# Growing Together in Faith: New Partnerships to Promote Health in At-Risk Communities Natalie Mulloy, Lauren Gulley, &, Meghan Slining MPH PhD

# BACKGROUND

- 61% of adults and 41% of youth are overweight or obese in Greenville County, South Carolina.
- Hispanic or Latinos make up **8.7%**, and Black or African Americans make up**18.5%** of Greenville County.
- Hispanics are 23% more at risk for obesity and 50% higher death rate caused from diabetes (CDC).
- African Americans have the highest rates of obesity: 53% for women, and 36% for men, and heart disease is the leading cause of death (NAACP).

#### Next Level Youth Leadership Initiative

- Participating congregation expanded health promotion efforts to include youth.
- LWG and Furman conduct evaluation of youth initiative

#### **Our Contributions**

- Attended the first session and collected dat concerning life-style factors, attitudes, and support systems.
- Utilized the PYD survey.
- Entered enter the data and analyze it using STATA.
- Wrote a report of the significant findings.

### **Nutrition Education**

- A Spanish-speaking congregation requested nutrition education in Spanish.
- We developed an interactive presentation in Spanish.
- The focus points of this presentation were:
  - Reading Nutrition labels
  - Sodium consumption
  - Sugar sweetened beverages



To support Greenville's faith communities in helping members achieve healthier lifestyles through promotion and support of policies, systems and environments that make the healthy choice the easy choice.

PURPOSE

# Data Collection & Dissemination: Youth and Adult Populations

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(2			-				2 understand me.	1 2	3	4 5	6 ->	1 2	3
DICE					3 listen to me when I need to talk.	1 2	3	4 5	6 →	1 2	3		
0		GIL	105	1			4 make suggestions when I don't know what to do.	1 2	3	4 5	6 →	1 2	3
							5 give me good advice.	1 2	3	4 5	6 →	1 2	3
On the next few pages, you will be asked to respond to sentences about some form of <u>support</u> or <u>help</u> that you might get from a parent, a teacher, a classmate, or a close friend. Read each sentence carefully and respond to them honestly. There are no right or wrong answers. For each sentence you are asked to provide <u>two</u> responses. First, rate <u>how often</u> you receive the support described and then rate <u>how important</u> the support is to you. Below is an example.					<ol><li> help me solve problems by giving me information.</li></ol>	1 2	3	4 5	6 →	1 2	3		
					7 tell me I did a good job when I do something well.	1 2	3	4 5	6 →	1 2	3		
					<ol> <li> nicely tell me when I make mistakes.</li> </ol>	1 2	3	4 5	6 →	1 2	3		
					<ol><li> reward me when I've done something well.</li></ol>	1 2	3	4 5	6 →	1 2	3		
					I.0 help me practice my activities.	1 2	3	4 5	6 →	1 2	3		
					.1 take time to help me decide things.	1 2	3	4 5	6 ->	1 2	3		
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Event		

#### Assisted in planning of 2016 Worship Summit

- Developed agenda.
- **Coordinated Vendors.**
- Assisted Health Ministry Teams with development of 'Spotlight 'posters.
- Welcomed attendees and assisted with registration.



# What's Next?

- LWG At Worship workgroup will continue to mentor and support new congregations.
- Furman University will continue to evaluate impact of At Worship initiatives.
- Summer 2016 Fellows will focus on development of a comprehensive curriculum for quarterly networking sessions of Spanish-speaking congregations in Greenville County.

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