



**BODY & SOUL PLAN**

**PILLAR 3: CREATING A HEALTHIER CHURCH ENVIRONMENT**

Activity	Date, Time, and Location	Person Responsible	Resources Needed	Promotional Plan

**PILLAR 4: PEER COUNSELING**

Our goal is to enroll \_\_\_\_\_ members as participants in Peer Counseling.

We will need to recruit \_\_\_\_\_ Peer Counselors by the training date.

Promotional Plan:

# Community Partner Resource Assessment

INTERNAL RESOURCE ASSESSMENT	
How does Body & Soul align with organizational goals and objectives? Is the organization interested in long-term support for Body & Soul or a more short-term commitment with churches?	
Who will be assigned to work on disseminating and supporting the program? How much of their time can be allocated to working on Body & Soul? Do they have the necessary skills and cultural competence to work with African American churches on a hearth program?	
What types of materials does our organization have available for churches and how many are we willing to allocate for Body & Soul?	
NEEDS ASSESSMENT	
What is the health status of African Americans in the communities our organization serves?	
What are the areas of greatest need?	
What resources exist in these communities or are already working in these areas (churches, schools, hospitals, health department, businesses, community based organizations, media)?	
Who are the formal and informal leadership of our target areas?	
NEEDS ASSESSMENT	
<b>Internally</b> - Are there other departments, committees, etc, within the organization that may have an interest in supporting some component of the program?	
<b>Externally</b> - What campaigns, coalitions, initiatives, etc already going on in the community provide an opportunity to promote and/or support Body & Soul?	



# Educational Activity Planning Form

<b>Activity:</b>		<b>Purpose of Activity:</b>	
<b>Location:</b>		<b>Date:</b>	<b>Time:</b>
<b>Contact Person:</b>		<b>Phone:</b>	
INDIVIDUALS INVOLVED (e.g., speakers, volunteers)			
<b>Name</b>	<b>Phone</b>	<b>Role</b>	
PROMOTION/INVITATION PLANS			
EQUIPMENT AND SUPPLIES NEEDED			
REFRESHMENT LIST			
OTHER			

# Sample Body & Soul Evaluation Questions

1. DID THE PROGRAM ACHIEVE ITS GOALS?
2. HOW DID THE PROGRAM BENEFIT THE CONGREGATION?
3. WAS THE CONGREGATION SATISFIED WITH ACTIVITIES?
4. HOW DID THE PROGRAM EXPAND BEYOND YOUR CHURCH AND BENEFIT THE COMMUNITY?
5. WHAT KIND OF NEW POLICIES OR PROGRAMS ARE NEEDED N THE FUTURE?
6. HOW CAN THE PROGRAM BE IMPROVED?

# Community Partner Tracking Log

<b>Church:</b> <b>Address:</b>	<b>Phone:</b>
<b>Pastor:</b>	<b>Phone:</b>
<b>Church Secretary:</b>	<b>Phone:</b>
PLANNING TEAM MEETING	
Planning Team Coordinator:	
Date:	Notes:
KICK-OFF	
Date:	Notes:
PEER COUNSELOR TRAINING	
Peer Counselor Coordinator:	
Date:	Notes:
Date:	Notes:

# Roles and Functions of African American Churches

The primary role of the church is to assure the spiritual well-being of its membership following a prescribed set of beliefs.

African American churches generally employ multiple practices to engage members.

	DEFINITION	EXAMPLES
CARING PRACTICES	Demonstrate concern for the wellbeing, self-worth, and self-esteem of members and the wider community.	Religious practices offering comfort and healing, ministries to reach people in crisis.
EDUCATING PRACTICES	Provide instruction in linking values and beliefs to everyday life.	Sunday school, bible study, sermons, workshops.
MEDIATING PRACTICES	Enhance spiritual resources and connect people to resources in their communities.	Church sponsorship of social service programs, referrals to community agencies.
SUSTAINING PRACTICES	Ongoing encouragement of members' engagement in the range of activities provided by the church.	Church bulletins, outreach and communications activities, activities that engage members in the life of the church.
ADVOCATING PRACTICES	Help members understand their rights and responsibilities, and mobilize the church community for action.	Voter education, community mobilization, action on behalf of members or the community with agencies, companies or politicians.

Many of these practices overlap and fulfill multiple functions in instructing members in moral beliefs, providing an opportunity to demonstrate those beliefs through action, and engaging members in the wider community.

# The Church's Commitment To Good Health

JUST AS THE CHURCH NOURISHES OUR SPIRIT -  
WE MUST ALSO NOURISH OUR BODIES.

All members of \_\_\_\_\_ (name of church) have a responsibility to care for their bodies as temples of God. Healthy minds and spirits need healthy bodies, healthy diets, regular physical activity, and preventive medical care.

Therefore, \_\_\_\_\_ (name of church) will participate in the Body & Soul program. Our goal is to inspire church leaders and congregation members to adopt nutritious food practices — especially, eating a diet rich in fruits and vegetables each day.

Our Body & Soul program will consist of:

- A kick-off on \_\_\_\_\_ (date)
- Activities that teach about healthy eating and good health at least twice a month for the duration of the program
- Opportunities to try fruits and vegetables at the church
- Fruits and vegetables served at church functions

The church commits to establishing and maintaining a Planning Team to plan and manage these activities. The Team will be coordinated by \_\_\_\_\_ (name of coordinator)

The church's mission is soul salvation (Matthew 28:19-20, Romans 10:9-10). We must also focus on our bodies.

\_\_\_\_\_  
(signature of pastor)

SO WHETHER YOU EAT OR DRINK  
OR WHATEVER" YOU DO,  
DO IT ALL FOR THE GLORY OF GOD.

I CORINTHIANS 10:31

# Sample Letter to Pastor

## INVITATION TO A MEETING OR FOLLOW UP CALL TO INTRODUCE THE BODY & SOUL PROGRAM

Date

The Rev. \_\_\_\_\_

Church Name

Address

Dear Rev. \_\_\_\_\_,

The \_\_\_\_\_ is introducing an exciting program for churches—'Body & Soul: A Celebration of Healthy Living'. This program from the National Cancer Institute encourages members to take better care of their health through healthy eating.

African Americans are at high risk for many serious and often fatal diseases. These include high blood pressure, diabetes, heart disease, stroke and cancer. A diet rich in fruits and vegetables promotes good health and lowers the risk for these illnesses. Body & Soul has been shown to be effective at helping people make important changes to improve their health through over ten years of work in African American churches.

We believe this program is an important way to help your congregation learn important health information. We also think that you will like the activities, which include educational workshops, creating a healthy church environment, and peer counseling. Your church will be able to tailor the program to fit the needs of your congregation.

We are sponsoring an information session to explain more on [date, time, place] We hope that you or representatives from your church will be able to join us to learn more about this important opportunity.

-or-

We would like to tell you more about it. \_\_\_\_\_ will call you within the week to answer any questions you might have.

We hope that you will be interested in partnering with us for this exciting new program.

# Overview of Major African American Denominations

DENOMINATIONS	STATED MISSION	LEADERSHIP STRUCTURE	HEALTH PROMOTIONS
NATIONAL BAPTIST CONVENTION USA	“Fulfill the Great Commission of Jesus Christ through preaching, teaching, and healing.”	<ul style="list-style-type: none"> <li>• National convention governed by its Board of Directors.</li> <li>• Individual churches are members of the national convention.</li> </ul>	The Usher’s and Nurse’s Auxiliary encourages members to understand what salvation means so that they can witness about the goodness of Jesus Christ and carry His Great Commission through ushering and health-related programming.
PROGRESSIVE NATIONAL BAPTIST CONVENTION (PNBC)	Committed to the mandate of making disciples for Christ. The convention is founded on the precepts of fellowship, service, progress and peace, and seeks to affirm the “priesthood of all believers.”	<ul style="list-style-type: none"> <li>• National convention governed by its Board of Directors.</li> <li>• Individual churches are members of the national convention.</li> </ul>	Official Health ministry department at the national level. Health ministry departments at the regional level and within individual churches.
AFRICAN METHODIST EPISCOPAL CHURCH (AME)	To minister to the spiritual, intellectual, physical, emotional, and environmental needs of all people through Christ’s liberating gospel in word and deed.	<ul style="list-style-type: none"> <li>• Each local church is a part of a larger connection.</li> <li>• Elected Bishops appoint Presiding Elders for each district.</li> <li>• Pastors received a yearly appointment to a church on the recommendation of the Presiding Elder.</li> </ul>	National Connectional Health Commission serves to help the denomination understand and promote health. Each region/subregion appoints District/Conference Director of Health.
CHURCH OF GOD IN CHRIST PENTECOSTAL (COGIC)	A Church of the Lord Jesus Christ in which the word of God is preached, ordinances and administered and the doctrine of sanctification or holiness is emphasized, as being essential to the salvation of mankind.	<ul style="list-style-type: none"> <li>• There is a 12 member Presidium of Bishops that act as the General Board.</li> </ul>	Individual churches may have a health ministry.

# Body & Soul Scriptures - New International Version

## I CORINTHIANS 10:31

So whether you eat or drink or whatever you do, do it all for the glory of God.

## I CORINTHIANS 6:19-20

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your Body.

## III JOHN 2

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

## III JOHN 2 (KJV)

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

## GENESIS 1:29

Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.

## DANIEL 1: 3-5, 8-13, 15

Then the king ordered Ashpenaz, chief of his court officials to bring in some of the Israelites from the royal family and the nobility — young men without any physical defect, handsome, showing aptitude for every kind of learning, well informed, quick to understand, and qualified to serve in the king's palace. He was to teach them the language and literature of the Babylonian. The king assigned them a daily amount of food and wine from the king's table...

But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. Now God had caused the official to show favor and sympathy to Daniel, but the official told Daniel, "I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age?..."

Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food..."

At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food.

# Intervention Programs Fact Sheet

## CANCER CONTROL PLANET

Cancer control planners, program staff, and researchers have the same goals: to reduce cancer risk, the number of new cancer cases, and the number of deaths from cancer, as well as enhance the quality of life for cancer survivors. While many share the same goals, all do not have easy access to resources that can facilitate the transfer of evidence-based research findings into practice. This PLANET portal provides access to data and resources that can help planners, program staff, and researchers to design, implement and evaluate evidence-based cancer control programs.

The PLANET portal provides access to Web-based resources that can assist in:

- Assessing the cancer and/or risk factor burden within a given state.
- Identifying potential partner organizations that may already be working with high-risk populations.
- Understanding the current research findings and recommendations.
- Accessing and downloading evidence-based programs and products.
- Finding guidelines for planning and evaluation.

To learn more about Cancer Control Planet, visit <http://cancercontrolplanet.cancer.gov/index.html>

## RESEARCH TESTED INTERVENTION PROGRAMS (RTIPS)

RTIPs lists programs that have been shown to be effective in the populations and settings in which they were studied. It is more likely to ensure success from the adoption and/or adaptation of a research-tested intervention program that has been tested in the field than to create a new program for the same population delivered in the same setting.

Use this Web site to:

Find research-tested intervention programs and products,  
Review summary information and usefulness/integrity scores for each program.

For optimal printing results, it is recommended to use the landscape orientation when printing program summary pages.

- Order or download materials to adapt for use in your own program.
- Obtain readability scores for products distributed to the public.

To learn more about RTIPS, visit <http://cancercontrolplanet.cancer.gov/rtips/index.asp>

# Suggested Readings

Lincoln, C & Mamiya, L. (2001). The Black Church in the African American Experience.  
USA: Duke University Press.

Sernett, M. C. (Ed.). (1999). African American Religious History: A Documentary Witness.  
USA: Duke University Press.

Tuggle, M. (2000). It Is Well with My Soul: Churches and Institutions Collaborating for Public Health.  
Washington, DC: American Public Health Association.

Wimberly, A. E. S. (2001). The Role of Black Faith Communities in Fostering Health.  
In R. Braithwaite & S. Taylor (Eds.), Health Issues in the Black Community (pp.129-150).  
San Francisco, CA: Jossey-Bass Publishers.