

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

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# 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

# BACKGROUND

- 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)

# BACKGROUND

- 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.

# METHODOLOGY

- 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: \_\_\_\_\_

### 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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family medical issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health issues in our congregation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health issues in our community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Congregation	A Lot of Interest	Some Interest	No Interest
Individual medical issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family medical issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health issues in our congregation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health issues in our community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### 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	___	___
Optional 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”

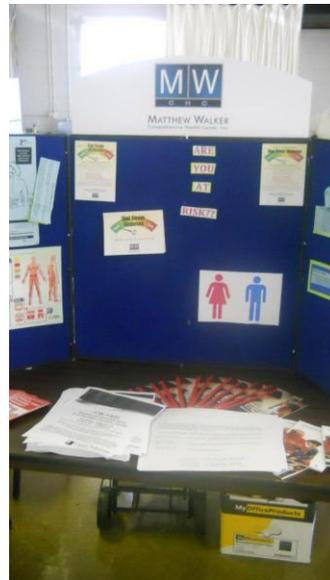
## August 11<sup>th</sup>, 2012



# “Spiritual You, Wellness Anew” August 11th, 2012



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