



Healthy Congregations in Action Kickoff

Friday, November 4, 2005

**Pleasant Valley United
Methodist Church, Wichita**

Judy Johnston, MS, RD/LD
PMPH, KUSM-W



Agenda

- **Welcome & Introductions**
- **Team Activity**
- **Keynote: Multi-Dimensional Congregational Health: The New Vision**
- **The HCIA Grant : Commitments: UMHMF & Congregational, Money, Timeline & Questions**
- **Noon – Lunch (provided)**

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Agenda

- **12:30 PM - The Communications Component: Resources, Processes, Ideas & Questions**
- **Using Your Congregational Assessment for Planning: Feedback, Target Audience, Desired Outcomes & Action Plans**
- **Break & Physical Activity**
- **Evaluation: Timeline, Tools, Feedback, Process & Questions**
- **Good Luck & Drive Safely**
- **4:00 PM - Adjourn**

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Welcome & Introductions

**Mr. Kim Moore, President
United Methodist Health
Ministry Fund**

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Team Activity

Judy Johnston

Preventive Medicine & Public Health

KU School of Medicine - Wichita

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Team Activity Directions

- The goal of this activity is for each team to replicate a Legos model
- Each table is one team, regardless of the number of people assigned to the table
- Verify Legos – number, color and shape
- The activity is broken into 2 time periods:
 - Planning
 - Building



Team Activity Directions: Planning

- **There are three identical models on tables behind the screens at the back of the room**
- **Team members may go to look at the models to facilitate their planning**
 - **No one may touch the models**
 - **You may not bring anything with you (i.e., pencil, paper, etc.)**
 - **Only one person from each team can look at the models at any one time**
 - **No one can touch the bag of Legos on their table during planning time**



Team Activity Directions: Planning

- **At your table, your team should:**
 - **Discuss what you saw when you looked at the model**
 - **Draw or construct your vision of the model**
 - **Discuss strategies to assure successful replication of the model**



Team Activity Directions: Building

- **When your team is satisfied that you can successfully replicate the model:**
 - Notify the facilitator that you are finished planning
 - Open your Legos bag and begin building your model
- **Once you begin building, no one from your team can go back and look at the model again!**
- **When you are satisfied with your model, notify the facilitator**



The Healthy Congregations in Action Grant: Finance & Administration

Mr. Matt Kuzma
Business Manager/Assistant
Treasurer
UMHMF

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HCIA Contract: Money

- **\$1,000/Pilot Grantee to:**
 - Support HCIA Initiative
 - Expenditures must be tied to approved action plan
- **Additional \$1,000 to:**
 - Implement marketing and communications campaign
 - To promote health messages and HCIA activities and events



HCIA Contract: Important Dates

■ December 1, 2005

- Completed Action Plan due to Judy Johnston
- Initial communications materials order and plan for use due to Judy Johnston
 - Print materials will be provided at no charge
 - Other advertising costs (printing church-specific information, postage, or other media expenses are the responsibility of church)
 - Print materials will be sent as soon as available, but no later than January 1, 2006
 - Grant checks will be sent after plans are approved, no later than January 1, 2006

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HCIA Contract: Important Dates

- **August 1, 2006**
 - **Second communications order form and plan due to Judy Johnston**
 - **Print materials will be sent as soon as available**
 - **Print materials will be provided at no cost to churches**

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HCIA Contract: Important Dates

- **March 1, 2006**
 - **Healthy Congregations Recognition Reports due to Health Fund**
 - **All participating churches are urged to complete & submit report online**

- **April 7-8, 2006**
 - **Healthy Congregations Retreat at Rock Springs**
 - **No charge except for refundable deposit**
 - **Lodging & meals included**
 - **All HCIA congregations are encouraged to attend**

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HCIA Contract: Reporting

- **Every 6 months: Churches will complete the RE-AIM tool online**
 - **Programmatic Activities**
 - **Communication and Marketing Activities**
 - **Programmatic expenditures**
 - **Communications and Marketing expenditures**



HCIA Contract: Signatures

- Sign and date the first form and place it with the cover sheet in your HCIA files
- Sign and date the second form and mail it to the UMHMF, P.O. Box 1384, Hutchinson, KS 67504-1384

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HCIA Grant Contract

Questions?

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Lunch!!!

Self-serve buffet

Vegetarian option for those who requested it

Bus your own table

We will re-convene at exactly 12:30 PM

Grace by Rev. Guy Rendoff, Kechi UMC

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Using Your Congregational Assessment for Planning

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Feedback

- **Application Reviews**
 - **Summary of Congregational Assessment**
 - **Feedback of things to consider**
 - **Current activities placed in holistic health matrix**
- **Balance Survey Reports**
 - **Congregational**
 - **Community**



Selected Critical Targets

- **Review all feedback**
- **Review selected critical targets**
- **Discuss as a team what targets might still be appropriate in light of feedback**



Developing an Action Plan

- **Plan includes:**
 - **What**
 - **How**
 - **How much**
 - **Who**
 - **For/with whom**
 - **Why**
 - **Costs**
 - **Expected results**



Action Planning Worksheets

- **Health Focus Area: Physical, Mental/Emotional, Social or Spiritual**
- **Level(s): Individual, Inter-Personal, Organizational**
- **Target Audience, i.e.**
 - Children (include age range)
 - Youth (include age range)
 - Adults (include gender (if specific) & age range)
 - Parents
 - Couples
 - Also consider ethnic groups, social or working groups within the congregation, etc.



Action Planning Worksheets

- **Topic Area/Area of Effort: Behavior (healthy diet & physical activity not weight loss)**
 - **Physical – Nutrition/Healthy Eating, Physical Activity, Sleep/rest, etc.**
 - **Mental/Emotional – Time Management, Parenting, Stress Management, etc.**
 - **Social – Group Support, Family Time, Hobbies, etc.**
 - **Spiritual – Prayer, Meditation, Fasting, etc.**



Action Planning Worksheets

- **Desired Long-Term Impact/Goal**
 - **What ultimate outcome do you want to accomplish through a combination of activities targeting this audience around this topic area?**
 - **Short, simple sentence or phrase**
 - **Measurable**
 - **Behavioral**



Action Planning Worksheets

■ Plan of Action

- What will your team do?
- How much will you do?
- Who will do it?
- By when?
- How do you measure success?
 - Not just counting numbers who attended or pamphlets distributed
 - Qualitative (perceptions, thoughts, reactions) and/or quantitative (numbers, measurable)



Action Planning Worksheets

- **If – Then**

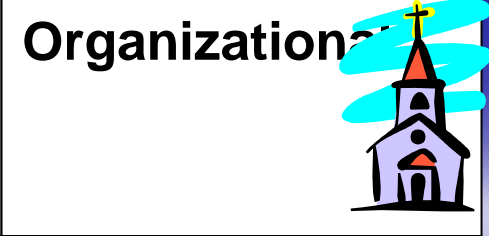
- **If you do these things,**
- **Then what do expect to happen as a result?**
- **Specific outcome(s) related to each action taken**



Action Planning Worksheets

- **Resources Needed & Budget**
 - **Resources include**
 - **People**
 - **Materials**
 - **Supplies**
 - **Facilities**
 - **Collaborations**
 - **Money**
- **Include both grant funds and other funds specifically dedicated to this activity**

Healthy Congregations in Action
18-month Pilot



Physical Health
Nutrition, Fat, Fruits & Vegetables, Physical Activity, Water, Sleep, Appropriate Calories, Calcium

Individual Self-Assessments
Self-Care Covenant
Nutrition Education
Physically Active Games
1-2-3-4 Life/Walking Logs
Food Pyramid Data

Walking Groups
Support Groups

Physically Active Games

Healthy Food Policies
Parking Policies
Tobacco Use Policies
Changes in Meeting Agendas to include PA
Mandatory Days Off
Vacation Policies

Mental/Emotional Health
Learning Styles, Stress Management, Coping Strategies, Relaxation Techniques

Individual Self-Assessments
Self-Care Covenant
Emotional Intelligence
Stress Management
Time Management
Communication Skills
Balancing Work & Family

Parenting Classes
Sector-Specific Groups

Mandatory Days Off
Vacation Policies

Social Health
Respect Self Value People (RSVP), Social Networking, Time management, Individual Social Support

Individual Self-Assessments
Self-Care Covenant
Stress Management Tips
Social Capital Benchmark Survey
Social Support

Stress Management Support Group
Social Support Group
Leadership Skills Class
Learning Styles
Financial Management Tools
Manners & Etiquette

Food Pantries
Clothing Exchanges

Spiritual Health
Prayer, meditation, fasting, Shared Learning

Individual Self-Assessments
Self-Care Covenant
Daily Journals
Prayer Memorization
Whisper Prayer
Meditation

Bible Study Groups
Meditation Groups
Stewardship Teams

Bible Study groups for specific populations, ex. Bible study group for young mothers

Meeting Structure Policies to include prayer & reflection



Your Action Plan

- **Due to Judy by December 1, 2005**
- **Mail to: Judy Johnston, PMPH/KUSM-W,
1010 N. Kansas, Wichita, KS 67203**
- **DO NOT MAIL TO UMHMF!**
- **Include at least one completed
worksheet for each area you plan to
address**
- **Be realistic about what you can
accomplish!**

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Your Action Plan

- **Can be altered in response to additional data and feedback**
- **Is the basis for your RE-AIM reporting**
- **Must be received and approved before your check will be mailed**

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