Health for Hearts United
LEADERSHIP INSTITUTE
(HHU Lead Project)

Training Session I
May 31, 2014

Funded in part by the National Institute on Minority Health & Health Disparities
Center on Better Health and Life for Underserved Populations, Florida State University
In conjunction with Florida A&M University and the University of Georgia
Health for Hearts United
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• Aim:
Disseminate outcomes of the Reducing Cardiovascular Disease (CVD) Risk Project by implementing the Health for Hearts United Leadership Institute.

• Three Phase Model:
- Training
- Planning
- Delivery
**Desired Project Outcomes:**

1. Improved health behaviors & health outcomes (HHU church leaders)
   - *Increased* consumption of fruits, vegetables, and calcium rich foods
   - *Increased* habitual physical activity
   - *Decreased* consumption of fat, sugar, and sodium
   - *Improved* clinical outcomes (BMI, blood pressure, circumferences)

2. Implemented health programming in HHU churches

3. Improved CVD awareness by target audiences in HHU churches
TRAINING SESSIONS

• Three Key Messages
  • May 31: Training Session
    *Take Charge of Your Health*
  • June 14: Training Session 2
    *Eat Better*
  • June 28: Training Session 3
    *Move Around More*
Take Charge of Your Health

You are the key to improving your health. Make good lifestyle choices and get annual healthcare.

FACT
Approximately 75% of all healthcare costs stem from preventable chronic health conditions related to unhealthy choices such as poor diet, sedentary lifestyles, tobacco use, and lack of healthcare.

For more information:
http://www.bhlcenfer.fsu.edu

3 Ways to Take Charge of Your Health

 Increase Your Knowledge

 Know Your Resources
- Get health information from reliable sources: health providers, local health department, and health professionals. Select reliable websites and media.

 Get Empowered
- Stay informed. Use resources. Take action.
PROPOSAL FOR CONDUCT OF TRAINING SESSIONS

• Interactive & participatory
• Learn from each other (co-learning)
• Hands on with immediate application
• Provide information on two levels: personal health & health ministry development
• Access to advanced information to grow in knowledge
• Make-ups provided
• Tracking of progress
Let’s Get Started!