

NOW, JUST IMAGINE

Abundant Health

TO CHILDREN



Healthy Lifestyle Choices

Healthy Eating

- Include fresh fruits, vegetables, and whole grains at all potlucks or church or community meals.
- Limit portion size by using smaller plates and beverage containers or eliminating buffet-style meals at church events.
- Serve healthy drinks and water — replace offerings with water, 100 percent fruit juice, or low-fat or fat-free milk.
- Host community gardens, farmer's markets, or other fresh food access, especially locally grown fruits and vegetables, for your congregation and community.
- Share health messages/tips through bulletin inserts, bulletin board announcements, church newsletters, observing a health minute (a brief announcement during regular worship services that promotes health), or projector displays before the sermon.
- Host a health fair/food festival to provide education on community assets for healthy nutrition.
- Conduct social-support activities to promote breastfeeding, such as marketing campaigns and breastfeeding peer-support programs.
- Host a summer food classes for children.
- Help people in your congregation or community sign up for the Supplemental Nutrition Assistance Program (SNAP) that provides more purchasing power at the grocery store for Women, Infants, and Children (WIC) in an outreach effort to pregnant women and new mothers.
- Other (please specify): _____

Active Living

- Offer low- or no-cost physical activity programs across the lifespan (e.g., intramural sports, physical activity clubs/classes for children and seniors).
- Develop joint-use agreements that encourage shared use of physical activity facilities for your congregation (e.g., school gymnasiums, community recreation centers).
- Hold a healthy living week with exercise competitions, e.g., pedometer challenges.
- Dedicate an area in the church for exercising; allow afterschool programs, clubs, or groups to use these spaces to increase youth opportunities for physical activity after school and on weekends.
- Hold national health observance day events for participation in physical activity.
- Other (please specify): _____

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Mental Health

- Make home visits to new parents, older adults, and others who may be disconnected from the community.
- Make prayer quilts, comfort pillows, or care baskets for persons who are in the hospital, residential facility, or are bedridden.
- Provide counseling services to those impacted by addiction or violence, including family members.
- Involve church members in providing meals or respite care to those with chronic illnesses or mental health challenges.
- Provide space and organized activities (e.g., opportunities for volunteering) that encourage social participation and inclusion for all people, including older people and persons with disabilities.
- Support child and youth development programs (e.g., peer-mentoring programs, volunteering programs) and promote inclusion of youth with mental, emotional, and behavioral problems.
- Train key congregation and community members (e.g., adults who work with the older adults, youth) to identify the signs of depression and suicide and refer people to resources.
- Expand access to mental health services (e.g., patient navigation, support groups) and enhance linkages between mental health, substance abuse, disability, and other social services.
- Host yoga classes and stress-management counseling.
- Other (please specify): _____

Tobacco and Drug-free Living

- Educate youth and adults about the risks of drug abuse (including prescription misuse) and excessive drinking.
- Begin a Global Health sponsored 11-week program for families proven to reduce substance use and abuse. Contact abundanthealth@umcmmission.org to begin.
- Attend open AA, AlaNon, and other 12-Step meetings; connect those who ask with AA sponsors
- Invite 12 Step groups to utilize your church meeting space gratis
- Post information for quit lines and tobacco-cessation resources in church publications.
- Have people share testimonials on overcoming addiction to alcohol, smoking, or other addictive substances to promote cessation efforts.
- Support implementation and enforcement of alcohol and drug-control policies.
- Other (please specify): _____