What is Lifestyle Medicine?
Heart disease and cancer continue to be the leading causes of death both nationally and locally. Diabetes is also on the rise as 1 in 3 individuals have prediabetes and 9 out of 10 do not know it.

More than 80% of chronic conditions such as diabetes, heart disease, stroke, and arthritis, could be avoided through the adoption of healthy lifestyle recommendations.

Lifestyle Medicine (LM) introduces the guiding principles below to help individuals adopt these lifestyle recommendations.
- Healthy eating
- Regular physical activity
- Adequate sleep
- Stress management
- Relationships

These approaches along with prayer, awakening to your life’s purpose, and contributing to the healing of your community can prevent, treat, and, oftentimes, reverse lifestyle-related, chronic diseases.

Program Overview
Lifestyle Medicine for Your Health and Wellness Ministry is a comprehensive train the trainer program for clergy, faith nurses, and congregational health promoters.

Faith Based Organizations (FBOs) have a long history of hosting successful health promotion programs targeted at hard to reach populations. Using a train the trainer approach, volunteers from FBOs are identified and trained to deliver education programs and establish policy and environmental changes within their congregation, resulting in greater community impact. This peer to peer model provides a platform to reach underserved communities and individuals most in need of health services.

In addition, the Faithful Families 9-week behavior change program is offered at Hood Theological Seminary as a non-credit course open to the public. Classes focus on better self-care based on the Lifestyle Medicine principles.

These classes and workshops will empower faith communities as a whole to create and sustain a culture of health within their congregation and community.
2018 Education Classes and Train the Trainer Workshops

Classes are open to clergy and other church leadership as well as any individual interested in offering wellness related activities to their congregation. You are welcome to participate in one or all of the offerings depending on your availability.

To register, contact Jenn West: Office: (704)-920-1337, Cell: (704)-787-1988 or jennifer.west@cabarrushealth.org

Faithful Families (FF) Eating Smart and Moving More (9-week Series)

This class connects healthy eating and physical activity to religious or spiritual beliefs. Each lesson offers discussion questions and suggested activities to help participants talk about their eating habits, physical activity and faith. Participants are encouraged to engage in better self-care for themselves and their families.

You will:
- Learn to plan, shop for, and prepare healthy meals for your family
- Discover and taste delicious, healthy, family-friendly recipes
- Explore simple ways to be active
- Talk about the connections between food, physical activity and faith
- Learn about community resources to support the health of your congregation

Location: Hood Theological Seminary
1810 Lutheran Synod Drive | Salisbury, NC 28144

Choose from one of two sessions below:
Dates: September 20th — November 17th
Session 1: Every Thursday from 9:30-10:45am
Session 2: Every Saturday from 8:45am-10am

Culinary Nutrition Demo/Education: Sugar Shockers!
Date: Saturday, September 8th 9am-11:30am
The American Heart Association recommends no more than 6 tsp of sugar for men and 9 tsp for women per day. A 12-oz. soda can contain as much as 17 tsp of sugar. Learn how to use the shock factor to engage your class on the many hidden sugars found in drinks. Participants will also make learn to make quick and easy sugar free recipes.

Culinary Nutrition Demo/Education: Shake Your Salt Habit!
Date: Thursday, October 18th 6-8:30pm
The American Heart Association recommends no more than 1,000 mg sodium per day but most people are getting about 3,400 mg. Learn where to find hidden salt and how to engage others using colorful education materials and recipes. Participants will also learn to make quick and easy low sodium recipes.

Faithful Families Walking Program
Date: Thursday, September 27th 6-8:30pm
This workshop will provide each church with the tools to plan, implement, and evaluate the Faithful Families Walking Program at their faith community. Churches will receive t-shirts to share with each of their registered participants. Toolkits and further instruction on how to obtain participant incentives will also be offered during the workshop.

Food Policy 101
Date: Thursday, November 8th 6-8:30pm
Learn how the food choices made at church impact health and how you can improve the health of your congregation through food policy. You will learn the basics of nutrition and leave with the tools needed to get started on your congregational food policy. Program staff will work with each church individually after the training until food policies are complete.

Testimonials

“We speak about the spiritual life at the church but we want to be able to minister to the whole person spirit, soul, and body. That’s why we want to live those things before the people. As I try to talk to the people about being healthy, I’ve got to do the same thing.”
Pastor John Leazer, Macedonia Missionary Church

“This program changed my life. At 60, I feel 100% better and have way more energy. They have motivated me as well as our Health and Wellness Ministry Team. Our kitchen staff have implemented positive changes impacting the entire church and surrounding community.”
Edna Sherer, Pleasant Hill Baptist Church Health & Wellness Ministry Coordinator

“As clergy, we can help create a renewal mindset that says it’s important that you take care of your body. There are foods and activities we can do that will enable us to live better lives.”
Pastor Donald Anthony, Grace Lutheran and Crown in Glory Church

“After two months of participating the Faithful Families program, my A1C dropped from 6.7 to an acceptable level of 6.1.”
Meg Peeler, Shiloh United Methodist Church, Health Ministry Coordinator