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- Sodium consumption
- Sugar sweetened beverages

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Growing Together in Faith: New Partnerships to Promote Health in At-Risk Communities

Natalie Mulloy, Lauren Gulley, & Meghan Slining MPH PhD

**PURPOSE**
To support Greenville’s faith communities in helping members achieve healthier lifestyles through promotion and support of policies, systems and environments that make the healthy choice the easy choice.

**BACKGROUND**
- 61% of adults and 41% of youth are overweight or obese in Greenville County, South Carolina.
- Hispanic or Latinos make up 8.7%, and Black or African Americans make up 18.5% of Greenville County.
- Hispanics are 23% more at risk for obesity and 50% higher death rate caused from diabetes (CDC).
- African Americans have the highest rates of obesity: 53% for women, and 36% for men, and heart disease is the leading cause of death (NAACP).

**DATA COLLECTION & DISSEMINATION: Youth and Adult Populations**

- New congregations continue to join the At Worship initiative.
- LWG and Furman conduct evaluation of adult initiatives.
- Refers congregants to specific resources to help them achieve their goals.
- Collected data on 3 new congregations
- Entered and analyzed the data using STATA.
- Wrote a report for the congregation to be presented to the Health Ministry Team.
- Post-evaluation surveys are held in a year to track progress.

**INTERNSHIP LEARNING OBJECTIVES**
- Gain an understanding of the breadth of faith-based health promotion on a policy level.
- Conduct data entry of individual-level health behaviors pre and post-intervention surveys and institutional-level baseline surveys.
- Analyze and interpret evaluation results.
- Create a codebook and written data entry protocol.
- Complete reports to be presented to congregations.

**Next Level Youth Leadership Initiative**
- Participating congregation expanded health promotion efforts to include youth.
- LWG and Furman conduct evaluation of youth initiative.

**Our Contributions**
- Attended the first session and collected data concerning life-style factors, attitudes, and support systems.
- Utilized the PYD survey.
- Entered entered the data and analyze it using STATA.
- Wrote a report of the significant findings.

**Event Planning**
Assisted in planning of 2016 Worship Summit
- Developed agenda.
- Coordinated Vendors.
- Assisted Health Ministry Teams with development of ‘Spotlight’ posters.
- Welcomed attendees and assisted with registration.

**What’s Next?**
- LWG At Worship workgroup will continue to mentor and support new congregations.
- Furman University will continue to evaluate impact of At Worship initiatives.
- Summer 2016 fellows will focus on development of a comprehensive curriculum for quarterly networking sessions of Spanish-speaking congregations in Greenville County.

**Internship Learning Objectives**
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