery Month. Speak about recovery and how it shows forgiveness. Recovery Sundays could be hosted each Sunday during the month of September to encourage continued sobriety and influence others to seek assistance.
2. Order free brochures on mental health issues like depression and make them available to congregation members. (SAMHSA.gov)
3. Introduce prayer with deep relaxation breathing as a stress management method.
4. When small groups get together, encourage stress relief exercises.
5. Form a ministry team, within your congregation, intent on learning to help families with addiction issues as well as prevention activities (Faith-Partners.org).
6. Support parents of certain age groups ("terrible twos," early adolescence, teen years, etc.) to come together and talk about issues in parenting on a regular basis.
7. Make a list of local help groups (domestic violence prevention, teen counseling, child psychologists, parenting groups, suicide hotline (1-800-273-TALK (8255), domestic violence safe line (1-800-522-SAFE (7233), poison hotline, tobacco cessation hotline, etc.) with contact information to hand out to congregants.
8. Regularly talk about issues like mental health and recovery in conversations and classes in order to de-stigmatize these issues.

Certified Healthy Tip

Promoting national hotlines such as Suicide Prevention, Domestic Violence, and Gambling Addiction may be marked on your application under the behavioral health content area.

“People are made up of three main components: mind, body, and spirit. The more we balance these three traits, the healthier we are as human beings. Houses of worship primarily focus on the spirit, but healthy minds and bodies carry us forward in our relationship with God. Therefore, encouraging our houses of worship to pursue healthier minds and bodies bolsters our pursuit of a healthy spirit.”

- RABBI VERED L. HARRIS
TEMPLE B'NAI ISRAEL, OKLAHOMA CITY, OK

Health Ministries

Health ministries exist for the purpose of preventive health screenings and wellness promotion. While emphasis may be on particular age groups, health ministries are meant to serve the needs of the whole congregation and greater community. They are not created to replace traditional health systems that offer sickness care and cure. The goal is to work in concert, to coexist in such a way that promotes optimal whole- person health, healing, and general well-being.

Individual congregations, by reclaiming and strengthening their healing roles, are in pivotal positions to promote health through community building and participation, enhancing the meaning of life, nurturing spiritual values, and sponsoring health-related programs.

Health Ministry is shaped by the resources, needs and commitment of your congregation and community. One program might include monthly blood pressure monitoring. Another program might include a faith community nurse who assists with pastoral care, educates pastoral visitors, and acts as a patient advocate. Still another may include providing health education messages for the bulletin or coordinating healthy food demonstrations. The details will differ from congregation to congregation, but it is all health ministry.

If your congregation does not already have a health ministry committee, you will want to establish one. Your committee may include the pastor, the local elder, the congregation ministries leader, the communication leader, interested members and one or more health professionals. Depending on the size of your congregation, you may decide to have an advisory committee with subcommittees for different topics. A small working committee of individuals interested in health promotion is more productive than a large uninvolved group; yet the more people you involve in planning, the more ownership they will take in supporting your health ministry activities. If there is any question about your mission statement, goals, and roles/

responsibilities, make that the first item on your agenda. It is good to decide at one sitting the health ministry activities you want to have for the entire year. You will need to have additional meetings to complete specific planning.

You may want to do a survey to find out as much information as possible about members' health habits and expectations for the health ministry. When the information is gathered and analyzed, it may give you some idea as to how to best plan your activities. For instance, you may want to find out the health status and health knowledge of your own local congregation. If you do any community outreach, you may want to survey the community to assess its needs. Is it a healthy community? Do they prefer a program on reducing sodium and smoking cessation? Would more people come to an activity in the morning or at night? On which days of the week are they most likely to attend? Surveys can yield very useful information if properly planned. You can design your own or modify one that has already been developed.

Certified Healthy Tip

An established health ministry at your congregation may be marked on your application.

Remember to make sure your health ministry is tailored for your congregation!

“Preserving, supporting, and advancing the professional practice of faith community nursing in Oklahoma, who provides holistic nursing care to faith community members of all ages, reclaiming the healing ministry of the congregation.”

**- FAITH COMMUNITY NURSES ASSOCIATION
OKLAHOMA**

Planning Sheet

Congregation Name

Committee Members

Begin Date **End Date**

Months	Planned Activities	Notes
November		
December		
January		
February		
March		
April		
May		
June		
July		
August		
September		
October		

■ Certified Healthy application period. August 1st through November 1st

Fact/Source

Fact

Source

Smoking remains the leading cause of preventable death and disease in the United States, killing more than 480,000 Americans each year.

Source: Centers for Disease Control and Prevention

Centers for Disease Control and Prevention: Retrieved from [LINK](#).

Cigarette smoke contains more than 7,000 chemical compounds. Levels of some of these chemicals have increased as manufacturing processes have changed.

Source: Centers for Disease Control and Prevention

Centers for Disease Control and Prevention: Retrieved from [LINK](#).

U.S. Department of Health & Human Services: Retrieved from [LINK](#).

Since the first Surgeon General's report on smoking and health was published over 50 years ago, more than 20 million Americans have died because of smoking.

Source: U.S. Department of Health & Human Services

U.S. Department of Health & Human Services: Retrieved from [LINK](#).

One out of three cancer deaths is caused by smoking and nearly nine out of ten lung cancers are caused by smoking cigarettes.

Source: U.S. Department of Health & Human Services

U.S. Department of Health & Human Services: Retrieved from [LINK](#).

Smoking and Cancer: Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention, 2016

Smoking and the use of other tobacco products causes or worsens numerous diseases and conditions and increases the risk of heart attack and stroke.

Source: American Lung Association

American Lung Association: Retrieved from [LINK](#).

Cigarettes are designed for addiction. If you quit a pack-a-day habit, you will save about \$2000 per year.

Source: U.S. Department of Health and Human Services

U.S. Department of Health and Human Services. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.

Smoking significantly increases the risk of developing ovarian cancer. Fortunately, the risk returns to normal after long-term smoking ends.

Jordan S, Whiteman D, Purdie D, Green A, Webb P, et al. Does Smoking Increase Risk of Ovarian Cancer? A Systematic Review. *Gynecological Oncology*. 2006; 103:1122-1129.

Tobacco companies intentionally market to kids and young adults in order to recruit "replacement smokers" and protect company profits.

Source: Preventive Medicine

Campaign for Tobacco-Free Kids Retrieved from [LINK](#).

Every exposure to the cancer-causing chemicals in tobacco smoke can damage DNA in a way that leads to cancer.

Source: U.S. Department of Health and Human Services

How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General. 2010.

Breathing secondhand smoke interferes with the normal functioning of the heart, blood, and vascular systems in ways that increase the risk of having a heart attack.

Source: Centers for Disease Control and Prevention

Health Effects of Secondhand Smoke. Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion, 2014

Fact

Source

Nonsmokers who are exposed to secondhand smoke at home or at work increase their risk of developing lung cancer by 20–30%

Source: Centers for Disease Control and Prevention

Children exposed to secondhand smoke are at an increased risk for sudden infant death syndrome (SIDS), acute respiratory infections, ear problems, and more severe asthma. Smoking by parents causes respiratory symptoms and slows lung growth in their children.

Source: U.S. Department of Health and Human Services

U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General; Executive Summary, 2006

Smokers are five times more likely to give up cigarettes if their spouse or partner quits.

Source: National Institute on Aging, U.S. National Institutes of Health

The Health and Retirement Study, A Longitudinal Study of Health, Retirement, and Aging. Sponsored by the National Institute on Aging, U.S. National Institutes of Health.

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases.

Source: Centers for Disease Control and Prevention

[LINK](#)

Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day.

Source: Centers for Disease Control and Prevention

[LINK](#)

Aerobic activity should make up most of your child's 60 or more minutes of physical activity each day.

Source: Centers for Disease Control and Prevention

[LINK](#)

Being physically active is one of the most important steps that people of all ages and abilities can take to improve their health.

Source: U.S. Surgeon General

[LINK](#)

Physical activity can reduce illness from chronic diseases and premature death.

Source: U.S. Surgeon General

[LINK](#)

Science shows that physical activity can reduce your risk of dying early from the leading causes of death, like heart disease and some cancers.

Source: Centers for Disease Control and Prevention

[LINK](#)

Less than 60% of adults are physically active on a regular basis, 25% aren't active at all. Inactive individuals have a higher risk of heart disease, diabetes, high blood pressure, and obesity.

Source: Healthier Generation

[LINK](#)

Oklahoma now has the eighth highest adult obesity rate in the nation.

Source: State of Obesity (OK)

[LINK](#)

Among adults, physical activity is associated with improved quality of life, emotional well-being, and positive mental health.

Source: U.S. Surgeon General

[LINK](#)

Walking is a common form of physical activity. In 2010, more than 60% of adults reported walking 10 minutes or more in the past week for transportation or leisure.

Source: U.S. Surgeon General

[LINK](#)

Fact

Source

Eating healthy can help reduce people's risk for heart disease, high blood pressure, diabetes, osteoporosis, and several types of cancer, as well as help them maintain a healthy body weight.

Source: *U.S. Surgeon General*

[LINK](#)

Eat less by avoiding oversized portions, make half of the plate fruits and vegetables, make at least half of the grains whole grains, switch to fat-free or low-fat (1%) milk, choose foods with less sodium, and drink water instead of sugary drinks.

Source: *U.S. Surgeon General*

[LINK](#)

Eating healthy means consuming a variety of nutritious foods and beverages, especially vegetables, fruits, low-fat and fat-free dairy products, and whole grains.

Source: *U.S. Surgeon General*

[LINK](#)

Focus on making healthy food and beverage choices from all five food groups including fruits, vegetables, grains, protein foods, and dairy to get the nutrients you need.

Source: *Choose My Plate*

[LINK](#)

Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time.

Source: *Choose My Plate*

[LINK](#)

March is National Nutrition Month.

Source: *Centers for Disease Control and Prevention*

[LINK](#)

Research shows that people get full by the amount of food they eat, not the number of calories they take in. You can cut calories in your favorite foods by lowering the amount of fat and or increasing the amount of fiber-rich ingredients, such as vegetables or fruit.

Source: *Centers for Disease Control and Prevention*

[LINK](#)

When it comes to meal planning, serve smaller portion sizes, include whole grains, protein and low-fat dairy, and fill half your plate with fruits and vegetables.

Source: *Shape Your Future OK*

[LINK](#)

Every step taken towards eating more fruits and veggies helps you and your family be at their best.

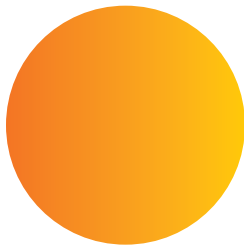
Source: *fruits and veggies more matters*

[LINK](#)

Eating more fruits and veggies matters when it comes to maintaining a healthy weight, and it may even reduce your family's risk of many diseases.

Source: *fruits and veggies more matters*

[LINK](#)



Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.

CALCIUM-RICH FOODS – You may automatically think of a glass of low-fat or fat-free milk when someone says “consume more dairy products.” But what about low-fat and fat-free yogurts without added sugars? These come in a wide variety of flavors and can be a great dessert substitute for those with a sweet tooth.

Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.

FRESH VEGETABLES – Try something new. You may find that you love grilled vegetables or steamed vegetables with an herb you haven’t tried, like rosemary. You can sauté vegetables in a non-stick pan with a small amount of cooking spray. Or try frozen or canned vegetables for a quick side dish – just microwave and serve. When trying canned vegetables, look for vegetables without added salt, butter, or cream sauces. Commit to going to the produce department and trying a new vegetable each week.

For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.

Fact

Source

Mental and emotional well-being is essential to overall health.

Source: *U.S. Surgeon General*

[LINK](#)

Positive mental health allows people to realize their full potential, cope with the stresses of life, work productively, and make meaningful contributions to their communities.

Source: *U.S. Surgeon General*

[LINK](#)

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Source: *mentalhealth.gov*

[LINK](#)

People with high total cholesterol have approximately twice the risk for heart disease as people with ideal levels.

Source: *Centers for Disease Control and Prevention*

[LINK](#)

Every five minutes, two people die of diabetes-related causes and 14 adults are newly diagnosed.

Source: *Centers for Disease Control and Prevention*

[LINK](#)

Breast cancer is the most common cancer in women, no matter your race or ethnicity.

Source: *Centers for Disease Control and Prevention*

[LINK](#)

Obesity is a contributing cause of many other health problems, including heart disease, stroke, diabetes, and some types of cancer. These are some of the leading causes of death in the U.S.

Source: *Centers for Disease Control and Prevention*

[LINK](#)

Women who are not physically active have a higher risk of getting breast cancer.

Source: *Centers for Disease Control and Prevention*

[LINK](#)

All women are at risk for cervical cancer. It occurs most often in women over age 30.

Source: *Centers for Disease Control and Prevention*

[LINK](#)

Lifestyle factors that may contribute to increase risk of colorectal cancer include: lack of physical activity, low fruit and vegetable consumption, high-fat diet, excessive weight and obesity, alcohol consumption and tobacco use.


Source: *Centers for Disease Control and Prevention*

[LINK](#)

Moderate weight loss and exercise can prevent or delay type 2 diabetes among adults at high-risk of diabetes.

Source: *Centers for Disease Control and Prevention*

[LINK](#)



“While there is much debate over the division of the body and soul, especially when looking at the question from a religious point of view, it is clear that they are essentially linked during our time on Earth. The only way we can have a fully integrated life is to respect both our body and soul and enact behaviors that lead to both into better unity.”

FATHER BRIAN BUETTNER
BLESSED SACRAMENT CATHOLIC CHURCH
LAWTON, OK

Web-based Resources

Breathe Easy Oklahoma [LINK](#)

Centers for Disease Control and Prevention

- Assessing Weight [LINK](#)
- BMI Calculator [LINK](#)
- Cancer [LINK](#)
- Cholesterol [LINK](#)
- Division of Nutrition, Physical Activity, and Obesity [LINK](#)
- Faith Leaders Diabetes Toolkit [LINK](#)
- Flu [LINK](#)
- Heart Disease [LINK](#)
- High Blood Pressure [LINK](#)
- Prediabetes Test [LINK](#)
- Smoking and Tobacco [LINK](#)
- Tips from Former Smokers for Faith-Based Organizations [LINK](#)

Certified Healthy Oklahoma [LINK](#)

Checklist for a Church Emergency Management Plan [LINK](#)

Choose My Plate [LINK](#)

Church Health Reader [LINK](#)

Community Gardens [LINK](#)

Creating Community Connections for Mental Health [LINK](#)

Disaster Preparedness and Response for Clergy and Congregations [LINK](#), [LINK](#)

Faith and Health: Adapt to Your Church [LINK](#)

Faithful Families Eating Smart and Moving More [LINK](#)

Health Focused Lessons [LINK](#)

Mental Health Ministries [LINK](#)

Oklahoma Department of Mental Health and Substance Abuse Services [LINK](#)

Oklahoma State Department of Health [LINK](#)

Oklahoma Tobacco Helpline [LINK](#)

Power to End Stroke [LINK](#)

Shape Your Future Oklahoma [LINK](#)

Tobacco Stops with Me [LINK](#)

The Balm in Gilead, Inc. [LINK](#)

Westberg Institute [LINK](#)

Acknowledgments & Special Thanks

OKLAHOMA STATE DEPARTMENT OF HEALTH

Center for the Advancement of Wellness

- › Lindsey Ellis
- › Chantel Hartman
- › Latricia Morgan
- › Stephanie U'Ren
- › Tia Yancey

Partnerships for Health Improvement

- › Linda Thomas

Okfuskee County Health Department

- › Catherine Vass

COMMUNITY PARTNERS

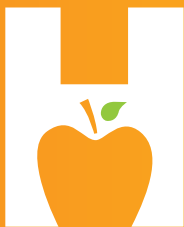
- › Mary Carey, *St. John Missionary Baptist Church*
- › Norma Goff, *Fit, Faithful and Strong Faith Collaborative*
- › Angel Johnson, *Faith Community Nurses Association Oklahoma*
- › Mary Overall, *Fit, Faithful and Strong Faith Collaborative*
- › Jan Tipton, *Community Renewal Shawnee, Oklahoma*
- › Rev. Daniel U'Ren, *Western Oaks Christian Church*

ADDITIONAL THANKS TO:

- › Shane Keeter, *First Baptist Church of Muskogee*
- › Rabbi Vered L. Harris, *Temple B'nai Israel*
- › Pastor Larry Priest, *Edmond Seventh-day Adventist Church*
- › Evangelist Martha Collins, *United in Christ Discipleship International*
- › Reverend Trina Bose North, *Crown Heights United Methodist Church*
- › Father Brian Buettner, *Blessed Sacrament Catholic Church*

SPECIAL THANKS TO THOSE WHO WORKED ON THE ORIGINAL HEALTHY CONGREGATION MANUAL IN 2011

- › Lamar Brown and Physical Activity/Nutrition Staff from Indian Health Care Resource Center of Tulsa
- › Corey Love, Tulsa County Health Department
- › Latricia Morgan, Oklahoma State Department of Health
- › Various community partners and congregations who participated in providing information



Oklahoma State Department of Health

The Oklahoma State Department of Health (OSDH) is an equal opportunity employer and provider. This publication, issued by the OSDH, was authorized by Terry Cline, Ph.D., Commissioner of Health, Secretary of Health and Human Services. A digital file has been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries. Copies have not been printed but are available for download at

www.certifiedhealthyok.com.

March 2017. Design by VI Marketing and Branding.

