

“Envisioning the Future Exceptionally”

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**NBCUSA Federal Faith-Based Initiative  
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**H.O.P.E. Health and Wellness Initiative Overview (June 2016)**

The National Baptist Convention, USA, Incorporated 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.).

**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 across the depth and breadth of our denomination to inspire and enable our fellow National Baptists to commit to healthier lifestyles through

- health and wellness education;
- resource materials and services;
- support networks of trained resource persons and facilitators; and
- evidenced based outcomes assessment.

**Challenge.** We want to make the NBCUSA the healthiest major denomination in America over the next ten years as measured by the ABCS (aspirin use for those needing it, blood pressure, cholesterol, and smoking cessation).

The **NBCUSA H.O.P.E. National Health Fair**, held during the National Baptist Congress annual session, is part of our multi-faceted approach to health concerns providing delegates information, health screenings, resource referral, and government benefit updates that would benefit them and their families.

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**, a collaborative effort with the American Diabetes Association, promotes 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.

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

**NBCUSA First Ladies for the First Lady Initiative.** This effort is identifying local church first ladies to be advocates for First Lady's Michelle Obama's *Let's Move* Initiative. We need our NBCUSA First Ladies to do the following:

- + Help establish or work with existing H.O.P.E. Health Ministry in their churches;
- + Help recruit Health Ambassadors
- + Get children, youth, and young adults involved H.O.P.E./Let's Move! Clubs.

**My Brother's Keeper.** Joining President Barack Obama's call for a collaborative, multi-disciplinary approach to build ladders of opportunity and unlock the full potential of boys and young men of color, we are calling on NBCUSA men to understand the problem, take action, and share their stories.

The **H.O.P.E. Health Ministry Training Continuum** offers several levels of preparation. The first 8 hour training course provides the basics for developing a congregational health ministry. Course completers receive the NBCUSA Certified Health Ministry Ambassador designation. The next 8 hour course prepares course completers to become effective health and wellness promoters. Course completers receive the Certified Health Ministry Promoter designation. Those seeking to become health ministry leaders are encouraged to take the 8 hour advanced course resulting in the Congregational Health Leader designation.

**For more information, to inquire about training, or join one of our H.O.P.E. initiatives, e-mail [hope@nationalbaptist.com](mailto:hope@nationalbaptist.com).**