

WHY START A HEALTH MINISTRY?

- Health Ministries in congregations can foster the unique relationship between spirituality and health.
- Healthy members of congregations are better equipped to lead productive lives and to serve others.
- 30% of Mississippi children have an unhealthy weight and are on a path to becoming the first generation in our history to die younger than their own parents.
- More than 80% of chronic diseases (like high blood pressure, diabetes, hypertension, heart attack and stroke) are preventable through better nutrition, increased physical activity and tobacco cessation.
- Minority, rural, low income populations suffer a disparate number of chronic diseases and shorter life spans than those living in healthier communities.
- An active Health Ministry can be an effective outreach to the community at large. Going out into the highways and byways to reach those who are not members of your group enriches the lives of both the giver and the receiver.

Health Ministries can be established without significant expense. They can begin with something as simple as bulletin inserts or something in a sermon. Resources and partnerships can provide information, screenings, training and networking for an annual guide with monthly health emphases, training for lay health team members and certified Faith Community Nurses.

We hope you will consider enabling your own faith community to work toward better health and the quality of life that better health can bestow.

Resources offered by Healthy Congregations are developed from a Christian perspective. However, materials can be adapted for use by all faiths.