



SAN DIEGO COUNTY
**CHILDHOOD
OBESITY
INITIATIVE**

Working Together to Shape a Healthy Future

icansandiego.org

Healthy Living in the Faith Community: Resources for a Bright Future

Resources for Faith Communities

Faith communities can play an important role in preventing and reducing childhood obesity. Faith communities can promote a healthier congregation and encourage healthier surroundings at home, church and in the community. This document is part of a larger effort to assist faith communities in making healthy changes. The **icansandiego** toolkit offers faith communities a variety of step-by-step guides for creating an environment that supports healthy choices. Check out other sections of the **icansandiego** toolkit to learn about community gardens, walking school buses, healthy snacks and much more. To receive individual support, connect to other faith communities promoting wellness, or simply find more resources contact the San Diego County Childhood Obesity Initiative at (858) 614-1544 or visit <http://OurCommunityOurKids.org>. A list has been provided below to help link faith communities with resources for promoting healthy living through:

- Health Educators
- Nutrition & Physical Activity Classes/Programs
- Materials & Resources
- Curriculum
- Web-based tools to track nutritional and physical activity goals
- Healthy Lifestyle Tips and Recipes
- How to Guides to encourage healthy eating, create walking programs, etc.

SERVICES & PROGRAMS:

211 San Diego Nutrition, Healthy Weight, Physical Activity, and Diabetes Database is a one-stop-shop for nutrition, healthy weight, physical activity, and diabetes programs and services near your faith community. 211 San Diego offers a 24-hour information and referral service to connect the public to community, health, and disaster information and services across San Diego County. Visit <http://www.211sandiego.org> or dial 2-1-1. Click on the green apple icon to go directly to the *Nutrition, Healthy Weight, Physical Activity, and Diabetes Database*.

Network for a Healthy California is a statewide effort of the CA Department of Health, in partnership with the USDA, designed to empower adults and children in low-income areas to eat healthy and participate in physical activity. The Network can provide faith communities with nutrition and physical activity programs for adults and children, resources and materials, staff/educator support and training. Programs are available that specifically meet the needs of Latino and African-American communities. Visit <http://www.sdnnonline.org> or contact (619) 955-1041.

Palomar Pomerado Health's Welcome Home Baby- Health & Developmental Services provides free services that will help ensure children are ready to learn when it is time for them to go to school. The services available to your faith community can include vision and hearing screening, developmental screening as well as parent education classes. Visit CLLC@pph.org or contact (760) 796-6859.

University of California Cooperative Extension (UCCE) provides nutrition education resources to organizations serving low-income adults and children. Faith centers can host on-site, UCCE staff-led, adult classes that explore topics, such as how to eat healthy on a limited budget and portion sizes. Youth educator training is available for UCCE curricula that promote life-long healthy habits in children and teens. Garden-

based nutrition curricula and support is also offered. Visit <http://cesandiego.ucdavis.edu/Nutrition, Family and Consumer Sciences/Nutrition Education.htm> or contact (858) 694-2863.

San Diego Kids Health Assurance Network (SD-KHAN) San Diego Kids Health Assurance Network is a collaboration of local community based organizations, hospitals, government agencies, health plans and schools working together to provide medical and dental insurance coverage for all children in San Diego County. Visit <http://www.sdkhan.org> or contact (800) 675-2229.

WEB-BASED RESOURCES:

America On the Move (AOM) is a national, web-based, non-profit organization that provides free wellness tools and resources to individuals, families, groups and communities. Faith members can sign up and receive healthy eating tips, track wellness goals, share success stories, create a daily menu planner, log physical activity and much more! Visit <http://aom2.americaonthemove.org/home.aspx>.

The Alliance for a Healthier Generation's goal is to reduce childhood obesity by 2015 and empower children nationwide to make healthy lifestyle choices. Log onto their web site for resources about nutrition, physical activity and motivational tips to empower youth. Visit <http://www.healthiergeneration.org>.

Rachael Ray's Yum-o! is a nonprofit organization that can provide your faith community with healthy and affordable recipes, education about nutrition and kitchen safety. Visit <http://www.yum-o.org>.

FAITH-BASED RESOURCES:

Fine, Fit & Fabulous is a free, 12-week, group curriculum that promotes spiritual and physical health in the Christian faith community. Participants attend weekly physical activity and nutrition/spiritual fitness sessions. The easy-to-use curriculum includes weekly lessons, healthy lifestyle handouts, group activities, food and exercise logs, role-play activities and homework to encourage healthy living on a day-to-day basis. Contact the San Diego County Childhood Obesity Initiative at (858) 614-1544 to learn more.

Body & Soul: A Celebration of Healthy Eating & Living is a health program designed to assist African-American churches in promoting healthy eating and physical activity among its members. The program can be easily adapted in most Bible-based congregations. Resources and materials are available to assist churches in building a faith-based wellness program including pastoral leadership, nutrition activities and education, church policies and peer nutrition counseling. American Cancer Society is currently adapting this program for Latino faith communities. Visit <http://www.bodyandsoul.nih.gov> or contact (619) 682-7424 or demy.din@cancer.org.

Walking in The Way is a simple guide that can be used to create walking programs that are tied to Bible scripture. These programs can be for the whole congregation, women only, or individual families. The guide is available for purchase. Visit https://secure.fernleyhosting.com/HMA/resources_for_sale.html.

Gospel Ministries Inc. Fitness/Wellness ministry is a Christian nonprofit organization empowering people to change their attitudes, thinking and physical health. Children, youth and adults/seniors learn to live healthy and honor their Temple (Body) through cardio and wellness activities. Participants are introduced to healthy eating and nutrition education while sweating in the spirit of the Lord. Visit <http://www.gospelcisministries.org/> or contact (619) 788-8684 or Mybanner@cox.net.

START2WIN is a Bible-based health and wellness program designed to help people gain victory over destructive health habits and live abundantly. START2WIN can provide church communities guidance and instruction on healthy living and assistance developing a health and wellness ministry. Contact START2WIN (619) 572-4482 or (858) 715-2642, ext. 149

Health Stewardship is a support group based on the book, *My Big Fat Greek Diet* by Nick Yphantides, MD that can be offered at faith communities. There is also online support and materials. Cost varies for materials. Contact (877) 376-4257 or drnick@healthsteward.com.

RESOURCES FOR IMPROVING VENDING OPTIONS:

A Step-by-Step Guide to Incorporating Healthy Foods into Your New or Existing Worksite Vending Machine can easily be adapted for faith communities with vending machines. The guide provides guidelines for selecting healthy snack options, a list of popular and nutritious snack items, and information on the profitability on stocking healthy items. Document:

http://www.livewell.alaska.gov/assets/downloads/vending_guide.pdf

The H.W.W. Enterprises web site offers a number of healthy vending machine success stories and examples of increased sales revenue after healthy vending and a la carte changes were made.

Visit http://www.hwwenterprises.com/success_stories.php.

EDUCATIONAL MATERIALS:

Faith communities can find more resources and materials by visiting the San Diego County Childhood Obesity Initiative's web site <http://ourcommunityourkids.org> and clicking on "Resources".

*This list does not constitute endorsement by the San Diego County Childhood Obesity Initiative. The resources listed above are provided for educational purposes only.

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