



Health for Hearts United
LEADERSHIP INSTITUTE
(HHU Lead Project)

Training Session 3
June 28, 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

TRAINING SESSIONS

- Three Key Messages
 - May 31: Training Session
 - Take Charge of Your Health:*
 - *Increase knowledge*
 - *Know resources*
 - *Get empowered*
 - June 14: Training Session 2
 - Eat Better*
 - June 28: Training Session 3
 - Move Around More*

REMINDERS

- **MAKE UPS**. If a session is missed, we will provide materials and make-up questions for you to complete. Also, all make-ups are available on the HHU portal and one make-up packet will be prepared for each church for your use. Suggested due date for make-ups: **July 31, 2014**
- **SHORT NAME**: Our working short name is "**Healthy Hearts**." We've received an idea for a tag line ("*Nothing works unless we do.*" Maya Angelou). Please submit any other ideas for short name or tag line by **July 31, 2014**.

COHORT I SCHEDULE

- PHASE I
 - Training Sessions-**May 31, June 14, June 28**
- PHASE II
 - Health ministry meetings with staff-**July**
 - Completion of plans for Kick-off Event-**July**
 - Completion of Health Check Report Card-**July**
- PHASE III
 - Implement Kick-off Event-**August or September**
 - Cohort I Recognition Event-**Week of October 6 or 13**
 - Cohort I Follow-up Data Collection-**Proposed dates: October 27, October 30 or November 3)**

GUIDANCE REGARDING KICK-OFF EVENT

- Needs to reach at least 25 people (12 years of age and older)
- Use your creativity in how the event will be designed and implemented
- Needs to focus on increasing CVD awareness:
 - What CVD is
 - How to lower risk (Take Charge of Health, Eat Better, Move Around More)
- Participants will need to complete a brief, one page survey at the beginning of the event and at the end of the event

RECOGNITION EVENT

- All Cohort I event (church leaders and members of your churches)
- Purpose is to recognize your church for participating in HHU and to promote the importance of church-based health
- Needs to be scheduled sometime the week of October 6 or 13
- Suggest that one church leader from each HHU church serve on a planning committee to develop ideas
- Suggest that proposed plans be completed by mid-August with an all-Cohort I conference call to finalize plans