Healthy Congregations

February 10, 2015

Learning Community Webinar
Healthy Congregations
Program Updates:

- A new format
  - Requirement changes for certification
    - 3 courses instead of 7
    - 7 hours of course work
    - Three courses: Health Ministry 101, Outcomes-Based Planning, and Program Evaluation & Using Data
  - Offering in person training and online training
    - In person training locations are still being finalized
  - Must register by midnight on the Wednesday before the scheduled class date (three days before the class)
  - Entire course schedule is on www.healthfund.org/churches
Healthy Congregations
Program Updates:

• Changes for 2015:
  • Work plan and report hard deadline will be June 30, 2015
  • The HC program work plan will need to be submitted for activities during July 1, 2015 - June 30, 2016
  • Plan and report will be available in March
  • Congregational Health Needs Assessment will be included as part of the report/work plan process
Healthy Congregations Retreat

- Ideas and information you can take home and use right away in your church
- Keynote: Dr. Wayne Jonas
- Healthy Congregations Core training courses
- Relaxing, natural setting of Rock Springs, Junction City, KS
- April 23-25, 2015
- No cost to participate
- Core Training Courses will be on April 23, 2015 from 1pm-9pm

Resource Link: www.healthfund.org/retreat
The Big Garden Project

- Possible funding opportunity for Healthy Congregations churches
  - Openings are still available for grant funding
  - Final deadline to apply: March 15, 2015
Summer Food Program

Determine the need in your community and where it exists


• Is there a Summer Food Service Program already? If so, is it meeting all of the needs?
  • 2014 sites are available at
    https://ksweb.ksde.org/SFSPLocationsASP/SFSP/SFSP_Menus/SFSP_Locations.asp
  • If there is a need, contact a current sponsor or consider being a sponsor for a site

• Deadline for applications
  • May 1, 2015

• For more information, contact: Children Nutrition and Wellness, Kansas State Department of Education
  • 785-296-2276
  • www.kn-eat.org

• Special Grant Opportunity from the Health Fund:
  • Up to $2,000 for a maximum of 10 Healthy Congregations churches
Gwen Whittit RN IBCLC
Program Coordinator
316.648.5106
www.high5kansas.org

Mother of 3 children and 4 grandsons

Worked for 24 years at Wesley Medical Center and helped create the Lactation Program there.

Member of Aldersgate United Methodist Church in Wichita
General breastfeeding information

✧ Research shows incredible health benefits of breastfeeding for mothers, babies and the community.

✧ The evidence is so strong that all major health organizations now encourage moms to breastfeed.

✧ Pope Francis encouraged moms to breastfeed their babies during a recent baptism.

✧ It’s natural and the normal way to feed a baby.

✧ And…. Jesus breastfed!
• Why is it important for you to support new moms in your congregation?

• **What** kind of support do new moms in your congregation need?

• **How** can you support new moms in your congregation?
Why is it important for you to support new moms in your congregation?

Breastfeeding supports healthy babies, moms and communities

Breastfeeding is Healthiest for Baby
   Reduces the risk of:
   - Ear infections
   - Pneumonia
   - SIDS
   - GI tract infections
   - Type 1 & 2 diabetes
   - Childhood cancer

Breastfeeding is Healthiest for Mom
   Reduces the risk of:
   - Diabetes
   - Rheumatoid arthritis
   - Cardiovascular disease
   - Breast and ovarian cancer

Breastfeeding is best for our community
   Reduces the risk of:
   - Workplace absenteeism
   - Less resources for production and trash
   - Reduces health care costs
What kind of support do new moms in your congregation need?

Although breastfeeding is “natural”, it is a learned skill. It takes time and practice for mom to feel comfortable and baby to learn to do it.

Parents need to feel comfortable nursing wherever they are.

They need to know where they can go if they need a private space, we can’t just assume they know where things are.
How can you support new moms in your congregation?

- Encouraging words
- Meals
- Enhance your “cry room”
  - make sure chairs are comfortable
  - add basic provisions like a few toys, wipes, bottled water
- Have an event for new moms like a grandmother’s tea
- Find out if there are resource people in your congregation that can help new moms
- Educate others in the congregation about the impact of BF on the health of the family
How can you support new moms in your congregation? (continued)

- Establish a supportive breastfeeding policy, and be sure staff and volunteers are aware of the policy
- Provide a positive message (make it a safe environment)
- Support a mom's choice to breastfeed, make a quiet place available for moms and let them know they can breastfeed their babies anywhere they feel comfortable
- Provide expectant parents with information on breastfeeding and parenting
- Parish nurses working with parents should be knowledgeable about breastfeeding and actively promote it.
Are you a Mother or Grandmother To-be?

We want you to be happy
And to be filled with glee;
Having a baby is exciting
but needs planning, as you'll see.

We want you to be informed,
To be the smartest you can be
And so we cordially invite you
To our August "To-Be Tea."

Sunday, August 4, 2013
2:00 p.m. - 4:00 p.m.
First Tennessee Theatre
Located inside the Children's Hospital

Join us for a special afternoon tea filled
with learning and support. Sessions will be
provided on breastfeeding, infant safety and
infant massage. Community agencies will also be
available to provide resources and education.

This event is free and open to the public, but you
must reserve a seat to attend. Please RSVP at
ChildrensHospital.Vanderbilt.org/ToBeTea
Where can you find resources if you are interested in implementing some of these changes?


Pima County Communities Putting Prevention to Work (CPPW) Initiative, Pima County Arizona with the University of Arizona College of Public Health and the Pima County Health Department.  [http://azprc.arizona.edu/sites/azprc.arizona.edu/files/Pima%20County%20CPPW%20Faith-Based%20Final%20Report.pdf](http://azprc.arizona.edu/sites/azprc.arizona.edu/files/Pima%20County%20CPPW%20Faith-Based%20Final%20Report.pdf)

Part of Michelle Obama’s “Let’s Move” campaign works with Faith Based Communities. Find a tool kit with ideas at:  [http://www.hhs.gov/partnerships/resources/Pubs/lets_move_toolkit.pdf](http://www.hhs.gov/partnerships/resources/Pubs/lets_move_toolkit.pdf)
Where can you find resources if you are interested in implementing some of these changes? (continued)

Your Grandchild is Breastfed? There’s bad news and good news. By Diane Wiessinger MS IBCLC

http://www.milkworks.org

http://kellymom.com

Kansas Breastfeeding Coalition  www.ksbreastfeeding.org

International Lactation Consultant Association  www.ilca.org

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Questions