



Health for Hearts United
LEADERSHIP INSTITUTE
(HHU Lead Project)

Training Session I
May 31, 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

Health for Hearts United

LEADERSHIP INSTITUTE

- Aim:

Disseminate outcomes of the Reducing Cardiovascular Disease (CVD) Risk Project by implementing the Health for Hearts United Leadership Institute.

- Three Phase Model:



Training

Planning

Delivery

Desired Project

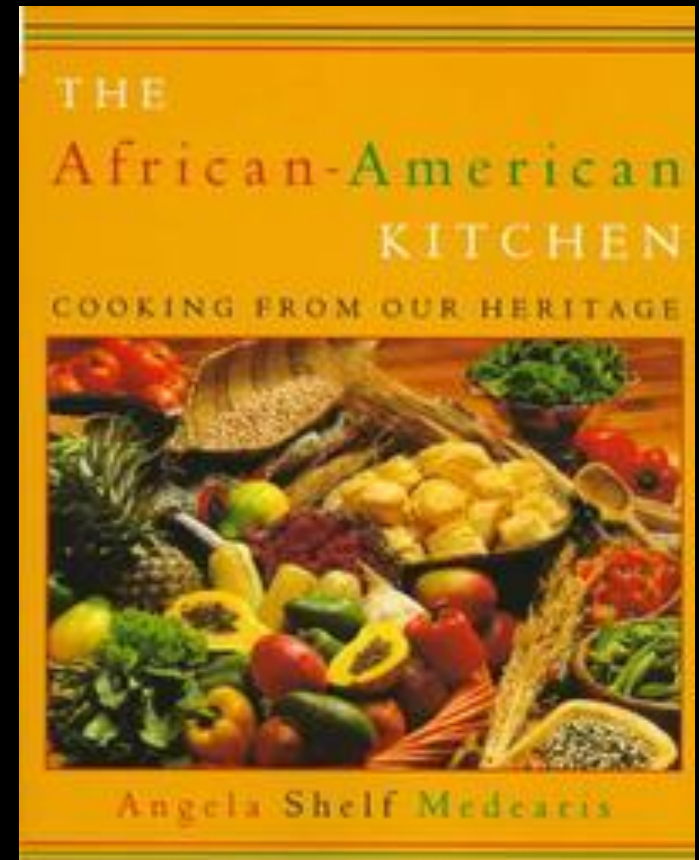
Outcomes:

1. Improved health behaviors & health outcomes (HHU church leaders)

- Increased consumption of fruits, vegetables, and calcium rich foods
- Increased habitual physical activity
- Decreased consumption of fat, sugar, and sodium
- Improved clinical outcomes (BMI, blood pressure, circumferences)

2. Implemented health programming in HHU churches

3. Improved CVD awareness by target audiences in HHU churches



TRAINING SESSIONS

- Three Key Messages
 - May 31: Training Session
Take Charge of Your Health
 - June 14: Training Session 2
Eat Better
 - June 28: Training Session 3
Move Around More



Take Charge of Your Health

You are the key to improving your health.
Make good lifestyle choices and
get annual healthcare.

FACT

Approximately 75% of all healthcare costs stem from preventable chronic health conditions related to unhealthy choices such as poor diet, sedentary lifestyles, tobacco use, and lack of healthcare.

For more information:

<http://www.bhlcenter.fsu.edu>

3 Ways to Take Charge of Your Health



Increase Your Knowledge

Keep learning. Know your numbers and what they mean. Ask questions.



Know Your Resources

Get health information from reliable sources: health providers, local health department, and health professionals. Select reliable websites and media.



Get Empowered

Stay informed. Use resources. Take action.

PROPOSAL FOR CONDUCT OF TRAINING SESSIONS

- Interactive & participatory
- Learn from each other (co-learning)
- Hands on with immediate application
- Provide information on two levels: personal health & health ministry development
- Access to advanced information to grow in knowledge
- Make-ups provided
- Tracking of progress



Let's Get Started!