



HECALALMY CONGREGATION

MANUAL

SEEDS THAT ARE SOWN
GROW AND SPREAD
THEMSELVES ANEW

**If you could have a healthier congregation,
one that is tobacco-free, participates in physical
activities, and encourages healthy eating**

WOULD YOU?

**If you could save your congregation members
dollars on healthcare expenses each year...**

WOULD YOU?

**Incorporating this healthy congregation resource
manual can assist with achieving this...**

The phrases such as "tobacco-free," "anti-tobacco prevention," "tobacco control," "no tobacco use," and "tobacco users" when mentioned refers to commercially produced tobacco products and non-ceremonial use of tobacco.

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INTRODUCTION

We live in a society where your level of income, education attainment, race, and where you live has influence on whether or not you will experience a healthy life. According to the 2010 United Health Foundation's ranking of the 50 states and the District of Columbia, Oklahoma is currently ranked 46th in overall health status. Our state is strategizing to improve the health status of each and every Oklahoman. Is it no surprise that the things we are exposed to or not exposed to in our environment are making us sick and unhealthy as a people?

Our rates of obesity, smoking (tobacco use), lack of physical activity and poor nutrition has contributed to our overall poor health status. Tobacco is the only product listed above and when used as intended (as manufactured) will harm you. Tobacco use is the leading contributing factor associated with preventable death in Oklahoma. For every person who dies from tobacco use, another 20 suffer from at least one serious tobacco-related illness. Tobacco kills more Oklahomans than alcohol, auto accidents, AIDS, suicides, murders, and illegal drugs combined. It is a major contributing risk factor for the four leading causes of death in Oklahoma – heart disease, stroke, cancer, and chronic obstructive pulmonary disease. It also complicates illnesses such as diabetes and high blood pressure.

We are at a crossroads. Due to the lost lives each year this crossroads is like a garden that has been left unattended for a lengthy timeframe. Assistance from experienced gardeners is needed to reintroduce nutrients and till. The proper tilling of this garden consists of pulling weeds that are slowly taking our loved ones away, decreasing our years of life, and affecting our ability to be productive workers. It will take countless gardeners to assist with prepping the soil for planting lasting habits that will improve our health.

Local congregations are at the heart of every community throughout the state and we need your help. We need your assistance working with your members and surrounding neighborhoods to make tobacco free living normal, protect everyone from secondhand smoke exposure, and promote healthy eating and physical fitness. This manual will provide you with examples of things you may do as a congregation to garden side by side with public health and organizations across the state to promote wellness as we create a state of health.



SOWING THE SEEDS AND PREPARING YOUR CONGREGATIONAL GARDEN

Healthy is defined as enjoying health and strength of body, mind, and spirit. Environment is the combination of social and cultural conditions that influence the life of an individual or community. When put together in the same context, a healthy environment is the joining together of conditions that influence a person's life or community standards.

Congregations are major influencers that cultivate the lives of its members and its community. The lessons taught through congregations prepare its members for life's ups and downs. As communities in Oklahoma work to reshape their health, let's consider what's being planted. Are the roots that are forming strong enough to move us towards greater health? Or are the roots fragile? In regards to health, what seeds are being sowed and what does your congregational garden look like?

AN UNHEALTHY GARDEN

ROOTS

No physical activity or exercise, lack of access to healthy foods, fruits/vegetable intake is low, no health insurance or underinsured, sitting the majority of the day, tobacco use (smoking), lots of high sugar drinks, high fat diets, exposed to secondhand smoke

WHAT DEVELOPS AS A RESULT

Absenteeism, missed work days, stress, heart disease/stroke, cancer, COPD, (addiction/dependency issue), inability to concentrate and study, decreased member participation, constant ear infections

A HEALTHY GARDEN

ROOTS

No tobacco use on property policy, develop community garden, recreational opportunities, increased water intake, healthy cooking demonstrations, quit smoking/tobacco use services offered, ability to concentrate increases, ministries integrate health messages, offer healthy options during fellowship meals, increased walking, regular wellness exams, promote 1-800-QUIT-NOW (784-8669), decrease sick days at work.

WHAT DEVELOPS AS A RESULT

Engagement in community events, environment free of tobacco, members making quit smoking attempts, member health improvements, illness/disease risk factors decrease, increase number of ex-tobacco users, reduction in absenteeism from services, influencing community/local/state level health policy for communities, able to concentrate while studying the Word, members able to outreach in communities, members save extra money (from not buying cigarettes and expensive healthcare costs).



PATHWAYS TO A HEALTHY CONGREGATION

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THE BURDEN OF TOBACCO USE

Tobacco use is the single most preventable cause of disease, disability, and death in the United States. For every person who dies from tobacco use, another 20 suffer with at least one serious tobacco-related illness. Despite these risks, many adults continue to smoke cigarettes and use tobacco.^{1,2}

Smoking makes your immune system work overtime. Your body makes white blood cells to respond to injuries, infections, and even cancers. Blood tests show that your white blood cell numbers stay high when you smoke. High numbers mean that your body is constantly fighting against the damage caused by tobacco smoke. This constant stress disrupts how your body works.³

Cigarettes today deliver more nicotine and deliver it quicker than ever before. The additives and chemicals that tobacco companies put in cigarettes may have helped make them more addictive. Once inhaled, nicotine races from your lungs to your heart and brain reinforcing the powerful cravings that causes both physical and mental addiction.³

The harmful effects of smoking do not end with the smoker. An estimated 88 million nonsmokers, including 54% of children aged 3-11 years, are exposed to secondhand smoke. Even brief exposure can be dangerous because nonsmokers inhale many of the same poisons in cigarette smoke as smokers.³

Secondhand smoke exposure causes serious disease and death, including heart disease and lung cancer in nonsmoking adults and sudden infant death syndrome, acute respiratory infections, ear problems, and more frequent and severe asthma attacks in children.¹ If you are a smoker or nonsmoker, you can do some important things to protect others.³

- Do not allow anyone to smoke anywhere in or near your home. Allowing someone to smoke in only one room or by a window does not protect you or your family from smoke because it stays in the air, walls, furniture etc.³
- Do not allow anyone to smoke in your car, even with the window down. No amount of smoke is safe.³

BENEFITS OF A TOBACCO- FREE LIFESTYLE

There are many benefits to quitting tobacco: improved overall health and families and friends are protected from secondhand smoke. People who quit do it for their own personal reasons. They may want:

- More years with family and friends
- To be around to share birthdays with kids
- Fewer sick days and lost wages
- To be at their daughter's wedding
- To know their grandkids
- More energy
- To breathe easier
- To enjoy the smell and taste of food
- To be a better role model
- To spend money on something besides cigarettes
- To live to enjoy retirement.

There may be other reasons!

TIPS FOR QUITTING

Quitting tobacco use is a major milestone in anyone's life. Tips to decrease stress as a person quits

- Go for a walk
- Read a book

- Watch the sunset
- Take deep breaths
- Brush your teeth
- Play like a kid
- Talk to a friend
- Drink water
- Keep a journal
- Listen to music
- Spend time in the garden
- Exercise

FREEDOM

- Focus on being free of tobacco, rather than on what's missing

IT WILL PASS

- A craving or urge will pass in just 3-5 minutes

THE 4D's

- Do something different
- Deep breathing
- Drink water
- Distract yourself

HELP WITH QUITTING TOBACCO

Even if your members have tried before, there are new tools that can help them quit tobacco for good.

Thousands of Oklahomans have already called the Oklahoma Tobacco Helpline and found out that the Helpline coach made sense and gave them ideas about how to quit and stay quit. Your members are just one phone call away from getting the help that will be just right for them.

QUIT NOW – THERE’S NEVER A BETTER TIME!

WHAT ARE THE OKLAHOMA TOBACCO HELPLINE HOURS?

7 days a week, 7:00 am – 2:00 am
and the services are FREE!

WHAT HAPPENS WHEN YOUR MEMBERS CALL THE HELPLINE?

A helpful assistant will ask a few questions. Next they will talk to a quit coach who can help them get ready to quit tobacco for good. With help from their coach they will set a “quit date” and prepare for a healthy lifestyle change. In a short time they will receive helpful materials in the mail.

After their quit date, their coach will check in with them to see how they are doing and continue to offer helpful tips to support their success. You can also call the Helpline anytime you are struggling. This is the FREE help you’ve been waiting for!



I-800-QUIT-NOW

I-800-784-8669

Spanish: I-800-793-1552

TTY: I-877-777-6534

Video Relay: I-866-748-2436

WAYS TO PROMOTE THE OKLAHOMA TOBACCO HELPLINE AT YOUR CONGREGATION

- List the I-800-QUIT-NOW logo or phone number on your website and social media networks.
- Print the I-800-QUIT-NOW logo or phone number in every publication of your bulletin.
- Post Oklahoma Tobacco Helpline Informational tear off on your message board.

Note: Call (405) 271-3619 for an electronic version of the Helpline logo. Remember to mention the Healthy Congregation Manual.

OKLAHOMA TOBACCO HELPLINE PROMOTIONAL MATERIALS

CONSUMER INFORMATION CARD

Ready to Quit?
Free help is here.

Quitting tobacco is a challenge. But millions of people have done it, and so can you. And it all begins with a few simple steps:

1. Call 1-800-QUIT NOW.
2. A helpful assistant will ask you a few questions.
3. Next you'll talk to a quit coach who can help you get ready to quit.
4. With help from your quit coach, you'll set a quit date and prepare for a healthy lifestyle change.
5. In a short time you'll receive helpful materials in the mail.
6. After your quit date, your coach will check-in with you to see how you're doing. And you can always call the Helpline anytime you are struggling.

1-800-QUIT NOW
1-800-786-8880
1-877-777-8334 (TX)
1-888-789-2436 (New Mex)

OKLAHOMA TOBACCO HELPLINE
1-800-QUIT NOW
Free Help | 724-6669

This information refers tobacco users to the Helpline and provides motivational statements to encourage them to quit tobacco. This is also available in Spanish.

TIPS CARD

Free Services, Support and Resources

Oklahomans who use any form of tobacco receive free one-on-one coaching by phone with a highly trained quit coach and materials to help them stay on track between calls.

Participants may also be eligible for free nicotine patches or gum, or may be referred to their insurance provider for cessation medications.

When you're ready to quit, we're ready to help.

Provided by:
Oklahoma Tobacco Cessation Trust
Oklahoma State Department of Health
U.S. Center for Disease Control and Prevention

This wallet sized card provides the Helpline number and tips to help tobacco user when they have a craving. This is also available in Spanish.

OKLAHOMA TOBACCO HELPLINE
1-800-QUIT NOW
Free Help | 724-6669

Ready to Quit?
1-800-786-8880
1-888-789-2436 (New Mex)
1-877-777-8334 (TX)
1-888-789-2436 (New Mex)

TEAR OFF POSTER

Ready to quit?
Free help is here.

Send your torn pieces here for no-look and materials that can help you quit tobacco for good. When you call the Oklahoma Tobacco Helpline you:

- Receive **free one-on-one coaching** with a highly trained quit coach.
- May also be eligible for **free nicotine patches or gum**.

OKLAHOMA TOBACCO HELPLINE
1-800-QUIT NOW
Free Help | 724-6669

1-800-786-8880
1-888-789-2436 (New Mex)
1-877-777-8334 (TX)
1-888-789-2436 (New Mex)

This is a temporary display of the Helpline number. It is intended to be placed on bulletin boards so that the tobacco user may "tear off" the Helpline number and take it with them. This is also available in Spanish.

Ready to quit?
Free help is here.

Even if you have tried before, there are new tools and medications that can help you quit tobacco for good. When you call the Oklahoma Tobacco Helpline you:

- Receive **free one-on-one coaching** with a highly trained quit coach.
- May also be eligible for **free nicotine patches or gum**.

OKLAHOMA TOBACCO HELPLINE
1-800-QUIT NOW
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1-888-789-2436 (New Mex)

POSTER

The poster is designed to promote the Helpline and informs tobacco users that free NRT is available. This is also available in Spanish.

Call 405-271-3619 or e-mail tups@health.ok.gov to order helpline materials. Remember to mention the Healthy Congregation Manual.

You may also order online at http://www.ok.gov/stopswithme/documents/OTH%20Order%20Form%2010I309_distributed.pdf.

ADOPT A WELLNESS POLICY

Adopting a wellness policy at your congregation is an affirming way of letting members and the surrounding communities know that steps are being taken to assist them with improving their health. It also lets them know that the congregation is an active collaborator and supporter to assist as they move forward on their journey to decrease preventative illnesses.

SAMPLE WELLNESS POLICY

According to (place spiritual verse here about health and wellness). It shall be the policy of _____ to provide a healthy environment for all members and visitors.

This policy covers the use of any tobacco products and the incorporation of health conscious activities when on the premises of and when representing _____.

POLICY DEFINED

TOBACCO USE IS PROHIBITED

At all times on our property. This includes the interior, exterior, parking lot, other off-site properties (such as campgrounds, parks, housing, etc.) and in vehicles owned by _____.

There will be no designated smoking areas and ash tray receptacles will not be allowed inside or outside.

HEALTH CONSCIOUS ACTIVITIES

When having congregational meals or any food function on behalf of _____ healthy options will be provided.

Include health related messages placed on message boards, website, and bulletin a minimum of once per month.

Implement some type of physical fitness program and/or activities.

Signed: _____ Date: _____

Approving Signature

Policy adopted on: _____

POST TOBACCO-FREE SIGNAGE

Let all who enter your property know they are entering a healthy congregation site that is tobacco free by placing a No Tobacco Use on This Property sign at your entrance points (either the perimeter of the parking lot or doors to the building). Below you will find a sample sign that may be used to designate your property as tobacco free. For ordering information call (405) 271-3619 or e-mail tups@health.ok.gov. Remember to mention the Healthy Congregation Manual.



WAYS TO KEEP YOUR CONGREGATION ACTIVE AS YOU BECOME A TOBACCO-FREE PROPERTY

As your members start to quit smoking and as your congregational property becomes tobacco free, there may be a lot of pent-up energy while this transition period is taking place. Consider sponsoring activities that will get your members up and moving.

Many of these activities are free while others may be implemented at a low cost. This section will provide suggested ideas, but please work with your wellness committee/ministry to brainstorm other activities for your congregation to participate in. As you begin activities you will notice over time that you are being a big influence on the health of your members and are playing a major role with assisting those who have stopped smoking to not relapse.

Disclaimer: Before starting any type of physical activity at your congregation, your members should consult their doctor to ensure they are healthy enough to participate.

Starting an exercise program can sound like a daunting task, but the main goal of exercise is to boost your health by meeting the basic physical activity recommendations of 30-minutes of moderate-intensity physical activity at least five days per week, or vigorous-intensity activity at least three days per week, and strength training at least twice per week.

The **TALK TEST** is a simple way to measure your exercise intensity. As a rule of thumb, if you're doing **MODERATE-INTENSITY** physical activity you can talk, but not sing, during the activity. If you're doing

VIGOROUS-INTENSITY physical activity, you will not be able to say more than a few words without pausing for a breath. This is a test you can easily do while you are active to see where you are. If you can easily talk and sing, then you should increase your intensity.^{4,5}

Before you dive into any physical activity program, there are a few areas you need to become familiar with for yourself and the members of your congregation. Walking is one of the best exercises a person can do to improve health, but while walking is a low risk activity, you can still suffer from injury or overexertion if you're ill-prepared or have high health risks. According to the American College of Sports Medicine (ACSM), you could be at risk if you:

- Have a family history of heart disease
- Smoke
- Have high blood pressure — equal to or greater than 140/90 mmHg
- Have high cholesterol — a total cholesterol greater than 200 mg/dL
- Are diabetic
- Are obese
- Are sedentary
- Are a male 45 or older, or a female 55 or older

If any of these conditions apply to you or participants from your

congregation, be sure to visit a medical professional before beginning any form of physical activity.

THE GOOD NEWS ABOUT BEING ACTIVE⁵

If you are inactive, you can improve your health and well-being by becoming even moderately active on a regular basis. Even more, physical activity doesn't have to be strenuous to achieve health benefits.

Physical Activity reduces the risk of:

- Dying prematurely
- Dying from heart disease
- Developing diabetes
- Developing high blood pressure
- Developing colon cancer
- Feeling depressed

Physical Activity:

- Helps build and maintain healthy bones, muscles, and joints
- Promotes psychological well-being

*All figures are based on U.S. statistics.

GETTING YOUR MEMBERS UP AND MOVING!⁶

TIPS FOR GETTING ON TRACK WITH PHYSICAL ACTIVITY

1. Encourage members to park their cars as far away from the entrance as possible.
2. Encourage the use of pedometers to count the number of steps taken each day (2,000 steps equals about 1 mile).
3. Have a football, baseball, softball, or Frisbee on hand for members to toss around before and after service. You could designate an area of the property for activities such as these.
4. Ask for members to volunteer their time for facility chores, such as vacuuming, sweeping or raking, for extra opportunities to be active and to serve.
5. Encourage study groups to go for “spiritual” walks before and/or after class to focus on prayer and his/her own spiritual growth. Even 10-minutes of walking before and/or after would be beneficial.
6. If possible, install a basketball hoop for members to shoot some hoops.
7. Ask members to donate any unused fitness equipment (if still in decent condition) that may be cluttering up the house (dumbbells, exercise mats, exercise videos, resistance bands, etc.). This equipment can be placed in a room for members to use at specified times.
8. If your congregation participates in gift sharing for the holidays or birthdays, encourage members to provide healthy, fitness/nutrition related gifts if possible.
9. If your facility has stairs, encourage members to use the stairs. Stairwells can be spruced up to make them more appealing to the members.
10. Ask your health and fitness oriented members if they would be willing to mentor other members.
11. Contact your local YMCA, YWCA or other local health and fitness center about fitness instructors who may be willing to volunteer his/her time for free group fitness classes for your members.
12. Create wellness packets for your members that could include the following:
 - a. Local fitness centers with hours of operation, contact person, amenities, and dues/fees (if possible)
 - b. List of local pedestrian trails for walking, hiking, jogging, and cycling.
 - c. Updated local Parks and Recreation booklet, listing all upcoming activities and classes.
 - d. List of healthy menu items from local restaurants
 - e. Healthy, simple recipes
13. Encourage members to team up and participate in an upcoming local fun run, 5k, or walks (such as Race for the Cure, Breast Cancer Walk, etc.) by providing volunteer driven training sessions (Beginner Walking Program, Couch to 5K, etc.) to prepare. The teams could hold fundraisers to pay for registration fees and funds to purchase t-shirts made for each participant with their team and congregation names.
14. Hold fundraisers to invest in a Wii. You can hold Wii bowling, tennis or baseball competitions for your members.
15. Have elders within the congregation teach the youth some of the games and activities they grew up with; have the youth teach the elders some of the games and activities they now enjoy.
16. Have the congregation adopt a roadway, park or highway and have members schedule a rotation to get out and keep it clean.
17. Create a wellness library of donated exercise books and videos for members to check out.

GROUP SPORTS/ ACTIVITIES FOR YOUR CONGREGATION



As part of your group sports/activities you may also incorporate spiritual readings. Here are some examples to get you started. Your wellness committee/ministry may come up with additional items that will appeal to your members.

SPIRITUAL WALKING

- **GROUP NAME:** Spiritual Walkers
(or come up with your own)
- **WHEN:** Every Tuesday from 5:30 pm to 7:00 pm
(or choose an appropriate time for your members)
- **WHERE:** Find a walking path, utilize your local park, or walk the neighborhood that surrounds your congregation.
- **WHAT WILL YOU DO:**
 - 5:30 pm-5:35 pm Stretch and have an opening prayer
 - 5:35 pm-5:50 pm Walk your route
 - 5:50 pm-5:55 pm Stop to read a scripture/
spiritual reading
 - 5:55 pm-6:10 pm Walk
 - 6:10 pm-6:15 pm Discuss the scripture (have one
or two questions ready to ask the
group for the discussion)
 - 6:15 pm-6:30 pm Walk
 - 6:30 pm-6:35 pm Discuss the scripture (have one
or two questions ready to ask the
group for the discussion)
 - 6:35 pm-6:50 pm Walk
 - 6:50 pm-6:55 pm Discuss the scripture (have one
or two questions ready to ask the
group for the discussion)
 - 6:55 pm-7:00 pm Stretch and have a closing prayer

BASKETBALL

- **GROUP NAME:** Power Ballers
(or come up with your own)
- **WHEN:** Every Thursday from 2:00 pm to 3:30 pm
(or choose an appropriate time for your members)
- **WHERE:** At your congregation if you have a gym with a basketball court, a local community center that has a basketball court, or an outside basketball court at a local park.
- **WHAT WILL YOU DO:**
 - Prayer and scripture/spiritual reading before the game starts
 - Play ball for a specified amount of time
 - Break for a discussion on the chosen scripture/
spiritual reading (have questions ready to prompt
discussion)
 - Play ball for a specified amount of time
 - Closing prayer

Note: For each of the examples above make sure each participant is properly dressed with athletic type clothing and tennis shoes. Also ensure each person has water available during the activities.

12 WEEK BEGINNER WALKING SCHEDULE⁷

If your members are just becoming physically active and not physically ready to participate in an activity such as the spiritual walking example mentioned in this document, the following walking schedule will help build up their endurance and improve health. Ask your congregation for wellness leaders who are willing to lead a beginner walking group 1-2 days a week. The group can meet any time that is convenient, but consideration should be given to days and times the members plan to attend weekly service or study classes. This can benefit the members by saving time and gas, and benefit the group leader by providing participants. The schedule can be printed for each participant, and they can mark off each day of the week that they meet the daily minimum. Provide an inspirational scripture/spiritual reading for each week or each day.

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1	15 min	15 min	20 min	15 min	20 min	15 min	20 min
2	15 min	20 min	20 min	15 min	20 min	15 min	25 min
3	15 min	25 min	20 min	15 min	25 min	20 min	25 min
4	20 min	30 min	20 min	20 min	25 min	20 min	30 min
5	20 min	30 min	30 min	20 min	30 min	20 min	35 min
6	25 min	30 min	30 min	25 min	30 min	25 min	40 min
7	25 min	30 min	40 min	30 min	30 min	30 min	40 min
8	25 min	30 min	40 min	30 min	40 min	30 min	50 min
9	30 min	40 min	40 min	30 min	40 min	40 min	50 min
10	30 min	40 min	50 min	30 min	50 min	40 min	50 min
11	40 min	40 min	50 min	40 min	50 min	40 min	50 min
12	40 min	40 min	60 min	40 min	60 min	40 min	60 min

CONGREGATIONAL CHALLENGE

Participating in congregational challenges may be an excellent way to further assist those with curbing their appetites for tobacco, sugary foods, and sitting the majority of the time. Your congregation can host these with your own members or compete against a sister congregation. Four different challenges are listed below. Encourage your members to develop additional competitions that include spiritual scriptures, tobacco information, physical activity, and nutritional eating.

1. OBSTACLE COURSE

Inspire your members by challenging them both physically and mentally with an obstacle course. This could be an annual event at your congregational picnic as a friendly competition to get members energized.

EQUIPMENT/RESOURCES

- Two physical fitness activities (jump rope, basketball, yoga mat, or bike)
- Index cards
- Something such as flags to mark the obstacle course route
- 10 People (in addition to participants) to volunteer
- Big box full of shredded paper
- Four small card tables
- Poster board
- Stop watch

GOAL

- To see who can complete a series of tasks the fastest

RULES

- Find a member to organize and recruit interested members to participate.
- Dedicate space at your outdoor site for the route.
- Mark eight (8) points on the route where participants have to stop and complete a task.
- Have a volunteer at each station to determine if the participant finished the task and can move to the next obstacle.
- Have a volunteer at the starting line and a volunteer at the finish line.
- Select someone to keep track of time on a stop watch.
- Choose two physical activities, tobacco facts, scripture/spiritual reading, and nutritional information/facts to place throughout the eight obstacle stops on the course. For example, your eight stops could resemble the following:
 - Stop 1 physical activity
 - Stop 2 spiritual scripture
 - Stop 3 nutritional information
 - Stop 4 tobacco fact
 - Stop 5 spiritual scripture
 - Stop 6 nutritional information
 - Stop 7 tobacco fact
 - Stop 8 physical activity and then have them cross a finish line.

Suggested ideas for obstacle course (or develop your own)

PHYSICAL ACTIVITY

- Have participants jump rope 10 times.
- Dribble a basketball for a certain distance. For example, dribble from one point to another and then back.
- Have a yoga mat available and have participants do 10 sit ups and 10 push ups.
- Ask participants to ride a bike from one point to another.

SCRIPTURE/SPIRITUAL READING

- Place spiritual scriptures on index cards (at least 4) and place the chapter and verse on separate cards. Have poster boards placed on the ground (one for each participant). Have the index cards scrambled on the board and have each participant match the scripture with the correct chapter/verse.
- Have boxes full of shredded paper set up (one for each participant). Place spiritual scriptures on index cards (at least 4) and place the chapter and verse on separate cards. Mix the cards in the boxes. Have each participant match one spiritual scripture with one chapter/verse. They have to continue digging in the box until they have a match.

TOBACCO FACTS

Utilizing the facts stated in this booklet you may want to do the following:

- Make a true or false statement out of a tobacco fact. Have the participant determine if the statement is true or false before moving forward.
- Play the memory game. Place six tobacco facts on separate index cards. One of the six cards should repeat. For example, place four cards with different facts and mix in two cards with the same fact on a card table, face down and have the participants find the matching pair.

NUTRITIONAL INFORMATION

Utilizing the information from the recipe substitution section of this booklet (pg. 28) you may want to do the following:

- Write several recipes on separate index cards and place them face up on a table. Ask the participant to choose a healthy substitute item for one of the recipes.
- Have three complete meals listed on index cards (or have photos of meals) and ask participants which one is healthier.

Note: You may want to have 4-5 participants compete at the same time depending on the total number of participants. You may have 15 participants so you would complete the competition three times with five participants at a time. The fastest time wins.

2. WALKING CHALLENGE⁶

Everyone loves a little friendly competition and there is no better way to light the competitive fire in your congregation members than a fitness challenge! The objective of the Walking Challenge is for all participants to accumulate as many steps per day as possible. Some studies suggest that, for adults, walking 10,000 steps a day is about the right amount to preventing weight gain (or regain).

On average, 2000 steps is about equal to walking one mile and burning about 100 calories. 10,000 steps may seem like a lot, but realize that it doesn't have to be done all at once. Ten minutes here, 20 minutes there, a few times a day, quickly add up. Are you ready to give it a try?

EQUIPMENT

- Basic Pedometer
- Daily Step Log Book

GOAL

- To accumulate 10,000 steps on a daily basis to achieve and/or maintain better health.

RULES

- This is a 6-week challenge.
- Choose one wellness leader for every five participants. The wellness leader will not only participate in the challenge, but also help keep the participants of his/her group motivated by providing encouragement and accountability during the six weeks.

- Each participant should wear a pedometer (either self-purchased, provided by the congregation, or "rented" from the congregation) from morning to night.
- Participants need to record their steps in their log book each night and turn in a tally to their wellness leader once a week.
- Steps can be accumulated through normal daily activities and added exercise — it all counts!
- Using a poster board, have wellness leaders create a "Brag" board to display participants weekly step totals for all participants to see. This keeps participants on their toes when they can see how their competition is doing. This can be hung on a wall within the common areas of the congregation.
- At the end of the six weeks, reward the participant and/or team with the most steps with a healthy congregation dinner, incentives, praise during the services and/or weekly bulletin, etc. Expensive incentives are not necessary.

3. FIT TO FIT CHALLENGE

The Fit to Fit Challenge can be run in conjunction with any of the other fitness programs. Different educational classes, challenges and games can be offered during the competition as well to keep the momentum going. The idea is to get the members of your congregation not only excited to lose weight, but to improve their overall health as well by keeping the process fun.

EQUIPMENT

- Registration Forms
- Log sheet for each participants beginning and ending weight

GOAL

- To see who can lose the biggest percentage of weight over a 2-3 month period.

RULES

- Find a group of interested people within your congregation. The more people, the bigger the prize you will have. This competition can be run in conjunction with any of the fitness challenges.
- Set the parameters immediately. An entrance fee of \$10.00 per person is common to establish a winner jackpot.

- If you know most members won't pay an entrance fee, or aren't able to, you can still do the competition as a registration only, and reward winners in a manner that fits your congregation's needs.
- If you choose to have a jackpot, you should decide how the money is to be divided up front so participants know what to expect.
- Here are some common ways to divide the jackpot: Winner takes all (donate to your scholarship in the name of the winner) or reward the first, second, and third persons who lose the most weight (allow each place to purchase items for families who are in need), or establish some kind of weekly rewards and the best way to disperse the jackpot.
- Decide how long the competition should last. Two to three months is a good average time for people to start losing weight.
- Select a person to be in charge of the money and the weigh-ins. This has to be the same person and the same scale for everyone.
- Divide the starting weight with the end weight and take that percentage as the score. The one with the biggest percentage of weight loss is the winner.
- Divide the money or reward prizes in whichever method that is agreed upon at the start.

4. GOOD EATING COOKBOOK

Calling all cooks! Let your members show off their healthy cooking skills and share them with others at the same time. This is a great way to start an annual fundraising event for congregational activities, scholarships or bereavement funds.

EQUIPMENT/RESOURCES

- An available computer with software to type recipes
- A member who is able to format the recipes for printing
- Resources to complete initial printing
- Mini paper plates, spoons and forks
- Napkins
- Paper
- Tables
- Cups

GOAL

- To encourage members to share healthy eating recipes

RULES

- Select a committee to coordinate this challenge
- Develop criteria for recipes. For example, foods that are sugar-free, low fat, low in sodium, and/or increased fiber.

- Develop an entry form
- Select a time frame for the competition to include date of announcement and date/time of actual competition. Select deadline to submit entry forms.
- Have each participant submit a written recipe and provide a sample the day of the competition (you have to determine how many servings each participant should prepare for the sample).
- Let your members be the judge. Allow members to sign up to be judges. For example, the first 30 members to sign up will be selected to judge the recipes.
- Allow each judge two votes. They will vote for the two recipes they like the best.
- Have a cup set up at each participant's station for the judges to place their voting card in
- The top participants with the most vote cards will be included in the cookbook. For example, if you have 15 participants the top 10 may be featured in the cook book with a must-try section for the top three winners.
- When listing the recipes in the cookbook add a scripture chosen by the participant to accompany their recipe.
- After the book has been developed and printed, sell copies to members as a fundraiser.
- You can repeat this every year and start forming a recipe collection for your congregation that's not only healthy but delicious.

MOVING TOWARDS A HEALTHY EATING LIFESTYLE AS YOU REMAIN TOBACCO-FREE

When individuals decide to quit smoking and using tobacco they often worry about putting on extra pounds. As your members start to quit smoking and as your congregational property becomes tobacco free you can support them by promoting healthy eating habits.

This section will provide information you can supply to your members to incorporate into their daily eating and when preparing meals for congregational/fellowship meals. Also work with your wellness committee/ministry to brainstorm other meal ideas and information to share with members. This will help those who have stopped smoking or using tobacco to not relapse because they fear they are gaining too much weight.

WHAT DOES IT MEAN TO "EAT HEALTHY"?⁸

It is important to eat better for a longer, healthier, more enjoyable life, but what exactly is eating healthy?

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars

TIPS TO GET YOUR CONGREGATION ON TRACK WITH EATING HEALTHY

1. SHOW BY EXAMPLE

Eat fruits, vegetables, and whole grains with meals or as snacks. During congregational meals serve healthy options. This will encourage families to prepare healthy meals when at home.

2. GO FOOD SHOPPING TOGETHER

Grocery shopping can teach your members about food and nutrition. Discuss how to choose fruits, vegetables, grains, milk, and meats when shopping for meals. Teach members how to compare the

calories, fat, and fiber in products. Include families so they can make healthy choices together.

3. GET CREATIVE IN THE KITCHEN

Host classes for your members and the surrounding community on how to prepare healthy meals and snacks.

4. ENCOURAGE MEMBERS TO LISTEN TO THEIR BODIES

Offer classes that teach members not to deprive themselves of food, but to make different choices. Have healthy options available during classes.

5. DEVELOP A "HEALTHY EATING" COOKBOOK

Let your members be active participants in creating a cookbook everyone can be proud of.

DO I HAVE TO GIVE UP MY FAVORITE COMFORT FOOD?⁸

No! Healthy eating is all about balance. You can enjoy your favorite foods even if they are high in calories, fat or added sugars. The key is eating them only once in a while and balance them out with healthier foods and more physical activity.

SOME GENERAL TIPS FOR⁸ COMFORT FOODS:

- Consume them less often. If you normally eat these foods every day, cut back to once a week or once a month. You'll be cutting your calories because you're not having the food as often.
- Eat smaller amounts. If your favorite higher calorie food is an afternoon chocolate bar, have a smaller size or only half a bar. Be careful! This technique works

well for some people, but others may find it is too tempting to have their favorite food available, even in smaller amounts.

- Try a lower-calorie version. Use lower-calorie ingredients or prepare it differently. For example, if your macaroni and cheese recipe uses whole milk, butter, and full-fat cheese, try remaking it with non-fat milk, less butter, light cream cheese, fresh spinach and tomatoes. Just remember to not increase your portion size.

6. PARTNER WITH PROGRAMS THAT FOCUS ON HEALTHY EATING

Become a location site for programs such as Weight Watchers® to offer regular classes.

7. DEVELOP A COMMUNITY GARDEN

As you garden and fellowship together, you will be able to introduce fresh vegetables to members. This will encourage members to choose healthy options.

8. ENCOURAGE MEMBERS TO LIMIT TV TIME

Get up and move during commercials. Encourage physical activity and avoidance of marketing to decrease cravings for unhealthy food choices.

9. ENCOURAGE PHYSICAL ACTIVITY

Make physical activity a part of activities offered at your congregation.

10. BE A GOOD FOOD ROLE MODEL

Try new foods and be seen eating healthy. Let your young members see older members eating the healthy options as a role model.

TRAFFIC LIGHT EATING PLAN

One of the simplest ways to follow a healthy eating routine is to use the Traffic Light Healthy Eating Plan. By following this plan, you will be eating **MORE** of the healthier foods, or “GO Foods” and “SLOW Foods” and **LESS** of the high calorie, high fat, high sugar foods, or “WHOA Foods” that are not so healthy for you. Here are the basic guidelines:

While it is certainly beneficial to simply eat more foods from the “GO Foods” and “SLOW Foods” list and choose less foods from the “WHOA Foods” list, you may want to take your healthy eating plan a step further. You could be wondering, “What exactly does a healthy plate look like?” It may not be as difficult as you think. Try using the ChooseMyPlate.gov guidelines to help you build a healthy meal. This method will help you eat just the right amount of protein, grains, fruit, vegetables, and dairy.

WHOA FOODS !

Limit to one small serving per day!

Anything fried – bacon, sausage, potato chips, French fries; soda pop, candy, cake, pie, sugary cereals, sweet rolls, high fat meats, butter & oils added to foods, whole milk, most fast foods

SLOW FOODS !

Some are fine – eat in moderation!

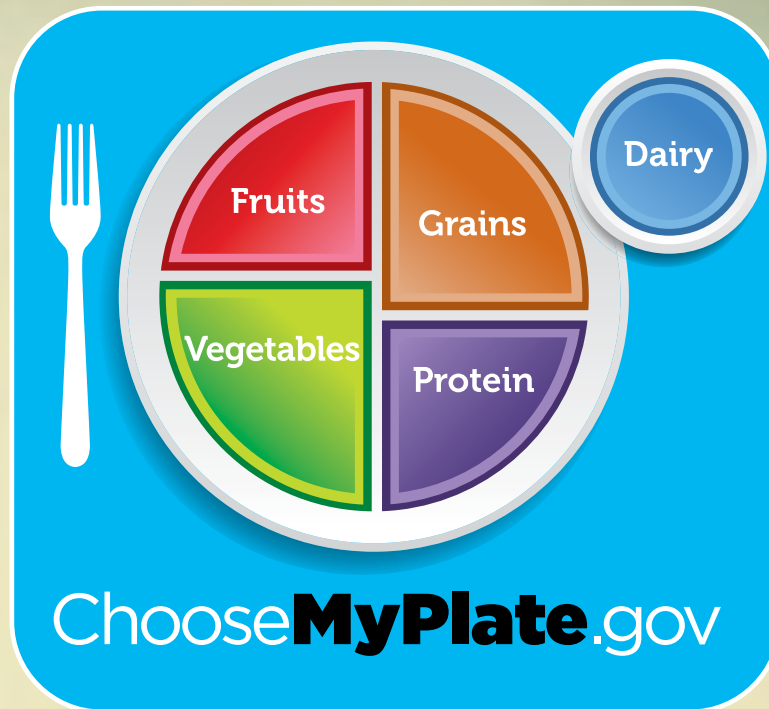
Sneaky calorie foods, including muffins, buttered popcorn, crackers, white rice, cheese, pasta, potatoes, bread, 2% milk, some cereals, medium fat meats, starchy vegetables, fruit juices

GO FOODS !

Fill up on these!

High nutrient, high energy, lower calorie, lower fat foods, including:
Beans, salads, vegetables, fruits, whole grain cereals, fish, very lean meats & poultry, most soups, skim milk

PLAN A DINNER USING THE CHOOSEMYPLATE.GOV METHOD ⁸



VEGETABLES: artichokes, asparagus, green beans, bean sprouts, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, green onions or scallions, collard greens, kale, mustard greens, turnip greens, leeks, mushrooms, okra, onions, peppers, radishes, sauerkraut, spinach, sugar snap peas, summer squash, Swiss chard, tomato, turnips, water chestnuts, or zucchini

FRUITS: apples, apricots, bananas, strawberries, blueberries, raspberries, grapefruit, cherries, grapes, kiwi, lemons, limes, mangoes, cantaloupe, honeydew, watermelon, nectarines, oranges, peaches, pears, papaya, pineapple, plums, prunes, raisins,

tangerines, 100% fruit juice (orange, apple, grape, grapefruit)

GRAINS: whole-wheat pasta, brown rice, barley in vegetable soup or stews, whole-wheat flour, whole-wheat (grain) bread, toasted oat cereal, oatmeal, whole grain snack crackers, and popcorn (with very little or no added salt and butter).

PROTEINS: lean meats (beef, ham, lamb, pork, veal), game meats (bison, rabbit, venison), lean ground meats (beef, pork, lamb), lean luncheon or deli meats, poultry (chicken, duck, goose, turkey, ground chicken and turkey), eggs, beans and peas (black beans, black-eyed peas, chickpeas, kidney beans, lentils, navy

beans, pinto beans, soy beans, split peas), seafood – finfish (catfish, cod, flounder, mackerel, pollock, salmon, sea bass, snapper, swordfish, trout, tuna), shellfish (clams, crab, lobster, mussels, octopus, oysters, scallops, shrimp), nuts and seeds (almonds, cashews, peanuts, peanut butter, pecans, pistachios, sunflower seeds, walnuts, sesame seeds) and processed soy products (tofu, white beans, bean burgers, veggie burgers, tempah, texturized vegetable protein (TVP).

ON-THE-SIDE DAIRY: milk (fat-free, 1%, 2%, whole, lactose-reduced, lactose-free, soy), cheese (cheddar, mozzarella, Swiss, Parmesan, ricotta, cottage cheese, American), yogurt

HOW TO AVOID PORTION SIZE PITFALLS TO HELP YOU MANAGE YOUR WEIGHT⁹

When eating at many restaurants, it's hard to miss that portion sizes have gotten larger in the last few years. The trend has also spilled over into the grocery store and vending machines, where a bagel has become a **BAGEL** and an "individual" bag of chips can easily feed more than one. Research shows that people unintentionally consume more calories when faced with larger portions. This can mean significant excess calorie intake, especially when eating high-calorie foods. Here are some tips to help you avoid some common portion-size pitfalls.

PORTION CONTROL WHEN EATING OUT.

Many restaurants serve more food than one person needs at one meal. Take control of the amount of food that ends up on your plate by splitting an entrée with a friend. Or, ask the wait person for a "to-go" box and wrap up half your meal as soon as it's brought to the table.

PORTION CONTROL WHEN EATING IN.

To minimize the temptation of second and third helpings when eating at home, serve the food on individual plates, instead of putting the serving dishes on the table. Keeping the excess food out of reach may discourage overeating.

PORTION CONTROL IN FRONT OF THE TV.

When eating or snacking in front of the TV, put the amount that you plan to eat into a bowl or container instead of eating straight from the package. It's easy to overeat when your attention is focused on something else.

GO AHEAD, SPOIL YOUR DINNER.

We learned as children not to snack before a meal for

fear of "spoiling our dinner." Well, it's time to forget that old rule. If you feel hungry between meals, eat a healthy snack, like a piece of fruit or small salad, to avoid overeating during your next meal.

BE AWARE OF LARGE PACKAGES.

For some reason, the larger the package, the more people consume from it without realizing it. To minimize this effect:

- Divide up the contents of one large package into several smaller containers to help avoid over-consumption.
- Don't eat straight from the package. Instead, serve the food in a small bowl or container.

OUT OF SIGHT, OUT OF MIND. People tend to consume more when they have easy access to food. Make your home a "portion friendly zone."

- Replace the candy dish with a fruit bowl.
- Store especially tempting foods, like cookies, chips, or ice cream, out of immediate eyesight, like on a high shelf or at the back of the freezer. Move the healthier food to the front at eye level.
- When buying in bulk, store the excess in a place that's not convenient to get to, such as a high cabinet or at the back of the pantry.

RETHINK YOUR DRINK¹⁰

You now have some tips to help you eat better and manage your weight, but have you thought about what you drink?

When it comes to weight loss, there's no lack of diets promising fast results. There are low-carb diets, high-carb diets, low-fat diets, grapefruit diets, cabbage soup diets, and blood type diets, to name a few. But no matter what diet you may try, to lose weight, you must take in fewer calories than your body uses. Most people try to reduce their calorie intake by focusing on food, but another way to cut calories may be to think about what you drink.

WHAT DO YOU DRINK? IT MAKES MORE DIFFERENCE THAN YOU THINK!

Calories in drinks are not hidden (they're listed right on the Nutrition Facts label), but many people don't realize just how many calories beverages can contribute to their daily intake. As you can see in the example below, calories from drinks can really add up. But there is good news: you have plenty of options for reducing the number of calories in what you drink.

OCCASION	INSTEAD OF...	CALORIES	TRY...	CALORIES
Morning coffee shop run	Medium café latte (16 ounces) made with whole milk	265	Small café latte (12 ounces) made with fat-free milk	125
Lunchtime combo meal	20-oz. bottle of non-diet cola with your lunch	227	Bottle of water or diet soda	0
Afternoon break	Sweetened lemon iced tea from the vending machine (16 ounces)	180	Sparkling water with natural lemon flavor (not sweetened)	0
Dinnertime	A glass of non-diet ginger ale with your meal (12 ounces)	124	Water with a slice of lemon or lime, or seltzer water with a splash of 100% fruit juice	0 calories for the water with fruit slice, or about 30 calories for seltzer water with 2 ounces of 100% orange juice.
Total beverage calories:		796		125-155

(USDA National Nutrient Database for Standard Reference)

Substituting no- or low-calorie drinks for sugar-sweetened beverages cuts about 650 calories in the example above.

Of course, not everyone drinks the amount of sugar-sweetened beverages shown on previous page. Check the list below to estimate how many calories you typically take in from beverages.

TYPE OF BEVERAGE	CALORIES IN 12 OUNCES	CALORIES IN 20 OUNCES
Fruit punch	192	320
100% apple juice	192	300
100% orange juice	168	280
Lemonade	168	280
Regular lemon/lime soda	148	247
Regular cola	136	227
Sweetened lemon iced tea (bottled, not homemade)	135	225
Tonic water	124	207
Regular ginger ale	124	207
Sports drink	99	165
Fitness water	18	36
Unsweetened iced tea	2	3
Diet soda (with aspartame)	0*	0*
Carbonated water (unsweetened)	0	0
Water	0	0

*Some diet soft drinks can contain a small number of calories that are not listed on the nutrition facts label.
(USDA National Nutrient Database for Standard Reference)

RECIPE SUBSTITUTIONS TO MAKE YOUR FELLOWSHIP MEALS HEALTHIER

TIPS TO DECREASE THE TOTAL FAT AND LOWER CALORIES ¹¹

INSTEAD OF THIS

TRY USING THIS

Shortening, butter, margarine, or solid fat.	Use 1/4 less liquid oil or solid fat called for in the recipe. If recipe calls for 1 cup use 3/4 cup. If recipe uses 1/4 cup shortening, use 3 Tablespoons oil. Use equal amounts of oil for melted shortening, margarine or butter.
Shortening, butter, or oil in baking	Use applesauce or prune puree for half of the butter, shortening or oil. May need to reduce baking time by 25%.
Instead of whole milk, half and half or evaporated milk	Use skim milk, 1% milk, evaporated skim milk, fat-free half and half, or plain soymilk with calcium.
Butter, shortening, margarine, or oil to prevent sticking. Fat to sauté or stir-fry.	When frying foods use cooking spray, water, broth or nonstick pans.
Full-fat cream cheese	Use low-fat or nonfat cream cheese, Neufchatel or low-fat cottage cheese pureed until smooth.
Full-fat sour cream Full-fat cottage cheese Full-fat Ricotta cheese	Use nonfat or reduced fat sour cream or fat-free plain yogurt. (Yogurt is not heat stable.) Use 2% or fat-free cottage cheese. Use part-skim ricotta.
Cream Whipping cream	Use evaporated skim milk Use nonfat whipped topping or cream (This is only nonfat if one serving size is used.)
Eggs	Use egg whites (2 egg whites equals one egg) or 1/4 cup egg substitute.
Whole fat cheese	Use reduced fat cheese, but add it at the end of the baking time or use part skim mozzarella.
Frying in fat	Use cooking methods such as bake, boil, broil, grill, poach, roast, stir-fry, or microwave.
Regular mayonnaise or salad dressing	Use low fat, reduced or nonfat mayonnaise or salad dressing.
Canned fish	Use water-packed canned products or canned products packed in 'lite' syrup.
Fatter cuts of meat, skin-on	Leaner cuts of meat or ground meat, remove skin before cooking.

TIPS TO REDUCE SODIUM ¹¹

INSTEAD OF THIS

TRY USING THIS

Salt	Omit salt or reduce salt by 1/2 in most recipes (except in products with yeast). Cook foods without adding salt. Don't put the salt shaker on the table.
Frozen or canned vegetables	Choose frozen vegetables without sauces or use no-salt-added canned goods. Rinsing canned vegetables will help reduce sodium.
Seasoning Salt or spice mixes with salt	Use salt-free seasonings and spice mixes. Use herbs, spices, lemon juice, or vinegar to flavor food instead of salt. Seasonings high in sodium include catsup, chili sauce, chili powder, bouillon cubes, barbecue sauce, soy sauce, Worcestershire sauce, and meat tenderizers.

TIPS TO REDUCE THE AMOUNT OF SUGAR ¹¹

INSTEAD OF THIS

TRY USING THIS

Sugar	Reducing sugar by 1/4 to 1/3 in baked goods and desserts. If recipe calls for one cup, use 2/3 cup. Cinnamon, vanilla, and almond extract can be added to give the impression of sweetness. (Do not remove all sugar in yeast breads as sugar provides food for the yeast.)
Sugar	Replacing sugar with amounts of sucralose (*Splenda™), works well for most baked products. Add 1/2 teaspoon baking soda in addition to each cup of Splenda™ used. Baking time is usually shorter and product will have a smaller yield. Try using aspartame (*NutraSweet™), saccharin, or acesulfame potassium in other products that are not baked. The sweet taste will vary with product combination or amounts of each sweetener used.
Fruit-flavored yogurt	Plain yogurt with fresh fruit slices or use light versions of yogurt.
Syrup	Pureed fruit, such as no sugar added applesauce, or sugar-free syrup
Sugar in canned or frozen fruits	Decrease or eliminate sugar when canning or freezing fruits or buy unsweetened frozen fruit or fruit canned in its own juice, water, or light syrup.

WAYS TO INCREASE FIBER ¹¹

INSTEAD OF

TRY USING THIS

White rice, enriched grains

Whole grain, brown rice, wild rice, whole cornmeal (not degermed), whole barley, bulgur, kasha, quinoa, or whole wheat couscous.

All purpose flour

Substitute whole wheat flour for up to 1/2 of the flour. For example, if a recipe calls for 2 cups flour, try one cup all purpose flour and one cup minus one tablespoon whole wheat flour. Use “white whole-wheat flour” or “whole wheat pastry flour” for total amount of all-purpose flour.

Pastas, crackers, cookies, cereals

Whole grain pastas, crackers, cookies, and cereals.

White bread

100% whole wheat bread and 100% whole grain bread.

Iceberg lettuce

Romaine lettuce, endive, and other leafy lettuces, or baby spinach.

Meat

Use more dried beans and peas. Add legumes and lentils to many different dishes: try adding lentils to your spaghetti sauce.

Peeled fruit and vegetables

Add extra fruits and vegetables, such as adding carrots to spaghetti sauce, leaving apple peels in apple crisp, zucchini bread, etc. Add extra fruits and vegetables to recipes and include the peel when appropriate.

* Use of brand name does not mean an endorsement of the product.

SAMPLE MENUS FROM A 2000 CALORIE FOOD PATTERN⁸

Use this 7-day menu as a motivational tool to help put a healthy eating pattern into practice, and to identify creative new ideas for healthy meals. Averaged over a week, this menu provides the recommended amounts of key nutrients and foods from each food group. The menus feature a large number of different foods to inspire ideas for adding variety to food choices. They are not intended to be followed day-by-day as a specific prescription for what to eat.

Spices and herbs can be used to taste. Try spices such as chili powder, cinnamon, cumin, mustard, garlic powder, onion powder, or pepper. Try fresh or dried herbs such as basil, parsley, cilantro, chives, dill, mint, oregano, rosemary, thyme, or tarragon. Also try salt-free spice or herb blends.

While this 7-day menu provides the recommended amounts of foods and key nutrients, it does so at a moderate cost. Based on national average food costs, adjusted for inflation to March 2011 prices, the cost of this menu is less than the average amount spent for food, per person, in a 4-person family.

DAY 1

BREAKFAST
CREAMY OATMEAL
(COOKED IN MILK):
1/2 cup uncooked oatmeal
1 cup fat-free milk
2 Tbsp raisins
2 tsp brown sugar

BEVERAGE: 1 cup orange juice

LUNCH
TACO SALAD:
2 oz tortilla chips
2 oz cooked ground turkey
2 tsp corn/canola oil
(to cook turkey)
1/4 cup kidney beans*
1/2 oz low-fat cheddar cheese
1/2 cup chopped lettuce
1/2 cup avocado
1 tsp lime juice (on avocado)
2 Tbsp salsa

BEVERAGE: 1 cup water, coffee, or tea**

DINNER
SPINACH LASAGNA ROLL-UPS:
1 cup lasagna noodles
(2 oz dry)
1/2 cup cooked spinach
1/2 cup ricotta cheese
1 oz part-skim
mozzarella cheese
1/2 cup tomato sauce*

1 OUNCE WHOLE WHEAT ROLL
1 tsp tub margarine

BEVERAGE: 1 cup fat-free milk

SNACKS
2 Tbsp RAISINS

1 OZ UNSALTED ALMONDS

DAY 2

BREAKFAST
BREAKFAST BURRITO:
1 flour tortilla (8" diameter)
1 scrambled egg
1 cup black beans*
2 Tbsp salsa

1/2 LARGE GRAPEFRUIT

BEVERAGE: 1 cup water, coffee, or tea**

LUNCH
ROAST BEEF SANDWICH:
1 small whole grain hoagie bun
2 oz lean roast beef
1 slice part-skim
mozzarella cheese
2 slices tomato
1/4 cup mushrooms
1 tsp corn/canola oil
(to cook mushrooms)
1 tsp mustard

BAKED POTATO WEDGES:
1 cup potato wedges
1 tsp corn/canola oil
(to cook potato)
1 Tbsp ketchup

BEVERAGE: 1 cup fat-free milk

DINNER
BAKED SALMON ON
BEET GREENS:
4 oz salmon filet
1 tsp olive oil
2 tsp lemon juice
a cup cooked beet greens
(sauteed in 2 tsp corn/
canola oil)

QUINOA WITH ALMONDS:
1/2 cup quinoa
1/2 oz slivered almonds

BEVERAGE: 1 cup fat-free milk

SNACKS
1 CUP CANTALOUPE BALLS

DAY 3

BREAKFAST
COLD CEREAL:
1 cup ready-to-eat oat cereal
1 medium banana
1/2 cup fat-free milk

1 SLICE WHOLE WHEAT TOAST
1 tsp tub margarine

BEVERAGE: 1 cup prune juice

LUNCH
TUNA SALAD SANDWICH:
2 slices rye bread
2 oz tuna
1 Tbsp mayonnaise
1 Tbsp chopped celery
1/2 cup shredded lettuce

1 MEDIUM PEACH

BEVERAGE: 1 cup fat-free milk

DINNER
ROASTED CHICKEN:
3 oz cooked
chicken breast
1 large sweet potato, roasted
1/2 cup succotash
(limas & corn)
1 tsp tub margarine

1 OUNCE WHOLE WHEAT ROLL
1 tsp tub margarine

BEVERAGE: 1 cup water, coffee, or tea**

SNACKS
1/4 CUP DRIED APRICOTS

1 CUP FLAVORED YOGURT
(CHOCOLATE)

Notes: *Foods that are reduced sodium, low sodium, or no-salt added products. These foods can also be prepared from scratch with no added salt. All other foods are regular commercial products, which contain variable levels of sodium. Average sodium level of the 7-day menu assumes that no salt is added in cooking or at the table.

**Unless indicated, all beverages are unsweetened and without added cream or whitener.

Indented foods are part of the dish or food that precedes it.

DAY 4

BREAKFAST

1 WHOLE WHEAT

ENGLISH MUFFIN

1 Tbsp all-fruit preserves

1 HARD-COOKED EGG

BEVERAGE: 1 cup water, coffee, or tea**

LUNCH

WHITE BEAN-VEGETABLE SOUP:

1 1/4 cup chunky vegetable soup with pasta
1/2 cup white beans*

6 SALTINE CRACKERS*

1/2 CUP CELERY STICKS

BEVERAGE: 1 cup fat-free milk

DINNER

RIGATONI WITH MEAT SAUCE:

1 cup rigatoni pasta (2 oz dry)
2 oz cooked ground beef (95% lean)
2 tsp corn/canola oil (to cook beef)
1/2 cup tomato sauce*
3 Tbsp grated parmesan cheese

SPINACH SALAD:

1 cup raw spinach leaves
1/2 cup tangerine sections
1/2 oz chopped walnuts
4 tsp oil and vinegar dressing

BEVERAGE:

1 cup water, coffee, or tea**

SNACKS

1 CUP NONFAT FRUIT YOGURT

DAY 5

BREAKFAST

COLD CEREAL:

1 cup shredded wheat
1/2 cup sliced banana
1/2 cup fat-free milk

1 SLICE WHOLE WHEAT TOAST

2 tsp all-fruit preserves

BEVERAGE: 1 cup fat-free chocolate milk

LUNCH

TURKEY SANDWICH

1 whole wheat pita bread (2 oz)
3 oz roasted turkey, sliced
2 slices tomato
1/4 cup shredded lettuce
1 tsp mustard
1 Tbsp mayonnaise

1/2 CUP GRAPES

BEVERAGE: 1 cup tomato juice*

DINNER

STEAK AND POTATOES:

4 oz broiled beef steak
2/3 cup mashed potatoes made with milk and 2 tsp tub margarine
1/2 cup cooked green beans
1 tsp tub margarine
1 tsp honey

1 OUNCE WHOLE WHEAT ROLL

1 tsp tub margarine

FROZEN YOGURT AND BERRIES:

1/2 cup frozen yogurt (chocolate)
1/4 cup sliced strawberries

BEVERAGE: 1 cup fat-free milk

SNACKS

1 CUP FROZEN YOGURT (CHOCOLATE)

DAY 6

BREAKFAST

FRENCH TOAST:

2 slices whole wheat bread
3 Tbsp fat-free milk and 2/3 egg (in French toast)
2 tsp tub margarine
1 Tbsp pancake syrup

1/2 LARGE GRAPEFRUIT

BEVERAGE: 1 cup fat-free milk

LUNCH

3-BEAN VEGETARIAN CHILI ON BAKED POTATO:

1/4 cup each cooked kidney beans*, navy beans*, and black beans*
1/2 cup tomato sauce*
1/4 cup chopped onion
2 Tbsp chopped jalapeno peppers
1 tsp corn/canola oil (to cook onion and peppers)
1/4 cup cheese sauce
1 large baked potato

1/2 CUP CANTALOUPE

BEVERAGE: 1 cup water, coffee, or tea**

DINNER

HAWAIIAN PIZZA:

2 slices cheese pizza, thin crust
1 oz lean ham
1/4 cup pineapple
1/4 cup mushrooms
1 tsp safflower oil (to cook mushrooms)

GREEN SALAD:

1 cup mixed salad greens
4 tsp oil and vinegar dressing

BEVERAGE: 1 cup fat-free milk

SNACKS

3 Tbsp HUMMUS

5 WHOLE WHEAT CRACKERS*

DAY 7

BREAKFAST

COLD CEREAL:

1 cup ready-to-eat oat cereal
1 medium banana
1/2 cup fat-free milk
1 slice whole wheat toast
1 tsp tub margarine

BEVERAGE: 1 cup prune juice

LUNCH

TUNA SALAD SANDWICH:

2 slices rye bread
2 oz tuna
1 Tbsp mayonnaise
1 Tbsp chopped celery
1/2 cup shredded lettuce

1 MEDIUM PEACH

BEVERAGE: 1 cup fat-free milk

DINNER

ROASTED CHICKEN:

3 oz cooked chicken breast
1 large sweet potato, roasted
1/2 cup succotash (limas & corn)
1 tsp tub margarine

1 OUNCE WHOLE WHEAT ROLL

1 tsp tub margarine

BEVERAGE: 1 cup water, coffee, or tea**

SNACKS

1/4 CUP DRIED APRICOTS

1 CUP FLAVORED YOGURT (CHOCOLATE)

PROMOTING HEALTH

Promoting health within your community is one of the most powerful things your congregation can do to improve the health of every Oklahoman. When communities become organized and involved in decision-making by educating those who have been elected to represent their interest, great things happen as members and communities become empowered.

Here are some ways your congregation may promote health:

1. **JOIN** a local tobacco use prevention, health or Turning Point coalition.*
2. **MEET** with elected officials on the city, county, and state level and educate them about health issues concerning our communities such as tobacco, nutrition, and physical activity.
3. **MAKE SURE** you create an atmosphere of healthy living at your congregation by adopting a wellness policy, posting tobacco-free property signage, promoting the 1-800-QUIT-NOW (784-8669), nutritional meals, and physical activity.
4. **HOLD** programs for your congregation to educate on steps towards healthy living.
5. **HOST** community forums and elicit information on what communities want to do to become healthy communities.
6. **WORK** with local businesses to decrease tobacco advertisement and promote healthy eating.
7. **ASK** health clinics, doctors and local health departments to partner and host wellness clinics to provide community screenings.
8. **HELP** groups in your community get the word out about health information/services.
9. **SUPPORT** statewide issues and encourage people to speak out about the importance of improving everyone's health.
10. **URGE** elected officials to pass strong laws to protect communities from tobacco use exposure.
11. **SHARE** your knowledge and experience with other congregations in your community.

*TOBACCO PREVENTION PROGRAMS

www.ok.gov/stopswithme/tobacco_free_communities/community_organizations

TURNING POINT COALITIONS

www.okturningpoint.org

WRITTEN MATERIALS FOR CONGREGATION BULLETINS AND ANNOUNCEMENT SHEETS

This section includes short facts about tobacco, physical fitness, and nutrition you may place in a section of your bulletins, on your website, or announcement sheets.

FACT

SOURCE

If you quit a pack-a-day habit, you will save about \$2000 per year.

U.S. Department of Health and Human Services. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.

If nobody smoked, 1 of every 3 cancer deaths in the United States would not happen.

U.S. Department of Health and Human Services. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.

Smoking significantly increases the risk of developing ovarian cancer. Fortunately, the risk returns to normal after long-term smoking ends.

Source: Jordan S, Whiteman D, Purdie D, Green A, Webb P, et al. Does Smoking Increase Risk of Ovarian Cancer? A Systematic Review. Gynecological Oncology. 2006; 103:1122-1129.

A new twist on an old favorite – if your favorite recipe calls for frying fish or breaded chicken, try healthier variations using baking or grilling. Maybe even try a recipe that uses dry beans in place of higher-fat meats. Ask around or search the internet and magazines for recipes with fewer calories – you might be surprised to find you have a new favorite dish!

The health benefits for people with diabetes who stop smoking begin immediately. Diabetics who quit smoking have better control over their blood sugar levels.

U.S. Department of Health and Human Services. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.

FACT

Children exposed to secondhand smoke are at an increased risk for sudden infant death syndrome (SIDS), acute respiratory infections, ear problems, and more severe asthma. Smoking by parents causes respiratory symptoms and slows lung growth in their children.

SOURCE

Source: U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General—Executive Summary, 2006

If you walked one extra mile each day for a year you would burn 30,395 calories.

Source: Stand Up and Eat! <http://www.standupandeat.org/>

Smoking around others increases their risk of heart attack and death.

U.S. Department of Health and Human Services. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.

Smokers are five times more likely to give up cigarettes if their spouse or partner quits.

Source: The Health and Retirement Study, A Longitudinal Study of Health, Retirement, and Aging. Sponsored by the National Institute on Aging, U.S. National Institutes of Health. <http://www.livescience.com/health/071003-mirror-spouse.html>

Fresh fruits – don't think just apples or bananas. These are great choices, but try some "exotic" fruits, too. How about a mango? Or a juicy pineapple or kiwi fruit! When your favorite fresh fruits aren't in season, try a frozen, canned, or dried variety of a fresh fruit you enjoy. One caution about canned fruits is that they may contain added sugars or syrups. Be sure and choose canned varieties of fruit packed in water or in their own juice.

Cigarettes are designed for addiction

U.S. Department of Health and Human Services. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.

When women quit smoking, they improve the health of the people around as well. Mothers who give up smoking improve the odds that their children will grow up to be tobacco-free and lead healthier, longer lives.

Source: Leistikow, B, et al., 'Estimates of Smoking-Attributable Deaths at Ages 15-54, Motherless or Fatherless Youths, and Resulting Social Security Costs in the United States in 1994,' Preventive Medicine 30(5): 353-360, May 2000, and state-specific data provided by the author.

FACT

Walking upstairs burns nearly 3 times more calories than walking downstairs.

SOURCE

Source: Stand Up and Eat! <http://www.standupandeat.org/>

Smoke-free homes not only prevent adolescent smoking, but adolescents from smoke-free homes are more likely to move into smoke-free living quarters when they leave home.

Source: Albers, A. et al. Impact of parental home smoking policies on policy choices of independently living young adults. *Tobacco Control*. Published Online First: 23 January 2009.

Ex-smokers overwhelmingly report being happier after quitting than when they were smoking.

Source: Shahab L, West R. Do ex-smokers report feeling happier following cessation? Evidence from a cross-sectional survey. *Nicotine Tob Res*. 2009 May; 11(5):553-7.

Calcium-rich foods – you may automatically think of a glass of low-fat or fat-free milk when someone says “eat more dairy products.” But what about low-fat and fat-free yogurts without added sugars? These come in a wide variety of flavors and can be a great dessert substitute for those with a sweet tooth.

Youth that live in cities with strong smokefree air laws have significantly lower odds of becoming established smokers, compared with those living in cities with weaker or no smokefree air laws.

Source: Siegel, M. et al. Local Restaurant Smoking Regulations and the Adolescent Smoking Initiation Process. *Archives of Pediatric and Adolescent Medicine*. 2008 May; 162(5): 477-483.

As hookah bars become more prevalent near college campuses, some may consider hookahs less harmful than cigarettes. A typical 1-hour-long hookah session involves inhaling 100–200 times the volume of smoke inhaled with a single cigarette. Hookah smoke contains high levels of toxic compounds, including carbon monoxide, heavy metals, and cancer-causing chemicals.

Source: WHO study group on tobacco product regulation. Advisory note on water pipe tobacco smoking. http://www.who.int/tobacco/global_interaction/tobreg/Waterpipe%20recommendation_Final.pdf

It takes 83-minutes of brisk walking to burn off the calories in a Starbucks Grande Mocha Frappacino.

Source: Stand Up and Eat! <http://www.standupandeat.org/>

Research shows flu risk is several times higher and much more severe among smokers compared to nonsmokers. Also, controlling exposure to secondhand smoke reduces the risk of flu.

Source: Arcavi, Lidia; Benowitz, Neal L. Cigarette Smoking and Infection. *Archives of Internal Medicine*, 2004 164: 2206-2216.

FACT

SOURCE

Smoking increases the danger of heart attack and stroke

U.S. Department of Health and Human Services. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.

Research shows flu risk is several times higher and much more severe among smokers compared to nonsmokers. Also, controlling exposure to secondhand smoke reduces the risk of flu.

Source: Arcavi, Lidia; Benowitz, Neal L. Cigarette Smoking and Infection. Archives of Internal Medicine, 2004 164: 2206-2216.

Smoking increases the danger of heart attack and stroke

U.S. Department of Health and Human Services. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.

Smokers have a 44 percent increased risk of developing type 2 diabetes compared with non-smokers. This association is stronger for heavy smokers compared with lighter smokers.

Source: Willi, C.; Bodenmann, P.; Ghali, W.A.; Faris, P.D.; Cornuz, J. Active Smoking and the Risk of Type 2 Diabetes – A Systematic Review and Meta-analysis. JAMA. 2007; 298(22):2654-2664.

Pregnant smokers who quit in the first trimester lowered their risk of delivering preterm and small-for-age newborns to a level similar to that of pregnant nonsmokers. Free help with quitting for pregnant smokers is available by calling the Oklahoma Tobacco Helpline at 1-800-QUIT-NOW.

Source: Polakowski L, Akinbami L, Mendola P. Prenatal Smoking Cessation and the Risk of Delivering Preterm and Small-for-Gestational Age Newborns. Am J Obstet Gynecol 2009; Vol. 114, No.2, Part 1: 318-325.

You burn about 600 calories sleeping for 8-hours. You burn 2,208 calories walking briskly for 8-hours.

Source: Stand Up and Eat! <http://www.standupandeat.org/>

Those making a resolution are about 10 times more likely to succeed than those not making a resolution. Resolve to quit smoking this New Year. Call 1-800-QUIT-NOW for help.

Source: Norcross, J.C., Mrykalo, M.S., & Blagys, M.D. (2002). Auld lang syne: Success predictors, change processes, and self-reported outcomes of New Year's resolvers and nonresolvers. Journal of Clinical Psychology, 58(4), 397-405.

Tobacco use is a key risk factor in six of the eight leading causes of death.

Source: World Health Statistics Report, 2008: Eight leading causes of death: Ischemic heart disease; cerebrovascular disease; lower respiratory infections; Chronic Obstructive Pulmonary Disease; tuberculosis, trachea, bronchitis, and lung cancers.

Even a little exposure to secondhand smoke in a public environment or at home can be harmful to the cardiovascular system of otherwise healthy children.

Source: Kallio et. al. Harmful secondhand tobacco smoke can be detected in kids as young as 11. Circulation: Journal of the American Heart Association: AHA rapid access journal report, June 2007.

FACT

SOURCE

There is a 30-40% increased risk of breast cancer among women who are current or long-term smokers, women who started smoking at a younger age, and women who start smoking before giving birth to their first child.

Source: Li, Christopher I.; Malone, Kathleen E.; Daling, Janet R. The Relationship Between Various Measures of Cigarette Smoking and Risk of Breast Cancer Among Older Women 65–79 years of Age (United States). *Cancer Causes and Control*, Volume 16, Number 8, October 2005, pp. 975-985(11)

You burn 33% more calories by standing instead of sitting.

Source: Stand Up and Eat! <http://www.standupandeat.org/>

Children and teens living with a father who smokes are nearly 3 times more likely to smoke themselves. For help in quitting smoking call 1-800-QUIT-NOW (784-8669).

Source: Bantle, Christian and Haisken-DeNew, John P., 'Smoke Signals: The Intergenerational Transmission of Smoking Behavior' (February 2002). DIW Discussion Paper No. 277. <http://ssrn.com/abstract=381381>

Smoking can increase a man's risk of developing prostate cancer and, particularly, more aggressive forms of prostate cancer.

Source: Plaskon, L.A. et al. Cigarette Smoking and Risk of Prostate Cancer in Middle-Aged Men. *Cancer Epidemiology Biomarkers and Prevention*. Vol. 12, 604-609, July 2003.

Tobacco smoke contains a deadly mix of more than 7,000 chemicals.

U.S. Department of Health and Human Services. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.

Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.

Source: cdc.gov

Even after the age of 65, quitting tobacco can add years to your life.

U.S. Department of Health and Human Services. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.

For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.

Source: cdc.gov

Costs for missed days of work and unproductive time at work for current smokers are estimated at \$4430/year compared with \$3246/year for former smokers and \$2623/year for nonsmokers.

Source: Effect of Smoking Status on Productivity Loss; *Journal of Occupational & Environmental Medicine*: October 2006

FACT

Each year, an estimated 5,400 Oklahoma children (under 18) become new daily smokers. On average, that is a child becoming addicted to cigarettes every 95 minutes in our state.

SOURCE

Source: U.S. Dept. of Health & Human Services (HHS), Results from the 2009 National Survey on Drug Use and Health. (Estimate based on Oklahoma's share of the national number.)

Cigarette smoking is the leading cause of preventable death in the United States.

Source: CDC. Annual Smoking-Attributable Mortality, Years of Potential Life Lost and Economic Costs. United States, 1995-1999. MMWR 2002; 51: 300-303.

Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.

Source: cdc.gov

Every exposure to the cancer-causing chemicals in tobacco smoke can damage DNA in a way that leads to cancer.

Source: How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General. 2010.

For every person who dies from a smoking-related disease, 20 more people suffer with at least one serious illness from smoking.

Source: Centers for Disease Control and Prevention. Cigarette Smoking-Attributable Morbidity—United States, 2000. Morbidity and Mortality Weekly Report. 2003;52(35):842-4.

Fresh vegetables – try something new. You may find that you love grilled vegetables or steamed vegetables with an herb you haven't tried like rosemary. You can sauté vegetables in a non-stick pan with a small amount of cooking spray. Or try frozen or canned vegetables for a quick side dish – just microwave and serve. When trying canned vegetables, look for vegetables without added salt, butter, or cream sauces. Commit to going to the produce department and trying a new vegetable each week.

One hour in a smoky bar or restaurant causes marked inflammation and a significant decrease in lung function. This effect is worse when it follows physical activity, especially among the less fit.

Flouris AD and Koutedakis Y. Immediate and short-term consequences of secondhand smoke exposure on the respiratory system. Current Opinion in Pulmonary Medicine. 2011; 17:000-000 [Epub ahead of print].

FACT

SOURCE

Oklahomans suffer more unhealthy days (mentally and physically) than adults nationally with suicide being the most common type of violent death according to the 2008 State of the State's Health Report.

Oklahoma consistently ranks among the lowest states in the consumption of fruits and vegetables and is ranked as the 5th most obese state.

Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2007.

Centers for Disease Control and Prevention (2009). U.S. Obesity Trends. Retrieved from <http://www.cdc.gov/obesity/data/trends.html>

Oklahoma is 49th in the nation in the limited availability of primary care physicians per 100,000 population.

United Health Foundation America's Health Rankings Report, 2010.

PROPOSED 12-MONTH TIMELINE FOR PATHWAYS TO A HEALTHY CONGREGATION

FIRST AND SECOND MONTH

- Determine who at your congregation will lead the healthy congregation initiative.
- Form a wellness committee or health/wellness ministry and recruit participants.
- Review your current practices about tobacco use on property grounds, fitness activities/programs, and types of foods offered at fellowship meals/dinners.
- Discuss how you will implement the healthy congregation initiative.
- Announce to the congregation that you are planning to participate in the healthy congregation initiative.

THIRD AND FOURTH MONTH

- Review the sample wellness policy.
- Formally adopt a wellness policy for your congregation.
- Post tobacco-free property signage on grounds.
- Wellness committee/ministry decides which wellness activities will be conducted over the next eight months and start planning.
- If a congregational meal is offered, select items to prepare utilizing the health tips included in this manual.
- Prepare congregation for tobacco-free signage to be posted by announcing and holding question/answer sessions as needed.
- Post Oklahoma Tobacco Helpline I-800-QUIT-NOW (784-8669) materials on announcement boards, in bulletins, and website (or other types of communication delivery systems your congregation utilizes).

FIFTH AND SIXTH MONTH

- Implement one fitness and one nutritional activity.
- Utilize one of the examples in the healthy congregation manual or develop your own.
- Include information about secondhand smoke or another topic on tobacco in your bulletin, on announcement board, and website. You may utilize information from the resource section of the healthy congregation manual or create your own.
- Incorporate the Oklahoma Tobacco Helpline I-800-QUIT-NOW (784-8669) logo in your bulletin, on announcement board, and website as a permanent fixture.

SEVENTH AND EIGHTH MONTH

- Utilize one of the examples in the healthy congregation manual or develop your own.
- Include information about counting calories or another nutritional topic in your bulletin, on announcement board, and website. You may utilize information from the resource section of the healthy congregation manual or create your own.
- Incorporate the Oklahoma Tobacco Helpline I-800-QUIT-NOW (784-8669) logo in your bulletin, on announcement board, and website as a permanent fixture.
- Review the wellness policy with your congregation.

NINTH AND TENTH MONTH

- Implement one fitness and one nutritional activity over the course of these two months. Utilize one of the examples in the healthy congregation manual or develop your own.
- Include information about walking or another fitness topic in your bulletin, on announcement board, and website. You may utilize information from the resource section of the healthy congregation manual or create your own.
- Incorporate the Oklahoma Tobacco Helpline I-800-QUIT-NOW (784-8669) logo in your bulletin, on announcement board, and website as a permanent fixture.

ELEVENTH AND TWELFTH MONTH

- Utilize one of the examples in the healthy congregation manual or develop your own.
- Include information about educating lawmakers or another topic on how you may educate to improve your community's health, in your bulletin, on announcement board, and website. You may utilize information from the resource section of the healthy congregation manual or create your own.
- Incorporate the Oklahoma Tobacco Helpline I-800-QUIT-NOW (784-8669) logo in your bulletin, on announcement board, and website as a permanent fixture.
- After you have completed the 12-month implementation repeat and incorporate new ideas and activities each year .
- Remember to involve your youth.

Note: Don't forget to submit your criteria to be recognized as a healthy congregation – submit July 1 – July 31 of each year.

BECOMING RECOGNIZED STATEWIDE AS A HEALTHY CONGREGATION

WHAT ARE THE BENEFITS?

- Your congregation will be recognized through a statewide press release.
- You will receive an official certificate as a healthy congregation.
- You will be added to a list with other healthy congregations to be distributed throughout the state.
- Support maintaining resources at your congregation to assist members who quit tobacco by promoting the I-800-QUIT-NOW (784-8669) number.
- Members engaged in eating healthy.
- Members have opportunities to exercise.
- Members have increased interaction with each other.
- Equips your members with additional knowledge of how to maintain a healthy lifestyle.



HOW TO BECOME RECOGNIZED AS A HEALTHY CONGREGATION

Name of Congregation

Address

e-mail

phone

fax

Primary contact for your healthy congregation initiative

Phone number

e-mail

Number of members at your congregation

Religious Affiliation

PLEASE CHECK ALL ITEMS THAT ARE CURRENTLY IN PLACE AT YOUR CONGREGATION.

- Written Wellness Policy that includes a 100% tobacco free property (please provide a copy).

- Tobacco-free signage posted at your property.

- At least 4 healthy options during each fellowship meal hosted by your congregation.

- Wellness messages in your bulletin, on announcement board, on website or other medium for delivering information to members, a minimum of 6 times within the last year.

- At least one fitness program within the last year and/or fitness room/equipment is available for use by members.

- Promote the Oklahoma Tobacco Helpline with your members by placing the logo in your bulletin (each issue) and website.

Applications will be received from **July 1 – July 31 each year**

SEND APPLICATION TO:

**Oklahoma State Department of Health
Tobacco Use Prevention Service
1000 N.E. 10th Street
Oklahoma City, Oklahoma 73117**

For additional information contact:
405-271-3619 or tups@health.ok.gov

Note: Remember to mention the Healthy Congregation Initiative

ADDITIONAL WEB RESOURCES

American Cancer Society	www.cancer.org
American Council on Exercise	www.acefitness.org
American Diabetes Association	www.diabetes.org
American Dietetic Association	www.eatright.org
American Heart Association (AHA)	www.heart.org
American Legacy	www.americanlegacy.com
American Lung Association	www.breathehealthy.org
Breathe Easy	www.BreatheEasyok.com
Campaign for Tobacco-Free Kids	www.tobaccofreekids.org
Centers for Disease Control (CDC)	www.cdc.gov/tobacco
Let's Move	www.letsmove.gov
Oklahoma State Department of Health	www.health.ok.gov
Robert Wood Johnson Foundation	www.rwjf.org
Shape Up America	www.shapeup.org
Shape Your Future	www.shapeyourfutureok.com
Smokefree.gov	www.smokefree.gov www.women.smokefree.gov
Stand Up & Eat	www.standupandeat.org
The Mayo Clinic	www.mayoclinic.org
The President's Challenge	www.presidentschallenge.org
Tobacco Settlement Endowment Trust	www.tset.ok.gov
Tobacco Stops With Me	www.stopswithme.com
United States Department of Agriculture (USDA)	www.choosemyplate.gov

REFERENCE PAGE

- 1.** Tobacco Use: Targeting the Nation's Leading Killer, At A Glance 2011, CDC, National Center for Chronic Disease Prevention and Health Promotion and Office on Smoking and Health
- 2.** Oklahoma State Plan for Tobacco Use Prevention & Cessation (2009)
- 3.** U.S. Department of Health and Human Services. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.)
- 4.** The Wellness Councils of America (WELCOA), <http://www.welcoa.org>
- 5.** Physical Activity for Everyone, <http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>
- 6.** Shape Up America!, www.shapeup.org
- 7.** The Walking Site, www.thewalkingsite.com
- 8.** Choose My Plate. www.choosemyplate.gov
- 9.** How to Avoid Portion Size Pitfalls to Help You Manage Your Weight, http://www.cdc.gov/healthyweight/healthy_eating/portion_size.html
- 10.** Rethink Your Drink, http://www.cdc.gov/healthyweight/healthy_eating/drinks.html
- 11.** Ohio State University Extension, extension.osu.edu

HEALTH EQUITY POSITION STATEMENT

OKLAHOMA HEALTH EQUITY CAMPAIGN*

- HEALTH begins at home in our families, with a loving relationship, between parents and their children, where kids can expect to be safe, nurtured and protected.
- HEALTH begins with healthy communities, with safe streets and sidewalks, and parks where kids can play.
- HEALTH begins with a good education, where children learn not only how to read, write, and prepare for fulfilling, prosperous life, but how to treat each other with dignity and respect.
- HEALTH begins with safe jobs and fair wages, where people derive a sense of personal satisfaction from their work and connection to their co-workers.
- HEALTH begins with healthy relationships, healthy communities, and healthy jobs, which protect us from the stress of everyday life.

HEALTH EQUITY is when everyone has the opportunity to “attain his/her full health potential” and no one is disadvantaged from achieving this potential because of social position or other socially determined circumstance.

* Brenna Ramirez LK, Baker EA, Metzler M. Promoting Health Equity: A Resource to Help Communities Address Social Determinants of Health. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention; 2008.

ACHIEVING HEALTH EQUITY

Organizations and families create communities by building and nurturing a healthier Oklahoma. This will require leadership, and a partnership of business, government, civic, religious and educational institutions. We can't eradicate illness, but we can foster health by positively impacting the factors affecting health.

The Oklahoma Health Equity Campaign Partners will collaborate with public and private organizations, governmental and community partnerships to build public commitment to achieve health equity and decrease the health inequities in Oklahoma. Our partners will include businesses, advocacy groups, community non-profits, environmental justice organizations, chambers of commerce, religious organizations, labor organizations, professional associations and people like you and me that want our families to be healthy and happy.

E-mail: okhealthequity@gmail.com

Visit: www.oklahomahealthequitycampaign.com



Oklahoma State
Department of Health



TULSA HEALTH
DEPARTMENT



INDIAN HEALTH CARE
RESOURCE CENTER OF TULSA

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