

Section 6:

☞ Make Sure your Church Has the Capacity for Health Promotion ☞

Finally, to be successful, your church should have a Health Director, an active health ministry, and a FAN program Champion. Please answer the following questions.

1. Does your church have a Health Director and an active health ministry?

- Yes** (we have a Health Director and our health ministry holds regular health-related activities)
- Room for improvement** (we do not have a Health Director or we have a Health Director but do not hold regular health-related activities)
- No**

If you selected “no” or “room for improvement” please talk with your Conference or District Health Director to learn how to set up an active Health Ministry.



2. Does your church have a **physical activity and healthy eating Champion?**

Physical Activity Champion:

- Yes**
- Room for improvement**
- No**

Healthy Eating Champion:

- Yes**
- Room for improvement**
- No**

The main responsibilities of these Champions are to **include physical activity and healthy eating opportunities and messages into church activities and functions** (this person could be the Health Director or someone else; if they are not part of the health ministry now, they should be added). For example, they might attend various meetings to share information about healthy eating and physical activity and to show members how to build in a physical activity break.

If you answered “no” or “room for improvement,” who are some **possible Champions in your church** (it could be you or someone on your committee!)?

Ideas for your church Physical Activity Champion: _____

Ideas for your church Healthy Eating Champion: _____

3. Does your church have the **capacity** for promoting **physical activity and healthy eating** (e.g., dietician, certified exercise instructor, computer with internet access)?

Physical activity:

- Yes**
- Room for improvement**
- No**

Healthy eating:

- Yes**
- Room for improvement**
- No**

Here are some ideas for how to increase capacity in your church. Please select **at least one** of these ideas:

- Involve **church members** who are nutritionists, certified exercise instructors, and nurses to promote physical activity and healthy eating
- Work with the YPD and other young adults** in your church. Encourage them to help as **leaders** in promoting physical activity and healthy eating
- Send member(s) to be trained as **certified exercise instructors**
- Have at least one **computer with internet access** in the church to help members search for health information online (consider having the youth help train adults)
- Other: _____

