This report describes findings from Project HEAL (Health through Early Awareness and Learning). Project HEAL is a spiritually-based cancer education program led by trained Community Health Advisors in churches. But we also wanted to learn more about how much health activities and information are a part of the church or how well they are “integrated” into the church.

This report shares what we learned from Project HEAL over the past two years and gives you resources to better your health. The information we learn from projects like this helps to guide the work that many churches will do in their local communities.

Project HEAL Community Health Advisors may be interested in continuing to share cancer information and introducing other health activities to their community. Be on the lookout for information on important health topics that may be available to you.

Because of our communities, we can make a difference!

If you have any questions about this project, please feel free to contact Leonore Okwara, Project Manager at (301) 405-7545 or lokwara@umd.edu. Or reach Dr. Cheryl L. Knott by email at cholt14@umd.edu.

We pray that you may enjoy good health!

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” - III John 1:2 [NKJV]
Project HEAL Main Findings

Including health as part of church operations (integration) increased in churches after one year of participation in Project HEAL. Structures, Processes, Resources, and Communication are four ways to measure health integration.

**Organizational Structures**
- Structures are organized ways to oversee health activities in the church like health ministries
- Churches had 20% more structures than they had before the project

**Organizational Processes**
- Processes are the administrative ways health is included in the church like staffing and health policies
- Churches used 54% more processes than they did before the project

**Organizational Resources**
- Resources are the tools available that make promoting health easier like space and funding
- Churches had 90% more resources than they had before the project

**Organizational Communication**
- Communication is how health information is spread within the church like bulletins and including health in sermons
- Churches communicated 14% more than they did before the project

Health Integration Scores in Churches after 12 Months

Maximum scores: Structures - 5, Processes - 9, Resources - 9, Communication - 16, Total - 39
## Health Resources

<table>
<thead>
<tr>
<th>Health Topic</th>
<th>More Info At:</th>
<th>Screening Guidelines*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer</td>
<td>American Cancer Society <a href="http://www.cancer.org">http://www.cancer.org</a></td>
<td>Varies depending on the type of cancer</td>
</tr>
<tr>
<td>Dental Health</td>
<td>Centers for Disease Control and Prevention - Division of Oral Health <a href="http://www.cdc.gov/oralhealth">http://www.cdc.gov/oralhealth</a></td>
<td>Regular dental check-ups; at least once a year</td>
</tr>
<tr>
<td>Heart Disease</td>
<td>American Heart Association <a href="http://www.heart.org">http://www.heart.org</a></td>
<td>Hypertension (high blood pressure) and cholesterol during annual physical</td>
</tr>
<tr>
<td>HIV/AIDS</td>
<td>AIDS.gov <a href="http://www.aids.gov">http://www.aids.gov</a></td>
<td>Screening for HIV infection ages 15-65 or those at increased risk</td>
</tr>
</tbody>
</table>
| Vaccinations       | Centers for Disease Control and Prevention [https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html#table-age](https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html#table-age) | Flu – Yearly starting at age 19  
Tdap – 1 dose starting at age 19 with one Td booster every 10 years  
Shingles – 1 dose age 60 and above  
**You may require additional vaccines. Speak to your healthcare provider for your specific needs. |
| Vision             | National Eye Institute [http://www.nei.nih.gov](http://www.nei.nih.gov)       | Eye exam every 1-3 years if you have vision problems or glaucoma risk |
| Physical Exam      | Centers for Disease Control and Prevention [medlineplus.gov/healthcheckup.html](http://medlineplus.gov/healthcheckup.html) | Physical exam every 1-2 years |

*More screening information can be found at [http://www.uspreventiveservicestaskforce.org](http://www.uspreventiveservicestaskforce.org)*