

Resource Directory Faith Community Nutrition and Physical Activity Programs

General Health Information

Local Health Departments

Contact information for your local health department is on www.ncalhd.org/county or www.eatsmartmovemorenc.com/contactdir

NC Cooperative Extension Service Programs

Contact information for your local Cooperative Extension agent is on www.ces.ncsu.edu or www.eatsmartmovemorenc.com/contactdir

Healthy Carolinians Partnerships

Contact information for your local Healthy Carolinians Partnerships and Healthy Carolinians regional consultants is on www.healthycarolinians.org or www.eatsmartmovemorenc.com/contactdir

Programs for Specific Diseases or Risk Factors

African-American Churches Eating Smart and Moving More

Specific Disease or Risk Factor addressed: Cancer, Cardiovascular Disease, Diabetes, Obesity, Physical Inactivity, Poor Nutrition, Community and Individual Lifestyle change

Population Targeted: African-American church congregations in NC

Geographic Region(s) Served: North Carolina

Program Description: The *African-American Churches Eating Smart and Moving More: A Planning and Resource Guide* provides church staff and members, health department staff, community partners, and others interested in health with information and tools to plan and conduct multi-level nutrition and physical activity programs in the church. All *African-American Churches Eating Smart and Moving More* workshops, conferences, and seminars address both spirituality and health.

Who Can Use This? Church Staff and/or Members & Community Health Professionals

How Can You Get This? Physical Activity and Nutrition Branch, Chronic Disease and Injury Section, NC Division of Public Health

Contact Person: Diane Beth, MS, RD, LDN

Street Address: 5505 Six Forks Road

City, State, Zip Code: Raleigh, NC 27609

Phone Number: 919-707-5221

Fax Number: 919-870-4804

Email Address: Diane.Beth@ncmail.net

Program Web Site: www.eatsmartmovemorenc.com/resources/faith.htm

Body & Soul

Specific Disease or Risk Factor addressed: Poor Nutrition

Population Targeted: General Population - African American churches

Geographic Region(s) Served: National program

Program Description: Body & Soul: A Celebration of Healthy Eating and Living is a health program developed for African American churches. The program empowers church members to eat a healthy diet rich in fruits and vegetables every day for better health. Churches that embrace Body & Soul help their members take care of their bodies as well as their spirits. Church members customize and run Body & Soul to fit the needs of their church.

Who Can Use This? Church Staff and/or Members

How Can You Get This? www.bodyandsoul.nih.gov/

Contact Person: Emmeline Weber, Partnership Program Manager, Cancer Information Service

Street Address: 2424 Erwin Rd

City, State, Zip Code: Durham, NC 27705

Phone Number: 919-286-5837

Fax Number: 919-286-2558

Email Address: emmeline.weber@duke.edu

Program Web Site: www.bodyandsoul.nih.gov

Congregational Nurse Program

Specific Disease or Risk Factor addressed: Cardiovascular Disease, Diabetes, Physical Inactivity, Poor Nutrition, General Health

Population Targeted: Members of congregations

Geographic Region(s) Served: Greater Greensboro

Program Description: The Moses Cone Health System's Congregational Nurse Program has 44 faith communities that have registered nurses in them either paid or volunteer. 15 of these are primarily African American and 8 additional churches serve multicultural populations (Spanish, Korean, Montagnard). We try to provide resources to all of these churches regarding disease, disease prevention, and lifestyle changes.

Who Can Use This? Church Staff and/or Members

How Can You Get This? Application

Contact Person: Lelia Moore or Sandra Blaha

Street Address: 200 East Northwood Street, Ste 512

City, State, Zip Code: Greensboro, NC 27401

Phone Number: 336-832-8602

Fax Number: 336-832-8605

Email Address: Sandra.Blaha@mosescone.com

Program Web Site: www.mosescone.com

NC Comprehensive Cancer Program

Specific Disease or Risk Factor addressed: Cancer

Population Targeted: All

Geographic Region(s) Served: North Carolina

Program Description: Mission: Provide leadership and support to improve cancer prevention and control outcomes across the continuum of cancer care for all North Carolinians.

Who Can Use This? Church Staff and/or Members

How Can You Get This? Contact state office

Contact Person: Latasha D. Sanders

Street Address: 5505 Six Forks Road

City, State, Zip Code: Raleigh, NC 27609

Phone Number: 919-707-5318

Fax Number: 919-870-4811

Email Address: Latasha.Sanders@ncmail.net

Program Web Site: www.nccancer.com

Power To End Stroke

Specific Disease or Risk Factor addressed: Cardiovascular Disease

Population Targeted: African Americans 30-64

Geographic Region(s) Served: North Carolina

Program Description: Power To End Stroke is an aggressive educational and awareness campaign that embraces and celebrates the culture, energy, creativity and lifestyles of African Americans to make an impact on the high incidence of stroke within the community. Power To End Stroke Power Sunday materials includes: clergy speech, church bulletin inserts/announcements, family tree, and pledge.

Who Can Use This? Church Staff and/or Members & Community Health Professionals

How Can You Get This? www.shoppower.org

Contact Person: Kathy Cheek

Street Address: 3131 RDU Center Dr. Ste. 100

City, State, Zip Code: Morrisville, NC 27560

Phone Number: 919-463-8316

Fax Number: 919-463-8393

Email Address: kathy.cheek@heart.org

Program Web Site: www.strokeassociation.org/power

Project DIRECT Church Nutrition Training

Specific Disease or Risk Factor addressed: Diabetes, Obesity

Population Targeted: African Americans

Geographic Region(s) Served: Wake County, SE Raleigh

Program Description: Church Nutrition Training sessions are held with members of Church Kitchen Committees or other persons responsible for preparing congregational meals and snacks in African American churches. A nutritionist meets with the Kitchen Committee to discuss the importance of healthy eating to prevent and control diabetes. The Nutritionist then provides sample menus and basic guidelines on reducing the fat content in traditional African-American (AA) dishes.

Who Can Use This? Kitchen Committees in AA Churches

How Can You Get This? This is a program offered to churches in SE Raleigh

Contact Person: Melvin Jackson, Program Manager

Street Address: 568 East Lenior St, Door E

City, State, Zip Code: Raleigh, NC 27601

Phone Number: (919) 856-6540

Fax Number: (919) 856-6575

Email Address: melvin.jacson@co.wake.nc.us

Search Your Heart

Specific Disease or Risk Factor addressed: Cardiovascular Disease, Diabetes, Obesity, Physical Inactivity, Poor Nutrition

Population Targeted: anyone - primarily adults

Geographic Region(s) Served: North Carolina

Program Description: The American Heart Association's Search Your Heart program is a community-based educational program/tool to reach high-risk audiences. Search Your Heart delivers knowledge and action steps to encourage people to act upon this knowledge and reduce their risk for heart disease and stroke. Designed as a faith-based program but appropriate for many diverse settings.

Who Can Use This? Church Staff and/or Members & Community Health Professionals

How Can You Get This? www.americanheart.org/searchyourheart

Contact Person: Kathy Cheek

Street Address: 3131 RDU Center Drive Ste. 100

City, State, Zip Code: Morrisville, NC 27560

Phone Number: 919-463-8316

Fax Number: 919-463-8393

Email Address: kathy.cheek@heart.org

Program Web Site: www.americanheart.org

Sparrow Project

Specific Disease or Risk Factor addressed: Cardiovascular Disease, Obesity, Physical Inactivity, Poor Nutrition, Smoking Cessation

Population Targeted: African Americans ages 18 to 64 in faith communities

Geographic Region(s) Served: Anson, Bladen, Cumberland, Harnett, Hoke, Lee, Montgomery, Moore, Randolph, Richmond, Robeson, Sampson, Scotland Counties

Program Description: The Sparrow Project is a 13 county regional community-based three-year Health and Wellness Trust Fund grant funded cardiovascular disease and stroke education prevention program targeting at-risk African Americans through the provision of a work-shop-based curriculum focusing on lifestyle change, with an emphasis on diet modification, exercise, and smoking cessation, which will be conducted through partnerships with local African American churches. Traditional health education approaches such as CVD/Stroke Education Workshops, Screening and Risk Assessments, and Exercise Regimens are combined with non-traditional approaches such as the Popular Opinion Leader Model, Nutritional Partnerships (local grocery stores, convenience stores, and informal vegetable stands), and establishment of Faith-Based Heart Wellness Centers. The Sparrow Project is an initiative conceived by the South Central NC Partnership for Public Health and administered by the Robeson County Health Department.

Who Can Use This? Church Staff and/or Members & Community Health Professionals

How Can You Get This? African American churches within the targeted 13-county region who wish to be considered for participation in the Sparrow Project should contact the Sparrow Project Coordinator.

Contact Person: Betsy Redman

Street Address: 460 Country Club Road

City, State, Zip Code: Lumberton, NC 28360

Phone Number: 910-671-3418

Fax Number: 910-608-2120

Email Address: betsy.redman@hth.co.robeson.nc.us

Start with Your Heart – South Central Region

Specific Disease or Risk Factor addressed: Cardiovascular Disease

Population Targeted: Adults

Geographic Region(s) Served: South Central Region of North Carolina (counties=Alexander, Anson, Burke, Cabarrus, Catawba, Caldwell, Cleveland, Gaston, Iredell, Lincoln, Mecklenburg, Montgomery, Richmond, Rowan, Stanly, and Union)

Program Description: Start With Your Heart - The North Carolina Heart Disease and Stroke Prevention Program for the South Central Region of the state is based at the Cabarrus Health Alliance and primarily seeks to prevent cardiovascular disease through policy changes within partner organizations. This program partners with various organizations including African American churches to increase awareness and prevention of heart disease and stroke. The faith-based portion of this program focuses on training church health promoters to be leaders and advocates within their churches. Training programs have included Search Your Heart, blood pressure measurement, CPR, physical activity, and nutrition.

Who Can Use This? Church Staff and/or Members and/or Community Health Professionals

How Can You Get This? Cabarrus Health Alliance Regional Heart Disease and Stroke Prevention Program.

Contact Person: Paige Waldrop

Street Address: 1307 S. Cannon Blvd.

City, State, Zip Code: Kannapolis, NC 28083

Phone Number: 704-920-1311

Fax Number: 704-933-3345

Email Address: rpwaldrop@cabarrushealth.org

Program Web Site: www.cabarrushealth.org/programs/heart or www.startwithyourheart.com

Start with Your Heart – Statewide

Specific Disease or Risk Factor addressed: Cardiovascular Disease

Population Targeted: African American adults ages 45+

Geographic Region(s) Served: Statewide (Strike Out Stroke 2007 Campaign in Robeson, Bladen & Sampson counties)

Program Description: North Carolina's Strike Out Stroke campaign includes radio and print materials and aims to reach African-American adults in the state. The Justus-Warren Heart Disease and Stroke Prevention Task Force through the Heart Disease and Stroke Prevention Branch of DPH sponsors annually recurring waves of the Strike Out Stroke campaign in North Carolina. The primary focus of the campaign is on stroke awareness and knowledge. Objectives for the Strike Out Stroke campaign include: increasing the percentage of adults who know the warning signs of stroke; and increasing the number of people calling 911 in the presence of stroke signs. In 2007, magnetic memo boards were created displaying the signs of stroke and are available for distribution in the 3 counties mentioned above while supplies last; the artwork is available to community partners anywhere in the state who may want to reproduce the boards for distribution. Information on stroke, heart disease, blood pressure is available on our website, including downloadable materials for consumer use.

Who Can Use This? Church Staff and/or Members and/or Community Health Professionals

How Can You Get This? Heart Disease and Stroke Prevention Branch, Chronic Disease and Injury Section
NC Division of Public Health

Contact Person: Barbara Moeykens

Street Address: 1915 Mail Service Center

City, State, Zip Code: Raleigh, NC 27699-1915

Phone Number: 919-707-5368

Fax Number: 919-870-4802

Email Address: Barbara.Moeykens@ncmail.net

Program Web Site: www.startwithyourheart.com

Too Fit to Quit

Specific Disease or Risk Factor addressed: Cardiovascular Disease, Diabetes, Obesity, Physical Inactivity, Poor Nutrition

(We stress physical activity, good food choices, and prevention as a means of preventing or managing chronic disease.)

Population Targeted: all age groups

Geographic Region(s) Served: Warren County, NC

Program Description: The Coley Springs Missionary Baptist health ministry has been in existence for 10 years. In February of 2007 we expanded the services of our health ministry to include a structured fitness program called "Too Fit to Quit". We offer an equipped exercise room and group exercise classes several times a week. We started the "Too Fit to Quit" Fitness Program on February 17th with a workshop on a well rounded fitness program. We will offer quarterly workshops on health and fitness related topics.

Who Can Use This? Church Staff and/or Members & Community Health Professionals

How Can You Get This? Contact Rev. Kearney for additional information on how to organize and conduct a program for your area

Contact Person: Rev. William A. Kearney

Street Address: 103 Christmas Road

City, State, Zip Code: Warrenton, NC 27589

Phone Number: (252) 213-2121

Fax Number: (252) 257-1491

Email Address: coleyspringshealth@earthlink.net