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
• **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