



GoodNEWS  
*live life lovingly and healthfully*

# Living LIFE FITNESS EXCELLENCE

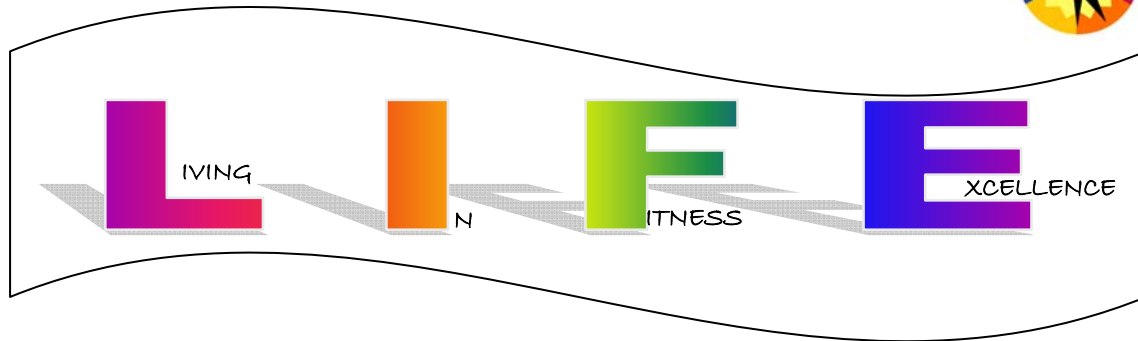
*GoodNEWS LIFE Club  
Recruitment Campaign  
2008*

*Sponsored by the GoodNEWS Community of Churches and  
UT Southwestern Division of Community Health Sciences  
Through grant funding by the National, Heart, Lung and Blood Institute (NHLBI)*

# GoodNEWS Introduction

This Section Contains:

A. Introduction letter to GoodNEWS LHPs .....	1
B. Toolkit items.....	2
C. Description of GoodNEWS Program .....	3
D. Objectives of GoodNEWS Program.....	3
E. Description of the GoodNEWS 2008 trial .....	3
F. Opportunities of the delayed group .....	4
G. Opportunities of the intervention group .....	4
H. Components of the GoodNEWS LIFE Club .....	7
I. Six dimensions of health .....	8
J. Introduction of the GoodNEWS Team .....	9



Summer 2008

To: GoodNEWS Lay Health Promoters:

This toolkit will help you to recruit your twenty-five (25) members for the GoodNEWS Living In Fitness Excellence Club during the months of July and August. The GoodNEWS LIFE club will be used as a means to promote healthful lifestyle practices in the spiritual, mental, intellectual, physical, social and environmental domains of life.

Healthy lifestyle practices are an essential part of life. If we are to live life more fully, truthfully and meaningfully we must be balanced in all six dimensions. Unfortunately, many of us disregard more than one dimension of our life and our health suffers because of our disobedience to God's word. The GoodNEWS LIFE Club will help to educate, motivate and stimulate a desire within to live a healthier more purposeful life, which will in turn, help to love God, ourselves and our neighbor.

Please use the materials in this toolkit during the months of July and August to spread the GoodNEWS. Together we can support, motivate and promote a healthy lifestyle to the many individuals in your congregation through the GoodNEWS LIFE Club.

For more information on the GoodNEWS lifestyle enhancement program please contact the GoodNEWS Team via e-mail at [GoodNEWS@utsouthwestern.edu](mailto:GoodNEWS@utsouthwestern.edu).

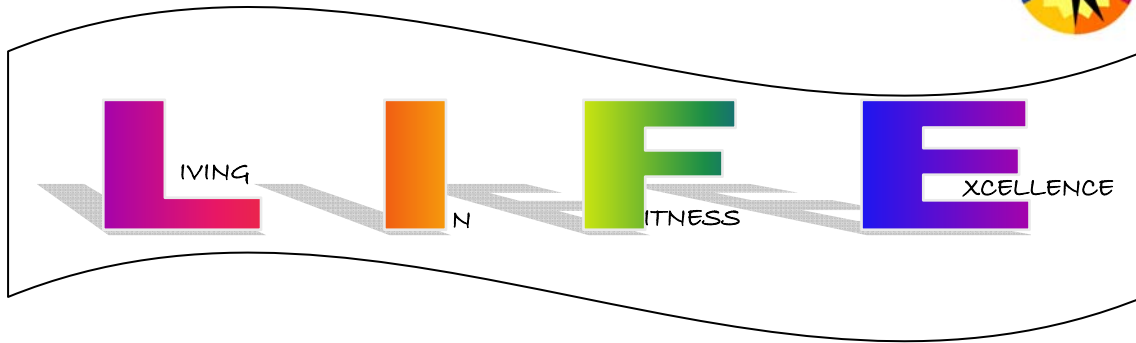
Thank you for promoting the GoodNEWS LIFE Club at your church.

Together we can achieve a healthier quality of life!



## **What Does This Toolkit Include?**

- GoodNEWS Clergy speech
- GoodNEWS LIFE Club Poster
- GoodNEWS LIFE Club Flyer
- Promotional items (such as: pens, rulers, tape measures & grab bags)
- GoodNEWS LIFE Club Skit
- GoodNEWS LIFE Club bulletin announcement
- GoodNEWS brochure
- GoodNEWS LIFE Club recruitment flyer
- GoodNEWS LIFE Club sign-up sheet
- GoodNEWS healthy lifestyle pledge
- GoodNEWS save the date measurement card
- GoodNEWS Program design and description document



## What Is The GoodNEWS Program?

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- GoodNEWS is a lifestyle enhancement program for promoting healthful lifestyle practices among individuals, congregations and communities.
- The GoodNEWS program can be achieved through understanding and adopting a health promoting lifestyle.
- GoodNEWS is a collaborative program designed to encourage and support individuals and congregations in their desire to improve their own lives and the life of the entire community.

## What Are The Objectives Of GoodNEWS?

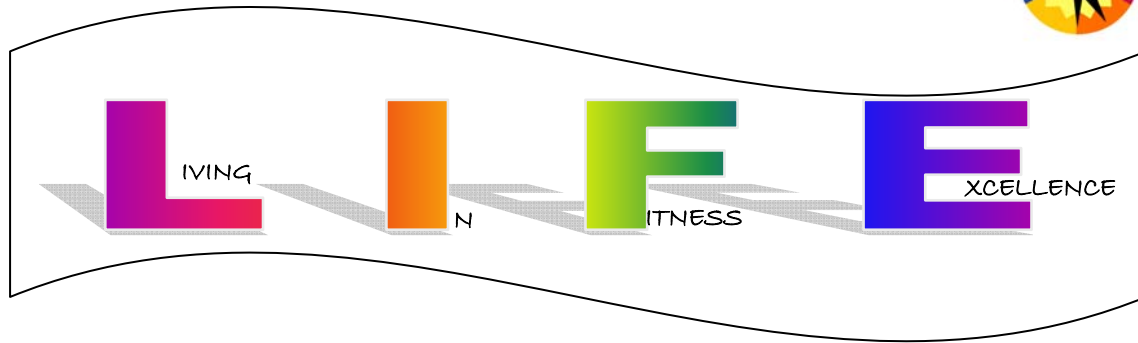
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- To train motivated Lay Health Promoters (LHPs) from area congregations.
- To train, assist and support motivated LHPs in developing effective health ministries in their congregations.
- To increase the capacity of communities for developing and supporting healthful lifestyle practices among their residents.

## What Is The GoodNEWS 2008 Trial?

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- The GoodNEWS Program has been active in Dallas congregations since 2002, and graduated its first class of LHPs from twelve (12) South Dallas congregations in 2005.
- The GoodNEWS Trial is now recruiting twenty (20) new congregations in order to see whether churches with active GoodNEWS health ministries can stimulate healthier lifestyles among congregants, and reduce the risk of chronic diseases such as high blood pressure, high cholesterol, diabetes, and obesity.
- To determine the effectiveness of the GoodNEWS program, 10 of the newly-trained congregations will work independently for 18 months (**delayed group**) and 10 will work with the existing GoodNEWS Congregations (**intervention group**) that have been working together



since 2005, to see if the shared approach or the independent approach is better at reducing chronic diseases.

- At the end of 18-months, all of the congregations (*both the delayed and intervention group*) will work together for an additional 18 months, to see if the results change or remain the same.

### **What Are The Opportunities Of The Delayed Group?**

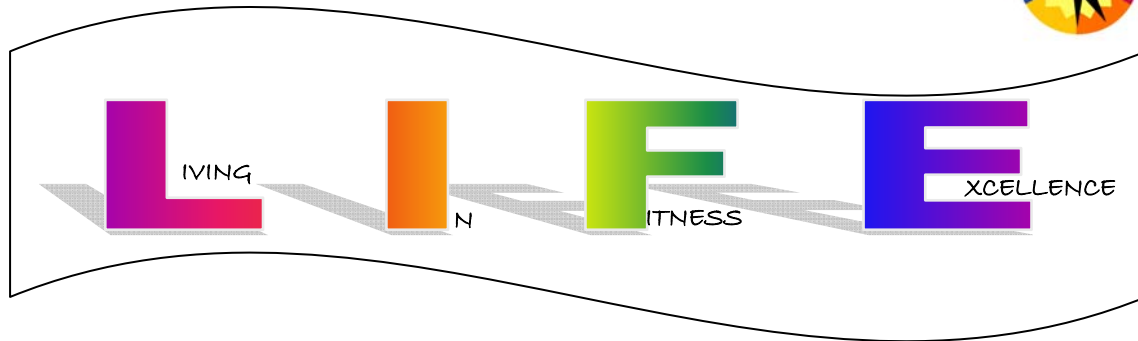
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- The Lay Health promoters (LHPs) will be trained according to the GoodNEWS concepts.
- The LHPs will be trained on how to develop their health ministries.
- The LHPs will work independently to develop health programs and/or activities.
- The LHPs will have access to the GoodNEWS website, the monthly newsletter and receive monthly phone calls from the GoodNEWS Staff.
- Information will be given to the LHPs upon request.
- LIFE club members will have an opportunity to receive free health screenings for each measurement period. There are 3 measurement periods throughout the 3 years.
- LIFE club members will receive a \$20 gift card for each measurement period completed. There are a total of 3 measurement periods. The first measurement period will be during the month of September and every 18 months (1 ½ years) thereafter for 3 years.

### **What Are The Opportunities Of The Intervention Group?**

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- The Lay Health promoters (LHPs) will be trained according to the GoodNEWS concepts.
- The LHPs will be trained on how to develop their health ministries.



- The LHPs and the pastors will have an opportunity to work with the existing 10 GoodNEWS churches and the GoodNEWS staff to develop health programs and or activities.
- The intervention group will have an opportunity to be a part of the GoodNEWS Community of Churches.
- The LHPs will have access to the GoodNEWS website and the monthly newsletter. Additionally, they will have access to privileged GoodNEWS information.
- The LHPs will have an opportunity to serve on the Lay Health Promoter Advisory Council (LHPAC).
- The pastor will have an opportunity to serve on the Pastor's Advisory Council (PAC).
- The pastor and the LHPs will have an opportunity to serve on the GoodNEWS Advisory Board.
- The LHPs, pastor and members of the congregation will have an opportunity to participate in the GoodNEWS Wellness Club health information seminars and/or community health activities that will take place every 3 to 4 months.
- LIFE club members will have an opportunity to receive free health screenings for each measurement period. There are 3 measurement periods throughout the 3 years.
- LIFE club members will receive a \$20 gift card for each measurement period completed. There are a total of 3 measurement periods. The first measurement period will be during the month of September and every 18 months (1 ½ years) thereafter for 3 years.

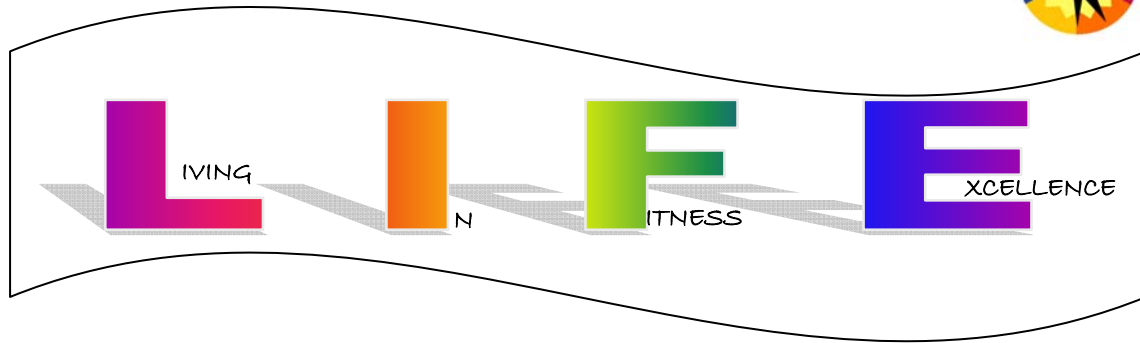


## What Happens After The First 18 Months?

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- After the first 18-months, the *delayed group* will be combined with the *intervention group* and the existing 2005 GoodNEWS churches to work together to promote health for 18-months.
- The *delayed group* will be afforded the same opportunities as the *intervention group*.
- The combined churches will be called the GoodNEWS Community of Churches.

To obtain a visual perspective of the *delayed group* and *intervention group* please see the illustration labeled “Program Design and Description” in the tools you can use section of this toolkit. Use this illustration to explain the program design to potential LIFE club participants.



## What Are The Components, Requirements And Time Frame Of The GoodNEWS LIFE Club?

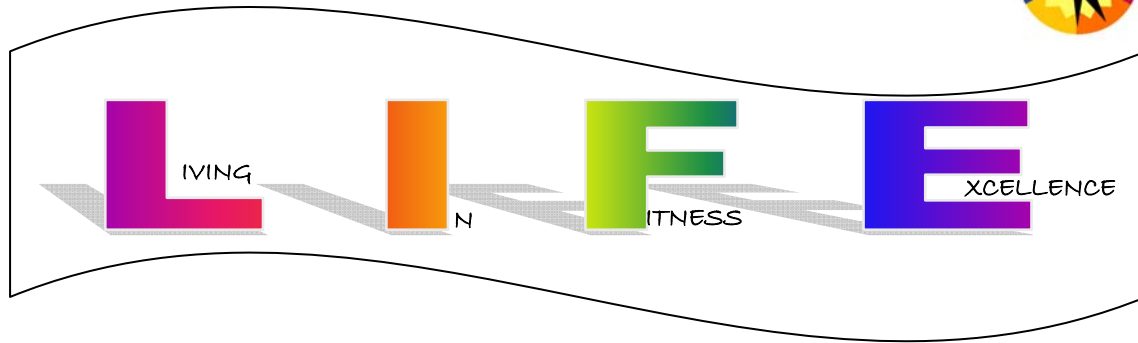
Components	Requirements	Time Frame
<p><b><i>LIFE Club Members</i></b></p> <p>Each Lay Health Promoter (LHP) recruits 25 members of their congregation to participate in the “GoodNEWS LIFE Club”</p>	<p>LIFE club members must be willing to attend health information meetings and be motivated to improve their life through healthful living.</p> <p>LIFE club members will be measured for cholesterol, blood sugar, blood pressure, weight and lifestyle behavior questionnaires when they enroll and every 18 months thereafter for a total of 3 years. There are 3 measurement periods (September, after 18 months and after 36 months). All screening and health counseling is free.</p> <p>LIFE club members will receive a \$20 gift card for each completed measurement period.</p>	<p>LIFE club members will be enrolled for a 3-year period.</p>



## **What Are The Six Dimensions of Health?**

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- A. **Physical Well-Being:** Living responsibly and taking care of the physical body through nutritious eating and exercise. Through physical wellness one maintains or achieves optimal conditions of the body's physical organs through good nutrition, exercise, muscle conditioning, proper body alignment, and movement.
- B. **Mental Well-Being:** The ability to learn and grow from experiences. Through mental wellness one maintains or achieves the ability to cope with the psychological aspects of living including: emotions, feelings of fulfillment, security, comfort, appreciation, self-respect, and self-image.
- C. **Intellectual Well-Being:** Using available resources to expand your knowledge, improve your skills and increase your potential. Through intellectual wellness one maintains or achieves optimal conditions in the process of thinking, understanding, perceiving, analyzing, creating, planning, solving problems, and making decisions.
- D. **Spiritual Well-Being:** Spiritual wellness enhances the connection between your mind, body and spirit. Through spiritual wellness one maintains or achieves optimal beliefs, values, attitudes, and goals toward life, the world, and God.
- E. **Social Well-Being:** Developing healthy relationships with those around you and contributing to the welfare of the community. Through social wellness one maintains or achieves an optimal state of relationships through sharing, protecting, embracing, and considering others.
- F. **Environmental Well-Being:** Awareness of the relationship between individuals and their surroundings. Through environmental wellness one maintains or achieves optimal living conditions, including the political, economic, social, religious, home, work, air, water, and sound and sight atmospheres.



## Who is the GoodNEWS Team?

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### **Mark DeHaven, Ph.D.**

Dr. DeHaven is the GoodNEWS director and principal investigator. His primary responsibility is guiding the many different components of this community-based participatory project. He is responsible for integrating the project's scientific, faith, and health components.

*Dr. DeHaven's contact information:*

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**Work number:** 214-648-2974



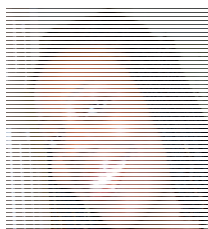
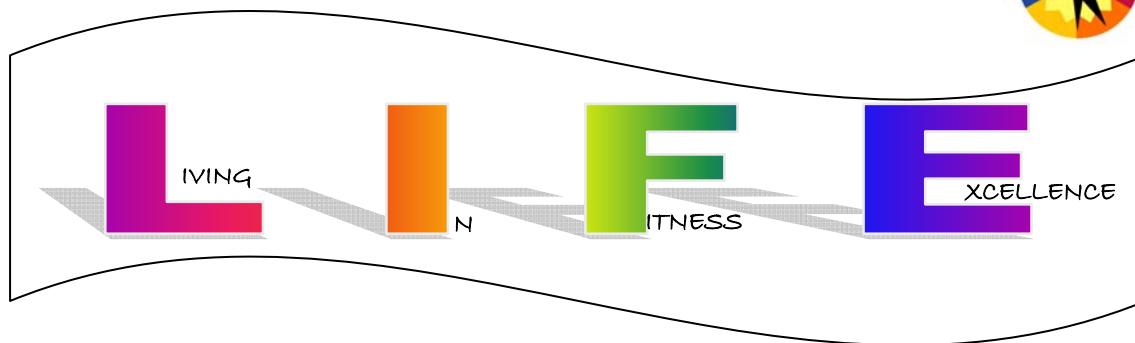
### **Johnrice (J.R.) Newton, R.N.**

Ms. Newton is the GoodNEWS program coordinator. Ms. Newton helps churches develop and maintain their health ministries, and also coordinates the Pastor's Advisory Council. If you need any help with your health ministry please contact Ms. Newton.

*To get in touch with Ms. Newton:*

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**Work number:** 214-648-5762



### **Tikisa Walker, M.S.**

Ms. Walker is the GoodNEWS health educator. Her main task is providing health education information to the lay health promoters and their church members. She also coordinates the community health seminars. If you need any help with health education at your church please contact Ms. Walker.

*To get in touch with Ms. Walker:*

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**Work number:** 214-648-0767



### **Natalie Hsieh, M.A.**

Ms. Hsieh is the GoodNEWS project coordinator. She is responsible for coordinating all of the many different aspects of the program, including the GoodNEWS budget and other funding matters. If you have any questions about funding, program logistics and upcoming events please contact Ms. Hsieh.

*To get in touch with Ms. Natalie Hsieh:*

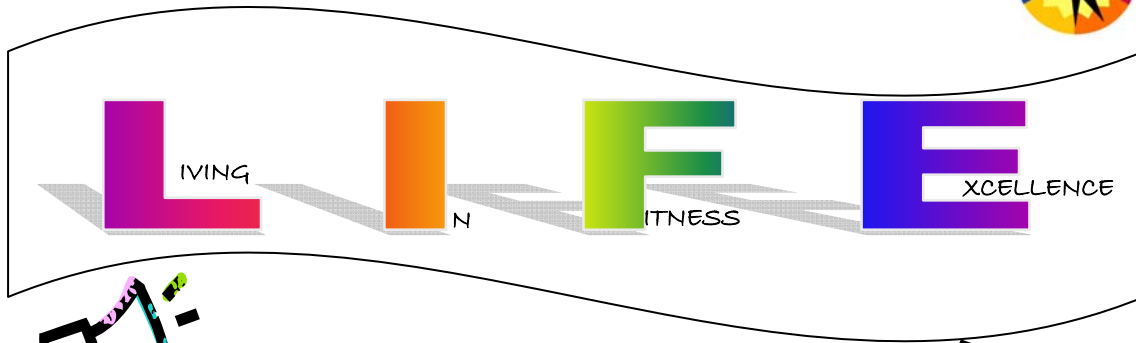
**E-mail:** [natalie.hsieh@utsouthwestern.edu](mailto:natalie.hsieh@utsouthwestern.edu)

**Work Number:** 214-648-2012

# Spread the GoodNEWS

This Section Contains:

A. Ways to Spread the GoodNEWS about LIFE ..... 11



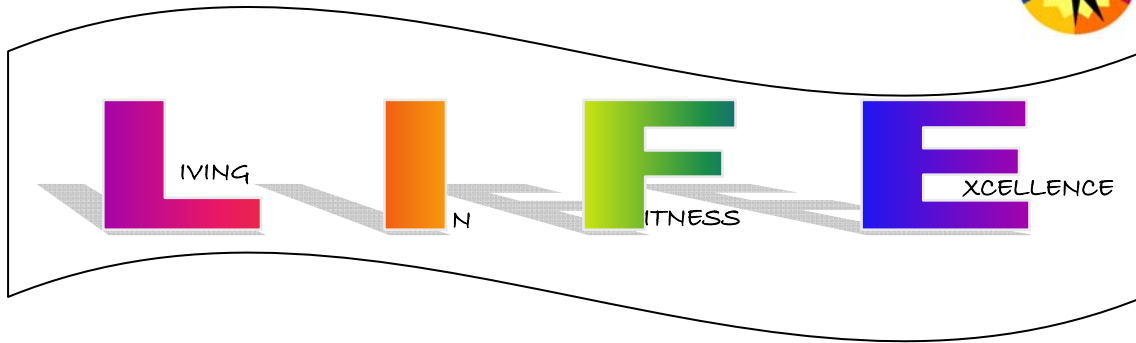
## Ways to Spread the GoodNEWS about LIFE!

1. **Designate the months of July and August as “LIFE” month** in your congregation.
2. **Display the enclosed poster** in your church fellowship hall, hallways, and bulletin boards or wherever it is allowed for you to display such items at your church home.
3. **Set up a LIFE educational display.** Handout GoodNEWS brochures so that people can become more familiar with the program. For those participants who sign up to be apart of the GoodNEWS LIFE Club give out the enclosed GoodNEWS gift bags along with a save the date measurement card. You may also want to go over the 1-page flyer with the participants so that they know the benefits and requirements of becoming a LIFE club member. Have members to sign a healthy lifestyle pledge card. Make your display table enticing. Provide healthy snacks at your table such as: apples, oranges, raisins, granola bars, water, etc. to attract members to your table.
4. **Handout the enclosed promotional flyers** after church service(s). Get members of your health ministry to help pass out the flyers.
5. **Make presentations at other ministry meetings** about the GoodNEWS LIFE Club and the benefits of joining the LIFE club. Use the items listed in (Tab 1) to explain the GoodNEWS program. You may also refer to the frequently asked question sheet to answer any questions potential participants may have about the program. Bring GoodNEWS brochures, one-page recruitment flyer, sign-up sheet and save the date measurement cards.
6. **Get your pastor involved** have him to make a brief announcement about GoodNEWS and LIFE. Please see the enclosed clergy speech.
7. **Perform a skit** during church service(s) to inform the congregation about the GoodNEWS LIFE Club. Please see the enclosed skit.
8. **Bulletin Announcements.** Use the enclosed bulletin announcements to promote the GoodNEWS LIFE Club.

# GoodNEWS LIFE Club

This Section Contains:

A. Explanation of the LIFE club .....	12
B. Benefits of the LIFE club .....	12
C. Requirements of the LIFE club .....	13
D. Cost of the LIFE club .....	13
E. Age requirement of the LIFE club .....	14
F. How to get involved with the LIFE club .....	14



## **What is the GoodNEWS LIFE Club?**

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The GoodNEWS LIFE Club is not your ordinary club. The LIFE club is a program supported by the GoodNEWS Community of Churches and the University of Texas Southwestern Medical Center's Division of Community Health Sciences to help members of your congregation to develop and support healthy lifestyles. The LIFE club members will consist of twenty-five (25) volunteer members from your congregation that want to improve their health and quality of life. These 25 members will join in with members from other churches in an effort to achieve a healthful lifestyle.

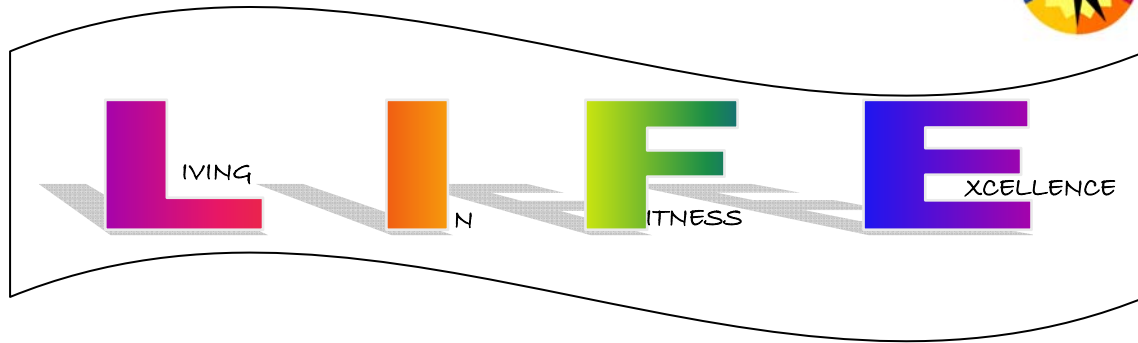
## **What are the Benefits the GoodNEWS LIFE Club?**

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- Members will receive **FREE** lab and lifestyle behavior questionnaire assessments. This assessment will consist of cholesterol, glucose, Hemoglobin A1c (test for diabetes or sugar), weight, blood pressure, Body Mass Index (BMI), and lifestyle behavior questionnaires.
  - Remind participants that lab specimens must be done after fasting for 12 hours.
  - All lab assessments will be done with a finger stick.
  - The results will be given to the participants.

***Please see the FAQ sheet for more information about the lab assessments.***

- Members will be given valuable health and lifestyle information in the form of exciting and engaging seminars, printed materials, community health activities and much, much more. **Remember that these kinds of activities will be offered to the intervention group for the first 18-months. The delayed group will get the same opportunities after the completion of the first 18-months.**



- Members will receive a \$20 gift card each time they complete the lab assessments and lifestyle behavior questionnaires that will be conducted when they enroll, after 18 months and after 36 months.
- Members will be motivated to improve their life through healthful living—gaining a healthier quality of life.

### **What are the Time Requirements of the GoodNEWS LIFE Club?**

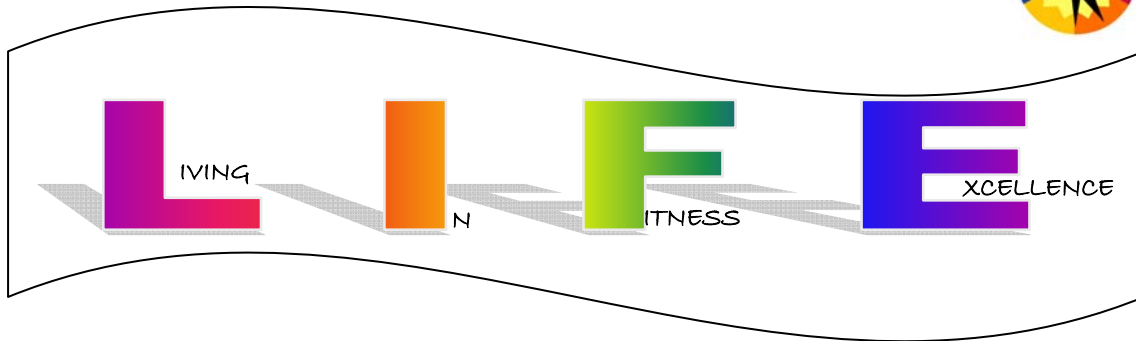
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- Members must know that being a part of the GoodNEWS LIFE Club is a three (3) year commitment to improving their health.
- The lab assessments and lifestyle behavior questionnaires will be done every 18 months over a 3-year period. These lab assessments and lifestyle behavior questionnaires will take approximately 1 to 1 ½ hours from start to finish.
- The assessments will take place at a centralized location in the South Dallas/Southern Sector of Dallas area.
- LIFE club members will have the opportunity to attend the health information seminars and/or community health activities that will take place every 3 to 4 months, lasting anywhere from 1 to 1 ½ hours.  
***Remember these kinds of activities are afforded opportunities for the intervention group; however the delayed group will receive the same benefits after the completion of the first 18 months.***

### **How Much Does the GoodNEWS LIFE Club Cost?**

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- Members must know that it is absolutely FREE to participate in the GoodNEWS Wellness LIFE Club!
- The only cost to members will be their time. We ask that members can commit to the 3-year time frame and can complete their lab assessments and lifestyle behavior questionnaires every 18 months.



- Additionally, LIFE club members will have the opportunity to attend the health seminars and/or community activities, which will be coordinated every 3 to 4 months by the GoodNEWS program staff. **Remember these kinds of activities are afforded opportunities for the intervention group; however the delayed group will receive the same benefits after the completion of the first 18 months.**

### **What is the age requirement of the GoodNEWS LIFE Club?**

- Members must be between the ages of 18 to 70 years of age.

### **How Do I Get Involved in the GoodNEWS LIFE Club?**

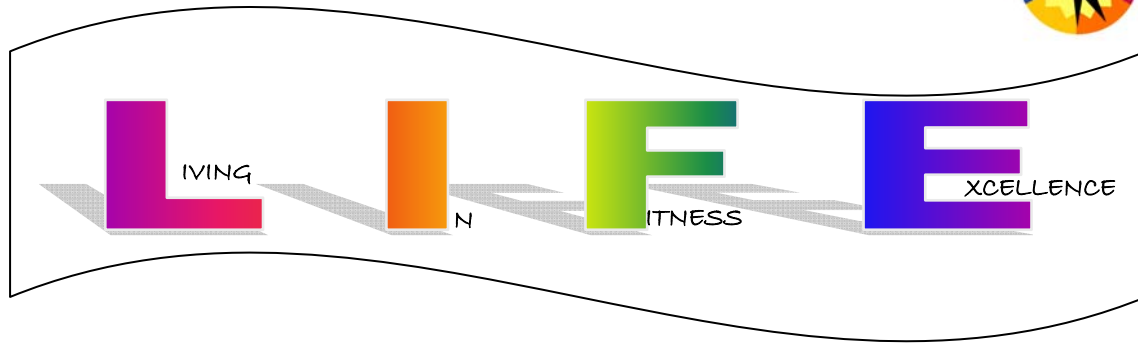
- To become involved with the GoodNEWS LIFE Club potential participants will contact **YOU!** You will sign them up using the enclosed GoodNEWS LIFE Club roster form.

*Please give interested participants the enclosed one-page recruitment flyer. This is found in section 5—tools you can use.*

# Frequently Asked Questions

This Section Contains:

A. Lab procedures .....	15
A. .Type of tests.....	15
B. Lipid panel test.....	15
C. Hemoglobin A1c test.....	15
D. Body Mass Index (BMI) .....	16
E. .Lifestyle behavior questionnaires .....	16
F. How will these tests be taken .....	16
G. Preparation for tests .....	17
H. Receiving results.....	17
I. Abnormal results .....	17
J. Security of health information .....	17
K. Compensation.....	17
L. Drop out .....	17
M. Location of life .....	17
N. Cost.....	18
O. Contact information .....	18
P. Age.....	18
Q. Opportunities of intervention group .....	18
R. Opportunities of delayed group .....	18



## Frequently Asked Questions (FAQ's)

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*The following questions will address the lab assessments and lifestyle behavior questionnaires*

### **Why must I have my blood taken?**

The only way to measure one's cholesterol and hemoglobin A1c a small amount of blood must be tested.

### **What type of tests will be done?**

- Lipid panel test
- Hemoglobin A1c
- Body mass index
- Blood pressure
- Lifestyle behavior questionnaires

### **What is the lipid panel test?**

A lipid panel is a blood test that usually measures three (3) kinds of lipids in the blood. The lipids are related to cholesterol, a fatty substance also in the blood. Most of the cholesterol in your blood is made by your liver from the fats, carbohydrates, and proteins you eat. The lipid panel (also known as lipid profile) also measures total cholesterol, which is the sum of all the cholesterol in your blood.

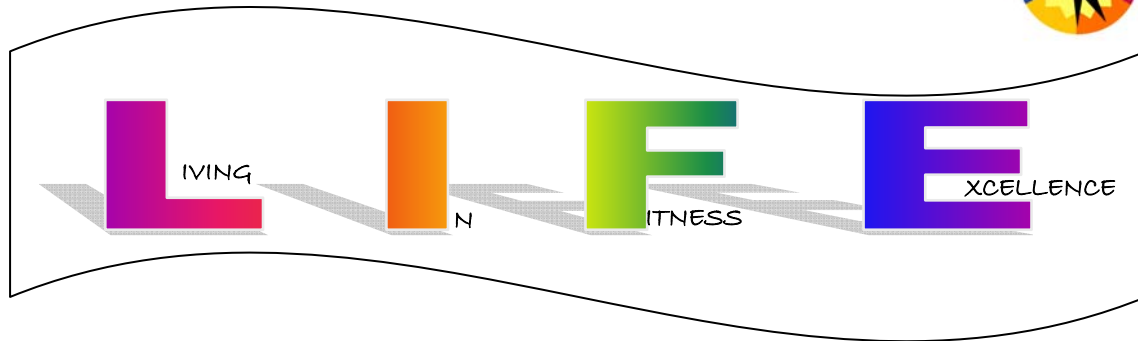
The three (3) kinds of lipids measured in a lipid panel are:

- LDL cholesterol (low-density lipoprotein). This is bad cholesterol.
- HDL cholesterol (high-density lipoprotein). This is good cholesterol.
- Triglycerides.

### **What is the hemoglobin A1c ("A-one-C") test?**

This test is a blood test used to find if you have diabetes. The hemoglobin A1c percentage is a way of looking at your average blood sugar control over the last 3 months.

Sugar that is absorbed from your digestive system circulates in your bloodstream. When your blood sugar is high, the sugar attaches to the



hemoglobin protein in your red blood cells, which form hemoglobin A1c. The amount of hemoglobin A1c in your blood shows how often and how high your blood sugar has been over the past 3 months.

### **What is Body Mass Index (BMI)?**

Your body mass index (or also known as BMI) is a reliable indicator of your body fatness. BMI is measured by calculating your height and weight. BMI does not measure body fat directly, however research shows that BMI correlates with direct measures of body fat, such as underwater weighing. BMI is known as an alternative measure of direct body fat measures. The higher percentage of body fat you have the more at risk you are for health problems.

BMI is used as a screening tool to measure your weight problems. It is not a diagnostic tool.

Below are standard measures of BMI for adults.

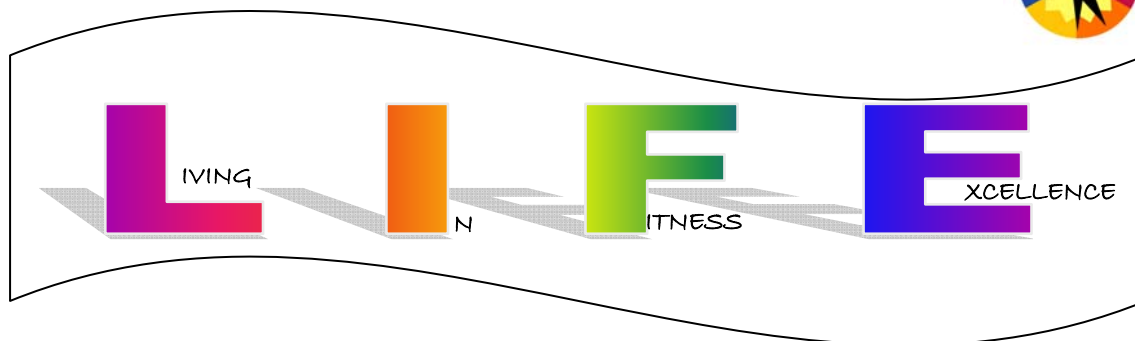
<b><u>BMI</u></b>	<b><u>Weight Status</u></b>
Below 18.5	Underweight
18.5-24.9	Normal
25-29.9	Overweight
30 and above	Obese

### **What are the lifestyle behavior questionnaires?**

The lifestyle behavior evaluations are questionnaires that will measure your behaviors and attitudes toward health. You will also be asked to complete a questionnaire documenting your socio-demographics (for example: education, income, race, etc.), medical problems and family history. The questionnaires can be lengthy.

### **How will these tests be taken?**

The lipid panel and hemoglobin A1c will be taken by a finger stick. Your finger will be pricked and a small amount of blood will be collected in tubes. The finger stick may leave your pricked finger sore for a couple of days.



The BMI test is done by taken a measurement of your height and weight.

The lifestyle evaluations will be done by filling out a questionnaire.

**How do I prepare for the tests?**

You should fast overnight before you take the lipid panel test. This means that you should not eat or drink anything after midnight the night before your test.

**How will I receive my results?**

Your test results will be given to you.

**What if my test results are not normal?**

If your test results are not normal a healthcare provider will be there to advise you with further information.

**Will my health information be secure?**

Yes. Your health information will be kept confidential. There will be trained nurses, doctors, and residents taking your measurements.

**Do I get paid for participating in this research study?**

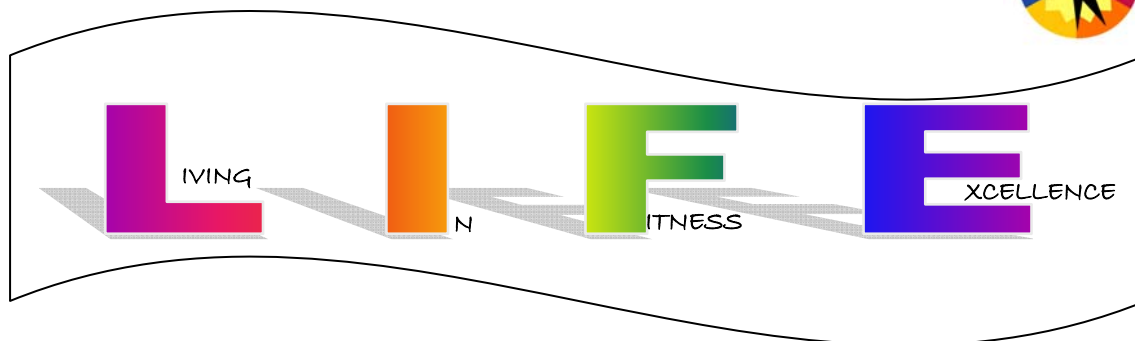
Yes. You will be compensated for taking part in the GoodNEWS LIFE Club. After each assessment, which will take place every 18 months for a period of three-years, with the first assessment taking place during the month of September; every health club member will receive a \$20 gift card for each measurement period completed.

**Can I choose to drop out of the GoodNEWS LIFE Club?**

Yes. If you decide to participate and later change your mind, you are free to stop taking part in the GoodNEWS LIFE Club at any time.

**Where will the GoodNEWS LIFE Club be located?**

The GoodNEWS LIFE Club is not an ordinary club. The GoodNEWS LIFE Club is a club without walls—it is not held in a particular building. Being a part of the GoodNEWS LIFE Club will give you access to free health information, screenings and community-based programs. Quarterly you will be asked to take part in health seminars and/or activities. These seminars and/or activities may be held at Cornerstone Baptist Church in South Dallas or other venues in the South Dallas area.



**How much does it cost?**

The GoodNEWS LIFE club is absolutely **FREE!**

**Will my contact information be given out?**

Your contact information will be kept confidential, and always separate from your health information. However, for purposes of communication with you in your involvement with the study and your church health ministry, you will be asked to provide your name and contact information (mailing address, phone number, and email address). This information is required for participation and will be disclosed to the GoodNEWS project team, your pastor and the enrolled Lay Health Promoters from your congregation. You will also be asked for permission to share your name and contact information with other lay health promoters and pastors enrolled in the GoodNEWS Community of Churches. This is encouraged, but not required for participation.

Your contact information will only be used to keep you abreast on current events, activities and health information going on in the GoodNEWS community and your church.

**How old must I be to participate in LIFE?**

Participants must be 18 to 70 years of age.

**What are the opportunities of the intervention group?**

Please see page 4.

**What are the opportunities of the delayed group?**

Please see page 4.

# Tools You Can Use

This Section Contains:

- A. Clergy Speech
- B. LIFE Skit
- C. LIFE bulletin announcement
- D. LIFE recruitment flyer
- E. LIFE sign-up sheet
- F. LIFE club pledge
- G. Save the date measurement card
- H. Program design and description
- I. LIFE poster
- J. LIFE flyer



## Clergy's Speech

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Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought with a price. Therefore honor God with your body" (1 Corinthians 6:19-20 NIV).

As we personally reflect on that scripture....

Please rise if:

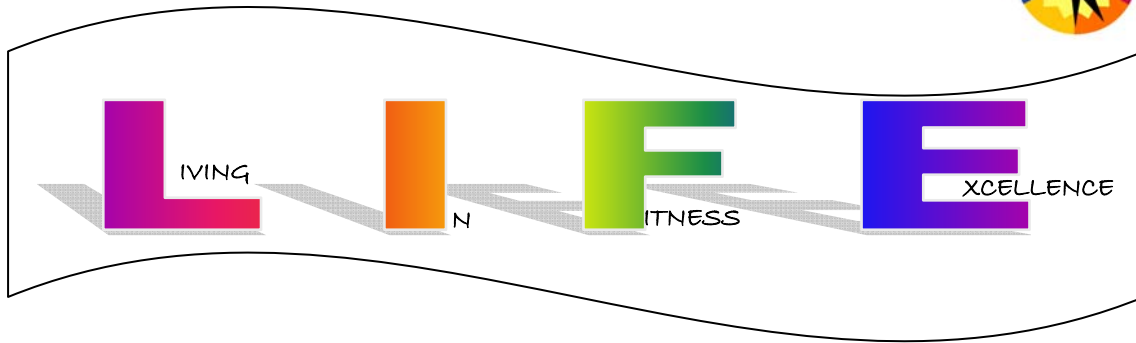
1. You've been personally affected with a chronic disease (heart disease, stroke, diabetes, cancer, etc.)
2. someone in your family has suffered from chronic disease
3. You know someone who is suffering from chronic disease.
4. You are a caregiver or caretaker for a cancer, stroke, heart disease, diabetes...survivor.

Take a look around. Chronic disease is affecting Americans, especially African-Americans. Ninety (90) million Americans are living with chronic disease and 12 million are affected annually with these illnesses. According to the American Heart Association, heart disease is the number one killer among African-Americans in the United States. It doesn't have to be this way! You can choose LIFE!

Living In Fitness Excellence (LIFE) is a program supported by the GoodNEWS community of churches and the University of Texas Southwestern Medical Center in the Division of Community Health Sciences to help members of our congregation and others to develop and support healthy lifestyles. GoodNEWS (**G**enes, **N**utrition, **E**xercise, **W**ellness and **S**piritual Growth) is a lifestyle enhancement program used to promote healthful lifestyle practices in the spiritual, social, mental, environmental, intellectual and physical domains of life.

I encourage you to become a part of LIFE. If you are interested in improving your health in the different domains of life, then the GoodNEWS LIFE Club is for you. If you want more detailed information about LIFE, please visit (place location here) after service. You never know what you might learn in the club of LIFE!

Please take a moment of silence to remember those who have had and/or died from chronic disease.



## **GoodNEWS LIFE Club Skit**

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Use the below skit to promote the GoodNEWS LIFE Club during church service.

### **“Living In Fitness Excellence—LIFE!”**

#### **Characters:**

- (1) Lay Health Promoter; (2) Lay Health Promoter or health ministry member;
- (3) Congregation Member

#### **Setting:**

The Lay Health Promoters are sitting at a table discussing how the GoodNEWS program has enlightened their perspective toward living a holistic lifestyle. They begin to talk about the six dimensions of health, when a congregation member comes by their table.

**Congregation member:** (Picks up some materials on the table)

**LHP (1):** Hi, how are you?

**Congregation member:** I'm blessed and highly favored!

**LHP (1):** Amen. You sure are happy today.

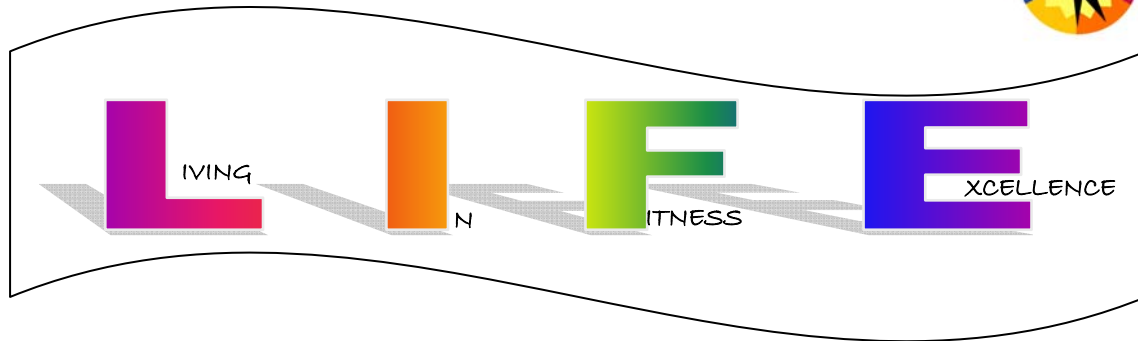
**Congregation member:** That's right. God is good. So, what are ya'll promoting? Man, I tell ya (church name here) always got something going on.

**LHP (2):** You know that's right—we're always working for the body of Christ and glorifying God in every way possible. Anyway, to answer your question we are recruiting members, such as yourself to become apart of a club called LIFE!

**Congregation member:** LIFE? (With confused look on face). Well surely that is not a club.

**LHP (1):** Why do you say that?

**Congregation member:** Well, aren't we all a part of LIFE? I mean we're all living beings...



**LHP (1):** (with a slight chuckle) Well, I guess I never thought of that before....but our club of LIFE is a little different. It stands for Living in Fitness Excellence.

**Congregation member:** (stands tall) Oh, I don't need LIFE—I'm a member of 24hr fitness and I'm pretty fit if I say so myself. (Smiles and walks around proudly).

**LHP (1) and (2):** (stand there as congregation member boasts about him/herself. They look at one another strangely.)

**LHP(2):** Well club LIFE is much different than 24hr fitness. It is not your ordinary fitness club—club LIFE focuses on the six dimensions of health, which are spiritual, mental, intellectual, social, physical and environmental.

**Congregation member:** (looks intrigued). Wow, the six dimensions of health that sounds interesting. I'm definitely not fit in all of those areas. I mean physically and spiritually yeah, but those other areas (he/she tries to say the other dimensions while counting them on his hand...)

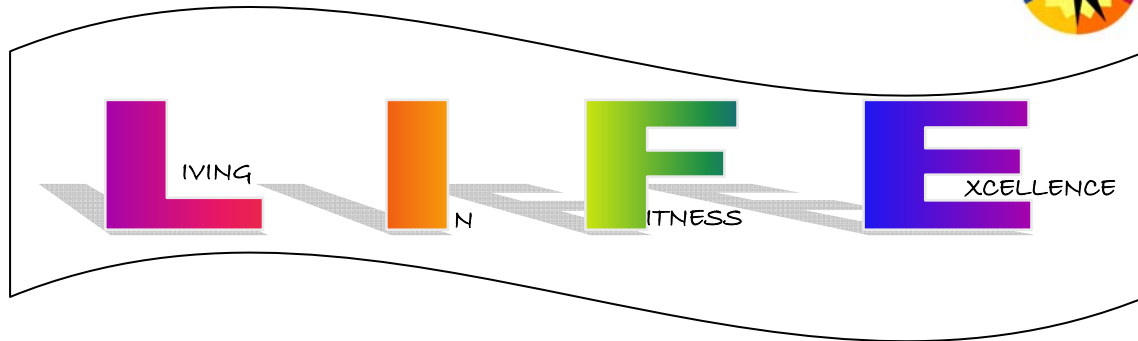
**LHP (2):** (slight chuckle) Don't worry you'll learn all about the six dimensions in club LIFE. Yes it is interesting. The club is supported by the GoodNEWS community of churches and UT Southwestern Medical Center to help members of our congregation to develop and support healthy lifestyles.

**LHP (1):** We're looking for 25 volunteer members to be a part of LIFE. These members will join with other members of our congregation and other congregations in the GoodNEWS community in efforts to become healthier.

**Congregation member:** Oh okay, but still what can LIFE do for me?

**LHP (2):** If you join LIFE you will receive FREE lab assessments and lifestyle behavior questionnaires. You'll be measured for cholesterol, hemoglobin A1c (that's a test for diabetes or as we sometimes call it the "sugar disease"), BMI (body mass index) this is a test to see how much body fat you have—the higher your body fat the more at risk you are for health problems, and you'll take lifestyle behavior questionnaires to measure your attitude toward health.

**Congregation member:** Mmmm...that sounds great (except for that lab thing).



**LHP (1):** Don't worry; all labs will be done by a finger stick. There will be highly trained physicians, nurses, residents and medical students from UT that will take all of the measurements. Your information will be kept confidential and your results will be given to you.

**Congregation member:** okay (shaking head in agreement).

**LHP (2):** You will also be compensated for your time. You'll receive a \$20 gift card each time you complete an assessment. That may help you put gas in your tank—you know gas prices are high!

**LHP (1):** You also will be given valuable health and lifestyle information according to all of the six dimensions of health. We'll have fun community programs and health activities for you to participate in.

**Congregation member:** okay, this all sounds good but how much does this COST? You know a brother/sister is a little short on the pocket these days...

**LHP (1) and (2):** (in unison) it's FREE!

**Congregation member:** Great. One more question why does club LIFE exist?

**LHP (1):** That's a good question. Well, you know more than 90 million Americans are living with chronic disease and more than 12 million are affected annually with these disease such as diabetes, obesity, heart disease, and many more. However, African-Americans are especially at risk for these chronic diseases and it doesn't have to be that way. It's time for us to start living LIFE!

**LHP (2):** We can't expect to work for the body of Christ if we're dying from these illnesses that are preventable. It's a matter of us changing our lifestyle and behavior. We must take care of ourselves so that we can live out or God given purpose in life.

**Congregation member:** How do I sign up?

**LHP (2):** Come visit us in the (place location here) after service and we'll tell you more about LIFE!

**Congregation member:** I'm ready for LIFE! I'm going to tell all my friends (begins to run off) Oh wait, how old do I have to be?



**LHP (1):** (cups her hands around mouth) between the ages of 18 and 70 years of age.

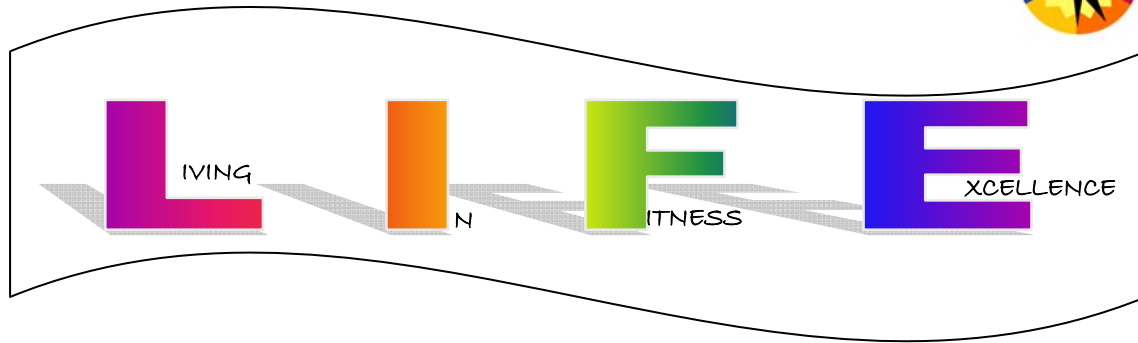
**Congregation member:** Okay. I'll be back after service. I hear (put pastor's name here) is preaching a powerful message today.

**LHP (2):** Well, you know God's done it again.

**LHP (1):** Done what?

**LHP (2):** He's gotten yet another soul excited about LIFE—He is so good.

**LHP (1):** Yes, he is good indeed!



## **GoodNEWS LIFE Club Bulletin Announcement**

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Use the below paragraph(s) as an announcement for your bulletin to promote the GoodNEWS LIFE Club.

“I know, O Lord, that a man’s life is not his own; it is not for man to direct his steps.” (*Jeremiah 10:23, NIV*)

Are you **Living In Fitness Excellence**? More than 90 million Americans are living with chronic disease and more than 12 million are affected annually with illnesses such as heart disease, diabetes (sugar), obesity (overweight), and more. However, the leading cause of death for Americans in the United States is heart disease. Unfortunately, according to the American Heart Association (AHA) heart disease is the number one killer of African-Americans. Fortunately, heart disease and other chronic diseases are preventable! We don’t have to die from these diseases—choose **LIFE!** Do you want to learn how to prevent disease? Are you ready for a change? Come and hear the GoodNEWS about LIFE. Meet us in the (place your location here) after service to see how you can become a part of **LIFE.**



## *Be a part of LIFE!*

### **What is the GoodNEWS LIFE Club?**

The GoodNEWS LIFE Club is not your ordinary club. LIFE is a program supported by the GoodNEWS Community of Churches and UT Southwestern Medical Center's Division of Community Health Sciences to help members of your congregation to develop and support healthy lifestyles. The club members will consist of 25 volunteer members from your congregation that want to improve their health and quality of life. These 25 members will join in with members from other churches in an effort to become healthier.

### **What are the benefits of being in the GoodNEWS LIFE Club?**

- ◆ **FREE** lab and lifestyle evaluation assessment- Cholesterol, glucose, Hemoglobin A1c (test for diabetes or sugar), weight, blood pressure, Body Mass Index (BMI), and lifestyle behavior questionnaires. (\*Lab specimens must be done after fasting for 12 hours, and will be done with a finger stick. Results will be given to you.)
- ◆ You will be given valuable health and lifestyle information in the form of seminars, printed materials, community health activities and much, much more. These events will help you make healthier lifestyle choices.
- ◆ You will receive a \$20 gift card each time you complete the lab and lifestyle behavior questionnaires that will be done every 18 months for a total of 3 years.
- ◆ A healthier quality of life!

### **What are the opportunities of the GoodNEWS LIFE Club?**

- ◆ Health Club participation is a three (3) year commitment to improving your health.
- ◆ Lab and lifestyle evaluations will be done every 18 months over a 3 year period. The lab and lifestyle questionnaires will take approximately 1 to 1 ½ hours from start to finish.
- ◆ Assessments will take place at a centralized location in the South Dallas/Southern Sector of Dallas.
- ◆ Health information seminars will take place every 3 to 4 months and last 1 to 1 ½ hours each.

### **How much does it cost to participate in the GoodNEWS Wellness Club?**

- ◆ To participate in the GoodNEWS Wellness Club is FREE!
- ◆ All we ask of you is your time and good attitude toward becoming healthy!

### **Who can participate in the GoodNEWS Wellness Club?**

- ◆ Members of your congregation who are 18 to 70 years old that are committed to a life of health and wholeness!

### **How do I get involved!?**

Please see the Lay Health Promoter(s) for your congregation:

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail address: \_\_\_\_\_



## *GoodNEWS LIFE Club Roster*

Name of Church \_\_\_\_\_

Pastor's Name: \_\_\_\_\_

	Name	Address	City, State and Zip Code	Phone #	E-mail address
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## GoodNEWS LIFE Club Pledge

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### I Pledge...

I'm a child of God. I'm faithful. I'm love. But I'm at risk for chronic disease. The GoodNEWS Program is ready to stimulate a desire in me to change. They can educate and motivate me to live a healthier lifestyle. They can make a positive impact on me, my family, and my community.

### So I Pledge...

To not stop living—but adopt a healthful lifestyle. I will spread the GoodNEWS to my family, my friends and my community. I will join the GoodNEWS LIFE Club to become educated, motivated, and designated to living a more truthful and meaningful life by adopting healthful lifestyle practices in the spiritual, mental, intellectual, physical, social and environmental domains of life.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Sign and keep this pledge as a reminder of your personal commitment to live a healthful lifestyle.



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# SAVE THE DATE!



Don't forget that measurements begin during the month of **September!**

You will be measured for the following:

- Cholesterol
- Blood sugar
- Blood pressure
- Height and weight
- Lifestyle behavior questionnaires

All screenings and health counseling are **FREE!** There will be live music, food, fun and much more. Your health ministry will announce the location and time of this event at a later date. If you have any questions regarding the measurements please contact the lay health promoter(s) at your church.

**Lay Health Promoter(s):**

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e-mail \_\_\_\_\_

Name \_\_\_\_\_

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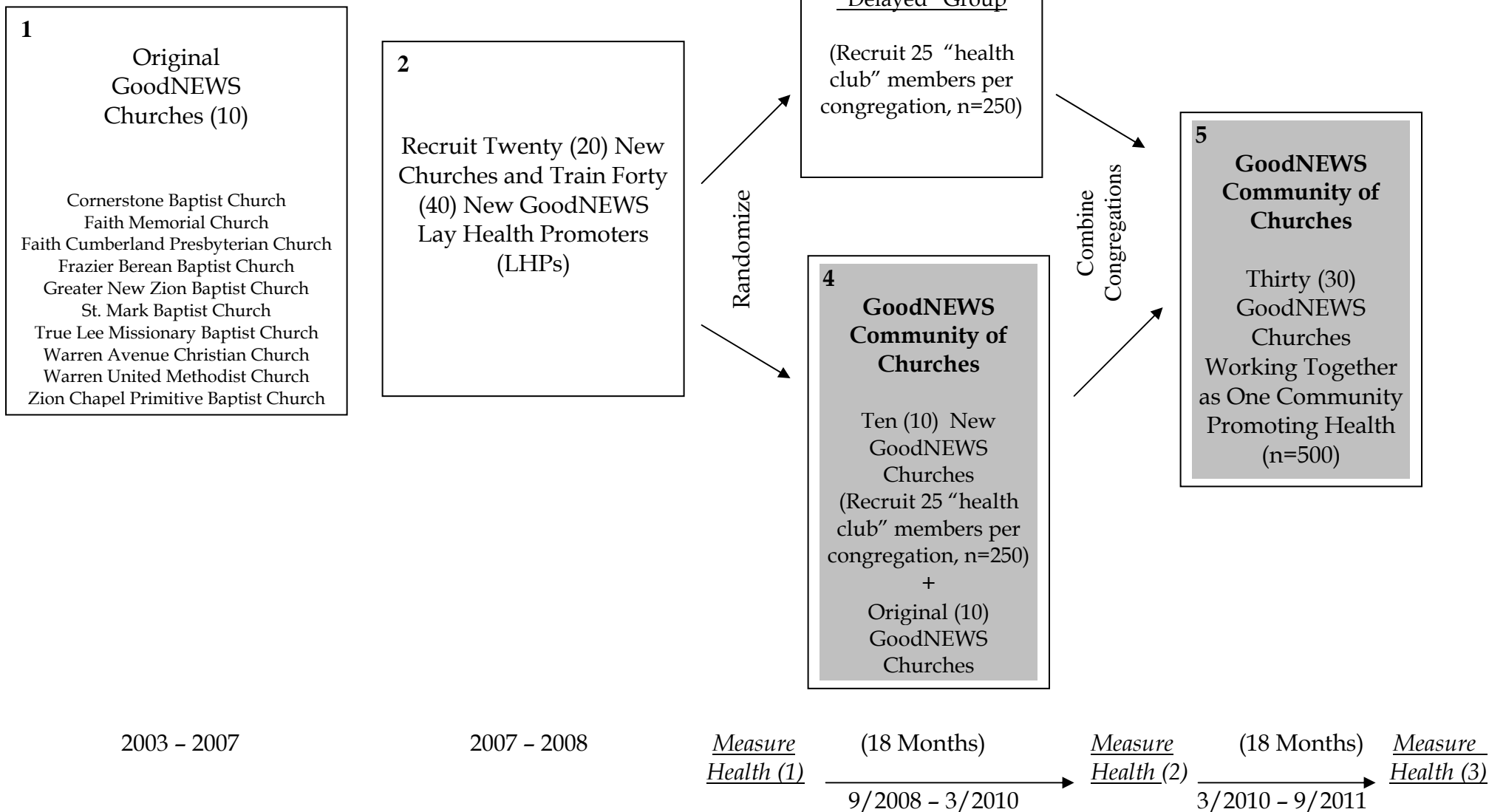
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## Program Design and Description







# Are You

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We are looking for 25 motivated individuals (ages 18 to 70) to be a part of LIFE. It's **FREE** to join and you will receive great benefits.

If you are interested in LIFE please contact the lay health promoter(s) at your church.

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