

# STEPS Newsletter

HEALTH  
King County

Strong communities where all people are active, healthy and free of the burden of chronic disease.

Steps to Health King County, Washington

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Steps Leadership Team: Chair, Laird Harris Vice Chair, Devon Love Treasurer, Barbara Bruemmer

## Your Body is a Temple: Healthy Sundays with African American churches

Written by Devon Love, Center for MultiCultural Health Health Educator



CMCH's Devon Love (middle) with women ministers and one of the mothers of Freedom Church. Members were asked to wear the color red to signify the symbol for heart disease and promote awareness of the disease in the community.

The Rev. Zachery K. Bruce saw health as an issue for his congregation at West Seattle's Freedom Church. Enter the Center for MultiCultural Health (CMCH). In 2004, the CMCH was funded by STEPS to conduct a project called "Healthy Sundays" and started working with Freedom.

The goal of "Healthy Sundays" is to improve the health status of African Americans ages 18 and over by addressing five of the primary, modifiable risk factors for cardiovascular disease (CVD) and diabetes. CMCH proposed to reach individuals in African American churches through outreach, education and behavioral risk factor assessments.

Through additional funding provided by STEPS, CMCH compiled and distributed "Healthy Sundays Educational Kits" containing resources to aid churches. Freedom Church received one of the educational kits and has used it to promote small scale policy change within the church.

On August 27<sup>th</sup>, CMCH completed its second year follow up assessment with the Freedom congregation. "Healthy Sundays" Project Coordinator Devon Love spoke during the service and recognized the church for its push toward awareness and for taking an active stand by participating in the risk factor screenings. Since late 2005, Freedom has instituted several new activities to assist

its members with living healthier. To aid in these efforts Pastor Bruce calls on Gwendolyn Williams, leader of the health ministry. Weekly walking groups on Saturday mornings and exercise sessions after midweek services have become traditions with congregation members. Brandie Flood, member of Freedom Church and CMCH Health Educator, works closely with Ms. Love when planning Healthy Sundays events at Freedom Church.

"An essential piece in the planning process is to have a member of the church working with you in moving the concept through," states Love. "Because Brandie attends Freedom on a regular basis and works closely with Gwendolyn, the ministers of the church tend to embrace the ideas and come up with some of their own. With the support the ministers provide, the healthy events always have the opportunity to be successful."

At the August event, several congregation members followed up on results they had received from the first event in fall of 2005. One member reflected stating, "I really needed to get my life in order. Diabetes and heart disease run in my family, and today I can tell I'm on the right track."

The Center for MultiCultural Health invites members of the faith-based community to join us in improving your physical and spiritual health. For more information, contact Devon Love at 206-461-6910, ext. 210 or [devon.love@cschc.org](mailto:devon.love@cschc.org).

### Steps Issues in the News

- **Even a few extra pounds can take years off your life, study shows**  
[seattletimes.nwsourc.com/html/health/2003218910\\_overweight23.html](http://seattletimes.nwsourc.com/html/health/2003218910_overweight23.html)
- **You can't always judge a meat by its label**  
[seattletimes.nwsourc.com/html/health/2003218379\\_platkin23.html](http://seattletimes.nwsourc.com/html/health/2003218379_platkin23.html)
- **As anti-smoking drives rose so did nicotine in cigarettes**  
[seattletimes.nwsourc.com/html/health/2003236933\\_nicotine31.html](http://seattletimes.nwsourc.com/html/health/2003236933_nicotine31.html)
- **Ditching our dodges**  
[seattletimes.nwsourc.com/html/health/2003248128\\_pacificpfit10.html](http://seattletimes.nwsourc.com/html/health/2003248128_pacificpfit10.html)
- **Obesity a worldwide health threat like global warming or bird flu, expert says**  
[seattletimes.nwsourc.com/html/health/2003242478\\_obese04.html](http://seattletimes.nwsourc.com/html/health/2003242478_obese04.html)

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## What does integration mean and how well are we doing in promoting it?

By Emily Bourcier, MPH, MHA

A key goal of Steps is to promote integration among Steps organizations and among prevention activities in general. The Steps Leadership Team defined integration as creating linkages between organizations and individuals to improve service delivery and implement policy changes. Examples of integration include programs working together to increase referrals, or collaborating to implement a training program.

The Steps evaluator, Group Health Community Foundation, is measuring the degree to which integration is increasing using Social Network Analysis (SNA). Good news! The number of linkages is increasing. After two years of Steps almost half (46%) of all potential relationships between 32 Steps organizations were present, (229 out of 496 potential relationships), versus about a quarter when the project began...and more linkages are forming all the time.

For more information please call Emily at 206-287-2035, [bourcier.e@ghc.org](mailto:bourcier.e@ghc.org)

### Healthy Meeting Guidelines

What should you serve at that next meeting on worksite wellness? What are healthy foods to put in the workplace vending machine? Here is a link that

gives you guidelines to answer these questions and more: [www.metrokc.gov/health/nutrition/meetings.htm](http://www.metrokc.gov/health/nutrition/meetings.htm)

Stay tuned for upcoming information on a STEPS Workplace Wellness workshop on 12/13/06!



### Healthy Tip

When you eat out ask for a "to go" box. Before eating put half your meal in the box for the next day. Studies show that people tend to eat whatever is in front of them, and portion sizes have almost doubled in the last 20 years.

### Upcoming Events

- **Diabetes Training - REACH, STEPS and HMC** are doing a half day diabetes training 10/31/06 contact Diana Vinh at [diana.vinh@metrokc.gov](mailto:diana.vinh@metrokc.gov)
- **Annual Steps Partners Conference - 11/15/06** Come and share what you've been doing with other Steps partners on Wednesday, November 15th. This is a great opportunity to network and learn about other programs.



### Director's Corner

On October 1, 2006, STEPS will start its fourth year. STEPS has much to be proud of:

- \* STEPS is making it easier for community members to "make the right choice" related to physical activity, nutrition or self-managing asthma or diabetes
- \* STEPS partners are integrating services and systems. Mo Pomietto's Childhood Obesity Quality Improvement Group is an example of successful integration
- \* The Policy Committee developed and the Leadership Team (LT) approved a policy agenda. LT has "weighed in" on policy matters important to STEPS, such as advocating for the collection of race and ethnicity data by Washington hospitals
- \* Media efforts have helped to raise STEPS profile and increase community awareness of STEPS' health promotion and disease prevention/control messages
- \* STEPS schools coordinators have promoted the adoption of key physical activity and nutrition policies, as well as developed and implemented innovative programs.

With 2 years left of CDC funding, the focus will be on strategies that promote sustainability of our efforts: policy advocacy, and system and service integration. STEPS is preparing to visit political leaders to educate them about the work of STEPS, and the value that a coalition like STEPS brings to improving the health of our community and in reducing health disparities. We plan to present to the Board of Health in 2007. We welcome the participation of STEPS partners in these advocacy efforts. If you are interested in participating, please let us know.

Dan Lessler, [dlessler@u.washington.edu](mailto:dlessler@u.washington.edu)

### Steps Extranet site

To access the extranet site [www.kcsteps.org](http://www.kcsteps.org)

send an e-mail to Jeff Ing at: [Jeff.ing@metrokc.gov](mailto:Jeff.ing@metrokc.gov) and he will give you a password for the site.



To comment on or submit articles to the Steps newsletter please contact Diana Vinh at [Diana.vinh@metrokc.gov](mailto:Diana.vinh@metrokc.gov) Please submit articles by the first of each month to be included in that month's newsletter.