“Spiritual You, Wellness Anew”
A Faith-Based Initiative

Mallory C. Hubbard
GE-NMF PCLP Scholar
August 10, 2012
INTRODUCTION

- Mallory C. Hubbard
  - Born and raised in East St. Louis (Fairview Heights), Illinois
  - Youngest girl, 3 sisters and 2 brothers
  - Born to a retired Police Chief/Preacher and Project Manager
  - c/o 2007, Spelman College B.S. in Biology
  - MS2, St. Louis University School of Medicine c/o 2015

- Why “Spiritual You, Wellness Anew”?
  - Family History of Cancer, Diabetes, HTN
  - Strong Rooting within the church
  - Reduction of health disparities a collaborative effort
Drastic numbers regarding health disparities in the African American community, according to the CDC:

- Obesity: Compared with whites, Blacks had 51% higher and Hispanics had 21% higher obesity rates.
- Cancer: In 2007, black men most diagnosed; black men died at a rate of 284.2 per 100,000, black women had highest rate of death.
- Hypertension: Percent of men 20 years and over with hypertension: 37.6%, Percent of women 20 years and over with hypertension: 44.4% (2007-2010)
- Diabetes: Compared to whites, African Americans are more than twice as likely to have diabetes.

- 36.4% of black Americans attend church weekly. Source: 2004 survey by Association of Religion Data Archive/Pennsylvania State University
- Over 700 churches in Nashville, TN; According to The City Paper, Nashville saw a growth in the black population of 146,000 to 174,000 over a ten year period (2000-10)
• Hypothesis= Due to the numerous research studies being conducted regarding the relationship between religion/church attendance and health improvement in the African American Community, I sought to determine and believe the active involvement of church pastors and leaders regarding health education will increase the numbers of community members seeking primary care physicians, preventative care measures, etc.
1) Questionnaire to identify particular needs of church community
   a. What health and medical problems do you have, or do you know of in your family, congregation, and community?
   b. In your congregation's meetings, classes, worship, and sermons, about how often do you hear or talk about each of the following from a faith perspective? (Physical health, Emotional/mental health, Social/relational health, Medical care issues)
   c. How much interest do you and your congregation have in learning more and taking some active steps to improve health at each of these levels?
   d. How much interest is there in learning more and taking active steps to improve medical care at the same levels? (Individual, family, congregation, and community)
   e. Are there any specific health related activities you would like to see?
CONGREGATIONAL HEALTH MINISTRY SURVEY

This survey has four purposes:
  a) Identify the health needs and interests of members.
  b) Introduce new ideas about health and wholeness.
  c) Discern the church's present health ministries.
  d) Discover resources for any additional health ministry actions your congregation may consider.

The term "health" is used here in its broadest sense to describe the physical, emotional, spiritual, and social well-being of a person or institution. "Health care" here means all the ways we promote and develop good health. "Medical care" refers to the ways we treat illness.

Using this broader view of health, please answer the following questions. You do not need to sign your name. Please return the completed survey to the committee or person collecting the results for the whole congregation.

1. What health and medical problems do you have, or do you know of in your family, congregation, and community? (Please check all that apply.)

   Individual and Family

   ___ Can't afford medical care
   ___ Problems with stress
   ___ Persons ill at home
   ___ Substance abuse problems
   ___ Problems with sexuality
   ___ Under/uninsured persons
   ___ Poor health habits
   ___ Loneliness, isolation
   ___ Grief and/or loss
   ___ Physical/emotional abuse or neglect
   ___ Problems in relationships with others
   ___ Barriers to raising healthy children
   ___ Need for spiritual renewal and focus
   ___ Chronic illness or disability
   ___ Primary caregiver for another person
   ___ Need for personal counseling
   ___ Financial problems
   ___ Legal issues
   ___ Housing problems
   ___ Job problems
   ___ End of life issues
   ___ Other

   Please list: ____________________________________________________________

   Congregation

   ___ Individual medical issues
   ___ Family medical issues
   ___ Health issues in our congregation
   ___ Health issues in our community

4. How much interest is there in learning more and taking active steps to improve medical care at the same levels? Please rate each as (1) little interest, (2) some interest, or (3) high interest.

   Myself                           A Lot of Interest | Some Interest | No Interest
   ________________________________|----------------|--------------|--------------
   Individual medical issues
   Family medical issues
   Health issues in our congregation
   Health issues in our community

   Congregation                           A Lot of Interest | Some Interest | No Interest
   ________________________________|----------------|--------------|--------------
   Individual medical issues
   Family medical issues
   Health issues in our congregation
   Health issues in our community

5. Are there any specific health related activities you would like to see? (Please check all that apply, add others if needed)

   Now                           Future
   ______________________________|_________________
   Observe Health Awareness Week
   Observe an annual Health Care Sabbath
   Health Risk Appraisal
   Health Fair
   Exercise program
   Weight control program
   Smoking cessation program
   Illness/disability support groups
   Alcohol/substance abuse support groups
   Optimal healthy snacks at meetings
   Parish Nurse/Minister of Health
   Study groups on health issues
   Services of prayer and healing
   Support for persons with mental illness
   Stress management classes
   Illness Screening: high blood pressure, diabetes...
   Ministry to persons with or affected by HIV/AIDS
   Education for youth about HIV/AIDS
   Other: ____________________________
   ___
METHODOLOGY

2) Observe the amount of community members attending the health care initiative as a result of their Pastors’ involvement

3) Scheduling of primary care appointments at UNHS, blood pressure/glucose/cholesterol screenings, Weigh-In/Weight loss challenge

4) Increase the level of health education and competency amongst the community through the participation of UNHS staff, United Healthcare, etc
EXPECTED RESULTS

Through the active involvement of local church pastors, community leaders, and politicians, we expect:

- Increased # of community members frequenting UNHS for the primary healthcare services
- Creation and strengthening of health ministries at St. Luke’s and Church of the Messiah
- Improving health education regarding gender specific preventative health literature
DISCUSSION

● “Spiritual You, Wellness Anew”:
  - BMI/BP/Glucose/Cholesterol Screening
  - Weight loss/Weigh In Challenge
  - Diabetes/HTN Education (NPs)
  - Preventative Health Measures Education (GE-PCLP Scholar)
  - Distribution of literature and giveaways by insurance companies
  - Activities and healthy snack options for kids and attendees
  - Health focused vendors
CONCLUSION

● The project is projected to be ongoing via:
  – Weekly health education and fitness classes at the participating churches
  – Inclusion of alternative, healthy soul food recipes in weekly church bulletin
  – Friendly weight-loss competition between those members who signed up the day of “Spiritual You, Wellness Anew” Kick-Off
“Spiritual You, Wellness Anew”
August 11th, 2012
“Spiritual You, Wellness Anew” August 11th, 2012
“Spiritual You, Wellness Anew”
August 11th, 2012
ACKNOWLEDGEMENTS

- General Electric
- National Medical Fellowships
- United Neighborhood Health Services
  (Mr. Will Wyatt, Dr. Mary Bufwack, Dr. Keith Junior, Mr. Lynn Stuart, Ms. Nancy Mason, and Staff)
- Dr. Dana Marshall-MeHarry Medical College
  - United Healthcare
  - Amerigroup
- St. Luke’s Primitive Baptist Church
  - Church of the Messiah
- My Fellow PCLP Scholars
  (Italo Brown, Donella Headlee, Lucie Ocenas)