



## HEALTHY CONGREGATIONS, HEALTHY COMMUNITIES (HC<sup>2</sup>)

*A faithful initiative to improve health knowledge, lifestyles, and outcomes in the Commonwealth of Kentucky.*

The Faith-based Task Force works with congregations to improve education, prevention and services for chronic diseases such as diabetes. We help you:

- ✝ Know the signs and symptoms that identify diabetes risk.
- ✝ Understand diabetes, its causes, and ways to improve health.
- ✝ Learn healthy eating and physical activity techniques that help prevent and manage diabetes.
- ✝ Screen for the risk of diabetes and take steps to reduce that risk.
- ✝ Reach out to the community, addressing barriers to health.

**Who We Are:** The Task Force includes organizations working on this issue, including:

- The Kentucky Diabetes Network (KDN)
- The Kentucky Council of Churches (KCC)
- Department for Public Health, KDPCP
- Department of Medicaid
- Department of Employee Health (KEHP)
- Friedell Committee for Health Transformation System
- Kentucky Pharmacists Association
- Hillvue Heights Church
- University of Louisville School of Public Health
- University of Kentucky Family & Consumer Sciences Extension
- KentuckyOne Health Partners
- Norton Healthcare Faith & Health Ministries
- Novo Nordisk
- United Way of Kentucky

## WHY IS THIS IMPORTANT?

Diabetes is a public health epidemic in Kentucky. Over 26,000 Kentuckians are diagnosed with diabetes every year – and as of 2016, 13.1% of adults in Kentucky already had diabetes. That number is higher for people 65 and older – 25.3%. It is the 6<sup>th</sup> leading cause of death. African Americans and people living in poverty have higher risk factors. Currently, 141, 891 adult citizens are living with undiagnosed diabetes. 1 in 3 Kentucky adults are estimated to have Prediabetes. A community effort is needed to address the Kentucky Diabetes Epidemic.

## HOW CAN YOU HELP?

Pastors and congregations can help inform members about the risks of diabetes, and help members realize the importance of screening, preventions, control and treatment.

Using our facts and action numbers in sermons, announcements, bulletins, and newsletters means your congregation can gain the knowledge and understanding to prevent and manage diabetes. Our Diabetes Toolkit includes talking points, screening tools, diabetes education materials, project plans, and handouts – use these tools to plan events such as Diabetes Alert Day (4<sup>th</sup> Tuesday in March), November National Diabetes Month and November 14<sup>th</sup> World Diabetes Day:

- Screening and health fairs – your congregation can host events for members and the community to take the Prediabetes risk test and learn more about reducing risk factors.
- Testing and referral activities – help your members and community to “Know their Numbers” by working with local professionals to conduct testing and referral for participants who may have diabetes and/or need health services.
- Get Cooking – work with your local Extension Office (Faithful Families Program) and sponsor an event to share healthy meal tips and practical physical activity programs.
- Loaves & Fishes – do you know where people get help if they need food, affordable housing, and transportation to medical appointments? No? Expand your ministry to create resource directories and build capacity in your town. The United Way’s 211 service can help!

Support from The Kentucky Diabetes Network and the Kentucky Council of Churches can help you create and conduct activities that work for your church – no matter how big or how small, your church can help!

## HEALTH IS HOLY

We are all called to serve our brothers and sisters in many ways. Our health is a grace that can move mountains – and improve the prevention, treatment, and self-management of chronic disease. Join us – together we can make a difference in Kentucky.

## HOW DOES THIS WORK?

When you enroll your church to participate, you will receive a customized Tool Kit with:

- ✚ Talking points for your pastor and/or lay leaders to incorporate in announcements, sermons, and homilies
- ✚ Educational paragraphs and facts to include in your newsletters and bulletins
- ✚ CDC Screening Tool for Prediabetes
- ✚ Diabetes education handouts for special events and/or potluck meals
- ✚ Event Planning Tool to organize and conduct your event
- ✚ Church Results form to share what you did!
- ✚ Listing of Community Resources
  - Kentucky Diabetes Network Contact
  - UK Extension Office Faithful Families Coordinator
  - Kentucky Diabetes Prevention and Control Program/Department for Public Health Contacts
  - Local Pharmacists available for screening and other events

## WHAT DO YOU DO NEXT?

Get started now! Contact the Kentucky Council of Churches and enroll to participate in HC<sup>2</sup>

TASK FORCE CONTACTS	INFORMATION YOU PROVIDE
KCC Coordinator: Cindy Weinmann Telephone: (502) 271-0607 Email: <a href="mailto:cindy.weinmann@gmail.com">cindy.weinmann@gmail.com</a>	Church Name and address
KDN Executive Director Email: <a href="mailto:kentuckydiabetes@gmail.com">kentuckydiabetes@gmail.com</a>	Point of Contact, including telephone and email
	Pastor Contact, including telephone and email

### And Then...

Churches can begin their work anytime. Highlighted national diabetes campaigns include Diabetes Alert Day-4<sup>th</sup> Tuesday in March, November Diabetes Month and World Diabetes Day November 14<sup>th</sup>. Churches are asked to keep track of:

- Your activities, such as announcements, sermons, bulletin inserts, newsletters, screening events, etc.
- How many people participated, including your congregation and others.

Submit your Church Results form every month so we can share the good news of your achievements!

## ASSURANCES FOR YOUR CHURCH

There is no charge to participate in this program, and all materials are provided free of charge. Your church will not have to pay for assistance from Community Resources who may help with your events. All materials are available online and your church does not have to participate to access and use them.

The Task Force will not share your information without your permission, and it will only be shared with other participants and Task Force partners to help improve the program.

Healthy Congregations, Healthy Communities is not associated with a specific Church or denomination, and is not a state or federal government program.