The Sacred Practice of Caring: Partnering For A Healthy, Hopeful Future
Health Ministry Association Annual Conference

*Faith Based Interventions: A Merging of Faith and Health*
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September 8, 2018

Hopeful Future
US Leading Causes of Death, 2015

1. Heart Disease
2. Cancer
3. Chronic Lower Respiratory Disease
4. Accidents
5. Stroke
6. Alzheimer's disease
7. Diabetes
8. Flu/Pneumonia
9. Kidney Disease
10. Suicide

Kentucky’s Leading Causes of Death, 2014

<table>
<thead>
<tr>
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<th>State Rank*</th>
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<tbody>
<tr>
<td>1. Cancer</td>
<td>1st</td>
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<tr>
<td>2. Heart Disease</td>
<td>8th</td>
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<tr>
<td>3. Chronic Lower Respiratory Disease</td>
<td>1st</td>
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<td>4. Accidents</td>
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<td>5. Stroke</td>
<td>11th</td>
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<td>6. Alzheimer's disease</td>
<td>10th</td>
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<td>7. Diabetes</td>
<td>14th</td>
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<td>5th</td>
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<tr>
<td>9. Kidney Disease</td>
<td>5th</td>
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<td>10. Septicemia</td>
<td>6th</td>
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Kentucky’s Poor Health

- Tobacco Use
- Obesity
- Heart disease
- Physical Inactivity
- Poor nutrition
- Opioid Abuse

Drug Overdose Deaths

16.3 per 100,000 deaths

4 highest states
1. West Virginia (41.5)
2. New Hampshire (34.3)
3. Kentucky (29.9)
4. Ohio (29.9)
The Church Partnering for Health

Church’s Holistic Ministry

- Spirit
- Mind
- Body
- Social
Health Ministry Workers/Community Health Workers

Essential partners

Health Ministry Contributions

• Integrator of faith and health
• Health educator/promoter
• Health advocate
• Referral agent
• Trainer of volunteers
• Developer of support groups
Health Ministry Challenges

- Lack of direction
- Ineffective interventions
- Lack of evidence of impact/effectiveness
- Short-term interventions

Success Strategies for Health Ministries

1. Establishing Priorities
2. Guiding framework
3. Measuring impact
4. Developing partnerships
Establishing Priorities

- Develop a survey
- Suggestion box
- Discussions
- Assess the entire population
Evidence-based Guiding Frameworks

Motivational Interviewing (MI)

- A facilitative client-centered counseling style for eliciting behavior change by helping clients explore and resolve ambivalence

- Miller and Rollnick, 1991
Spirit of MI

- Express and Show Empathy
- Support and Develop Discrepancy
- Roll with Resistance
- Support Self-efficacy
- Video Link
“Quitting smoking/tobacco is the single best thing you can do for your health in your lifetime. I can help and have a few questions to start if it’s OK.”

Current Tobacco Use

On a scale from 0 to 10 where 0 is NOT AT ALL important and 10 is EXTREMELY important, how important is it for you to quit smoking/tobacco?

0 1 2 3 4 5 6 7 8 9 10

On a scale from 0 to 10 where 0 is NOT AT ALL confident and 10 is EXTREMELY confident, how confident are you in your ability to quit smoking/tobacco?

0 1 2 3 4 5 6 7 8 9 10

For scores of 8-10: “Great! Can we work together to put a plan in place and set a quit date?” (Encourage a date within the coming 1-2 weeks and provide cessation support resources, including information on medication).

For lower scores, first consider the MOVE BACKWARD approach:

“Why is it a 4 and not a 2 or something lower?”

You can then consider the MOVE FORWARD approach:

“Why is it a 4 and not a 6 or something higher?” Or...

“What would it take to move your importance/confidence from a ___ to a higher number?”

If importance is lower than confidence, provide motivational counseling.

If confidence is lower, provide practical tips and develop a treatment plan.
Stages of Change

• Video Link

Measuring Impact

• Evaluation
• Satisfaction
• Number of attendees
• Measurements
  • Weight
  • Blood pressure
  • # of referrals
• Knowledge surveys
• Document results
Community Based Participatory Research Aims

*Increase knowledge and understanding of a given phenomenon and integrate the knowledge gained with interventions and policy changes to improve the health and quality of life of community members.*

Partnership

✓ Collaboration
✓ Association
✓ Relationships
✓ Fellowship
✓ Connection
✓ Affiliation
✓ Concern

Caring

Self-reflection prior to collaboration

Availability of necessary skills or resources?
Time available for relationship-building?
How will my community react to CBPR?
Community-identified health priority?
Expectations of the collaboration?
Ethical considerations?
Agreement with the researcher’s goals and objectives?
Am I comfortable working with a researcher?
Community Advisory Board

Training Community Health Workers/Health Ministry Workers

- Project-specific length
  - 6-20 hours
- Face to Face
- Didactics
- Observation
- Experiential learning
- Return Demonstration
Health Ministry Activities

- Recruitment
- Participant enrollment
- Eligibility assessment
- Participant consenting
- Intervention delivery
- Outcome assessment
- Policy implementation

Fit Body and Soul
Fit Body and Soul

Evidenced-based Diabetes Prevention Program

• Social Cognitive Theory
• Purpose
• 20 Churches enrolled
• Participant randomized
  • Weight loss program
  • Healthy lifestyle program
• Health ministry trained
• Activities at the church


Fit Body and Soul Results

- 604 enrolled
- 80 CHWs trained
- Largest cohort
- Capacity-building of CHWs
- Sig. weight & glucose
- >90% participant retention
- Sustained policy changes

National Baptist Convention
“Turn the Beat Around”

- Stages of Change Model
- CHWs trained (n=18)
- 9 churches enrolled
- Data collected by CHWs
- Sig. change in participant:
  - Knowledge
  - Blood pressure
  - Stages of Change


cancer- Community Awareness Access Research and Education (c-CARE)
c-CARE

- Health Belief Model
- 12 Community Sites
  - Eight African-American churches
  - Three low-cost clinics
  - Recreation center

Funded by: Bristol-Myers Squibb Foundation

Care Navigation

Free Lung Screenings Available

For more information: 706.721.4725 | lung@gru.edu

QUIT
THE GREAT AMERICAN
Smoke Out

3 Month Follow-up
c-CARE Results

- 481 participants enrolled
- 54 CHWs trained
- Tobacco-free policy 12 sites
- Significant post-intervention change
- >100 lung cancer screening exams
- Increased use of tobacco cessation

Summary

- Health Ministries are effective partners
- Able to reach diverse populations
  - Retain participants
  - Build community capacity
  - Change policy
  - Improve health outcomes
Questions?

Debra’s Impact Story

Fit Body & Soul
Debra’s Statement of Impact

impact
Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. 3 John 1:2

Thank you

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