

National Baptist Congress of Christian Education

Auxiliary to the

National Baptist Convention, U.S.A., Incorporated

Organized 1880

Incorporated 1915

“Solidarity with the Savior”

Dr. Julius R. Scruggs
Convention President

Dr. George W. Waddles, Sr.
Congress President



Dr. Elliott Cuff
Congress Dean

Dr. Doretha Johnson
General Secretary

H.O.P.E. Health and Wellness Initiative

Dr. Michael O. Minor

Special Assistant to the President – Health Initiative

hope@nationalbaptist.com

(901) 826-8355

The National Baptist Congress of Christian Education Health and Wellness Initiative is a collaborative effort of National Baptist churches, medical professionals, and health related organizations committed to health outreach and prevention education (H.O.P.E.).

H.O.P.E. Health and Wellness Initiative

Vision. We see a day when all National Baptist churches will have vibrant health and wellness ministries resulting in members being good stewards of their health and wellness.

Mission. We will achieve this vision by reaching out across the depth and breadth of our denomination to educate and inspire our fellow National Baptists to commit to healthier lifestyles through

- health and wellness education,
- referral sources and collateral material, and
- facilitators and resource persons.

Initiatives

The **National Baptist Congress (NBC) National Health Fair**, held during the National Baptist Congress annual session, is part of our multi-faceted approach to health concerns providing the delegates an opportunity to browse the Health Fair before, between, or after their scheduled Christian Education classes. Our goal with the Health Fair is to make available to our delegates information, health screenings, resource referral, government benefit updates, and other aspects of the health and wellness arena that would benefit them and their families.

The **Annual Congregational Health Guide** offers resources for promoting health and wellness featuring specific health and wellness emphases for each month and other resources for implementing and expanding health ministries.

The **9-5-2-1-0 VBS Health Curriculum** is a pilot project that provides a health and wellness addendum for existing Sunday School Publishing Board Vacation Bible School curriculum.

The **What's Cooking?** Initiative is a collaborative effort with the American Diabetes Association to promote healthy ingredients in and preparation of the meals served in our churches and homes. Demonstrations of healthy food preparation are also highlighted. NBC churches are asked to observe Taste Test Sunday each Third Sunday in March when members will sample diabetic safe desserts followed by observance of Diabetes Alert Day, the Fourth

Tuesday of March. One of the future outcomes of this initiative will be a healthy desserts cookbook composed of recipes submitted by members of NBC churches.

The **H.O.P.E. Health Ministry Training Continuum** offers introductory, intermediate, and advanced courses. The 8 hour introductory level course provides the basics for developing a congregational health ministry. Course completers receive the NBCUSA Certified Health Ministry Ambassador designation. The 8 hour intermediate course prepares course completers to become effective health and wellness promoters. Course completers receive the Health Ministry Advocate designation. Those seeking to become health ministry leaders are encouraged to take the 8 hour advanced course resulting in the Congregational Health Leader designation. Registered nurses taking an additional 10 hours of advanced training may earn the Faith Community Nurse designation. Non-RNs may earn the Community Health Advocate designation with an additional 10 hours of advanced training. To keep current, all designation completers must complete a minimum of 8 hours of continuing education annually.

The **NBC Health and Wellness Network** is a collaborative effort among national staff, state and district congresses H.O.P.E. Coordinators, medical and health and wellness professionals, and other concerned entities to empower and engage National Baptist congregations and their communities served to promote and live healthier lives.

The **Church and Community Garden Project** promotes the development of congregational gardens to encourage increased access to and consumption of fruits and vegetables and to assist congregational members to become physically active. Community gardens provide fresh healthy produce, as well as opportunities for building community activity.

For more information, go to www.nationalbaptist.com.

*Member National Partnership for Action to End Health Disparities
U.S. Department of Health and Human Services Office of Minority Health*

2012 Suggested NBC H.O.P.E. Health and Wellness Observances

January

- National Volunteer Blood Donor Month
- National Glaucoma Awareness Month

February

- American Heart Month
- Go Red Day (February 3)
- National Black HIV/AIDS Awareness Sunday (February 5)
- National Black HIV/AIDS Awareness Day (February 7)
- Wear Red Sunday (February 12)

March

- NBCUSA/American Kidney Fund Kidney Sunday (March 4)
- World Kidney Day (March 8)
- “Taste Test Sunday” (Diabetic Safe Desserts) (March 18)
- Diabetes Alert Day (March 27)

April

- NBCUSA/Easter Seals Make the First Five Count Sunday (April 1)
- Minority Health Month: Patient Protection and Affordable Care Act
- Alcohol Awareness Month
- Thursday, April 7 World Health Day

May

- American Stroke Month
- Lupus Awareness Month
- Skin Cancer Awareness Month
- Power (to End Stroke) Sunday (May 20)

June

- Summer of Health and Wellness Vacation Bible School
- Sunday, June 3 National Cancer Survivors Day
- National CPR Week (June 3-9)

July

- Fireworks Safety Month (through July 4)
- Juvenile Arthritis Awareness Month

August

- National Immunization Awareness Month
- National Minority Donor Awareness Day (August 1)

September

- Prostate Cancer Awareness Month
- Sickle Cell Disease Awareness Month
- Fruits and Veggies - More Matters Month
- Sickle Cell Sabbath (September 16)
- H.O.P.E./Let's Move Conference 2012: Brown Baptist Church - Southaven, MS (September 21-22)
- Let's Move Sunday (September 23)

October

- National Bullying Prevention Month
- National Church Safety and Security Month
- National Breast Cancer Awareness Month

November

- American Diabetes Month
- Pancreatic Cancer Awareness Month
- Diabetes ID (I Decide) Day (November 11)
- American Cancer Society Great American Smoke Out (November 17)
- Pancreatic Cancer Purple Light Sunday (November 18)

December

- National Drunk & Drugged Driving (3D) Prevention Month
- World Aids Day (Thursday, December 1)

For additional information, e-mail hope@nationalbaptist.com.