

# PROJECT HEAL



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](mailto:lokwara@umd.edu). Or reach Dr. Cheryl L. Knott by email at [cholt14@umd.edu](mailto:cholt14@umd.edu).

*We pray that you may enjoy good health!*

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## Project HEAL's Impact



14 churches in Prince George's County, Baltimore City, and Baltimore County participated



46 Community Health Advisors were certified to lead health activities and teach about breast, prostate, and colorectal cancer



274 church members came to workshops to learn about cancer screening and living healthier lives



65 cancer education workshops were held in 2 years



Health was 56% more integrated into churches after the project than it was before the project

## 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

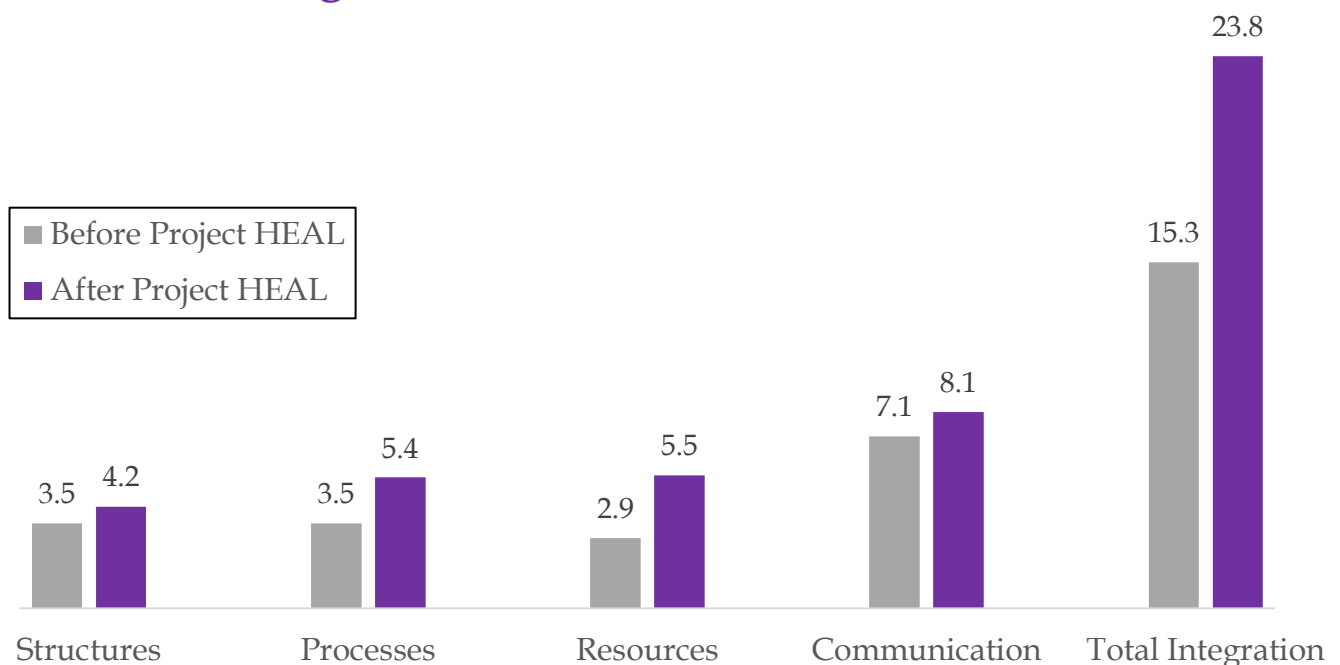
### Organizational Resources

- 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



## Health Resources

Health Topic	More Info At:	Screening Guidelines*
Cancer	<i>American Cancer Society</i> <a href="http://www.cancer.org">http://www.cancer.org</a>	Varies depending on the type of cancer
Dental Health	<i>Centers for Disease Control and Prevention – Division of Oral Health</i> <a href="http://www.cdc.gov/oralhealth">http://www.cdc.gov/oralhealth</a>	Regular dental check-ups; at least once a year
Diabetes	<i>American Diabetes Association</i> <a href="http://www.diabetes.org">http://www.diabetes.org</a>	Screening for type 2 diabetes in adults with high blood pressure
Heart Disease	<i>American Heart Association</i> <a href="http://www.heart.org">http://www.heart.org</a>	Hypertension (high blood pressure) and cholesterol during annual physical
HIV/AIDS	<i>AIDS.gov</i> <a href="http://www.aids.gov">http://www.aids.gov</a>	Screening for HIV infection ages 15-65 or those at increased risk
Insurance	<i>Maryland Health Connection</i> <a href="http://www.MarylandHealthConnection.gov">www.MarylandHealthConnection.gov</a>	Plans certified to offer core health benefits
Mental Health	<i>National Institute of Mental Health</i> <a href="http://www.nimh.nih.gov">http://www.nimh.nih.gov</a>	No Guideline Available
Nutrition	<i>Nutrition.gov</i> <a href="http://www.nutrition.gov">http://www.nutrition.gov</a>	Visit <a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a> for individual guidelines.
Vaccinations	<i>Centers for Disease Control and Prevention</i> <a href="https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html#table-age">https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html#table-age</a>	<u>Flu</u> – Yearly starting at age 19 <u>Tdap</u> – 1 dose starting at age 19 with one Td booster every 10 years <u>Shingles</u> – 1 dose age 60 and above <b>**You may require additional vaccines. Speak to your healthcare provider for your specific needs.</b>
Vision	<i>National Eye Institute</i> <a href="http://www.nei.nih.gov">http://www.nei.nih.gov</a>	Eye exam every 1-3 years if you have vision problems or glaucoma risk
Physical Exam	<i>Centers for Disease Control and Prevention</i> <a href="http://medlineplus.gov/healthcheckup.html">medlineplus.gov/healthcheckup.html</a>	Physical exam every 1-2 years

\*More screening information can be found at <http://www.uspreventiveservicestaskforce.org>

This report is made possible by funding from the American Cancer Society.  
Our community Partners: Community Ministry of Prince George’s County,  
Access to Wholistic and Productive Living Institute, Inc., BJ Robinson-Shaneman

