

HEALTHY COMMUNITIES PARTNERSHIP OF SOUTHWEST INDIANA



Congregational Champions

1. Attend Initial Planning Meeting with Coalition Representatives:

- Gain understanding of the healthy eating and active living efforts in our congregations and communities (Model for Healthy Living).
- Develop strategy for implementation within your local congregations (Sermon Starters).

2. Meet with Pastor/Leadership Team

- Obtain signed corporate commitment form for congregation and staff.
- Request representative at group meetings as needed

3. Convene Team

- Create and/or identify your health ministry team. Ideally this team will span the age spectrum and include a variety of members with specific gifts and talents. In developing your team, think about including health care workers, those who are detail oriented, those with computer skills, those that have a creative gift. You will also want to consider including those currently serving on hospital visitation teams, handyman ministries, meal ministries, and children's workers. Your team should be a good representation of the body of your local congregation.
- If a nurse in your congregation is willing to be a part of this team, consider sending her to the Foundations in Faith Community Nursing self study/retreat offered through USI (Partial Scholarships Available from the Welborn Baptist Foundation)
- Discuss ideas, commitment, and establish an overall strategy (Health Ministry Coordinator is provided by Welborn Baptist Foundation to assist with planning and implementation).
- Benchmark current activities (refer to Good, Better, Best Guide).
- Develop SMART objectives and corresponding timelines.
- Delineate roles among team members.
- Identify resources to implement objectives (Health Ministry Coordinator from the Welborn Baptist Foundation can assist with resources. Up to \$1000.00 can be granted for funding of a new health ministry program).



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4. *Launch Campaign*

- Survey the congregation utilizing the Model for Healthy Living Satisfaction Scale.
- Hold an event to emphasize one focus area.
- Encourage staff and congregation members to take the Million Hearts pledge.
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5. *Ongoing Implementation*

- Document success stories.
- Draft one or more organization policies that reinforce objective(s), for example:
 - Implementation of lactation area in your church
 - Create and promote smoke free campus
 - Create a Wellness area for health and wellness information
 - Add healthy options to “Coffee hours”
- Monitor implementation of proposed objectives (e.g. are meeting meals really healthy?).
- Consider utilization of the E-Documentation provided by Welborn Baptist Foundation’s Health Ministry for ongoing evaluation of program.
- Reinforce Model for Healthy Living in staff meetings and sermons through-out year.

6. *Annual Update*

- Gather data from team members.
- Post-test assessment utilizing the Model for Healthy Living Satisfaction Scale.
- Provide feedback surveys.
- Meet with Leadership Team to plan for next year.

Time Commitment

- Annual Leadership Meeting
- Time required as necessary to implement internal activities



**Becoming a Congregational Champion is easy!
Simply request a Commitment Form**

**by contacting
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Health Ministry Coordinator**

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