The World Health Organization’s definition of health, “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

Establishment of health ministries in the faith community was started in November of 2006 as a pilot project under the auspice of “The Healthy Hearts Project”. Between November 2006 and October 2007, two churches and one mosque formed health committees, with one additional church already having a health ministry in place. They each met separately for 1½ hours for seven months to receive formal instruction and guidance on establishing a foundation for their health committee. These health committees emphasize a wholeness of body, mind and spirit.
After The Healthy Hearts Project

(Continued from page 1)

community: Food for Health and Soul and Hypertension: Stop It! Control It!

Ann Ball, formerly a Community-Based Instructor with “The Healthy Hearts Project”, is now a Community-Based Instructor teaching Food for Health and Soul, (see article on page 3). If you are interested in offering Food for Health and Soul at your church or facility, please call Millicent Braxton-Calhoun, Program Officer, at 702-257-5520.

Hypertension: Stop It! Control It! will have a name change and some revisions. High Blood Pressure: Stop It! Control It! will be available to all interested in the fall of 2008. Please call Joyce Woodson at 702-257-5508 for more information.

Summer Recipes and Food Safety and Holiday Recipes and Food Safety booklets will be continued. New recipes to be added are continually being developed, adapted and tested. Millicent Braxton-Calhoun is coordinating this effort and will distribute the booklets in May and November. The summer issue has already been distributed.

Pulse of the Community will have a new look, and will be published and distributed in July and January. Jaci Black, Program Officer, will be the coordinator.

The Loving Your Heart Conference will continue. Efforts are currently underway to secure funding for the fifth Loving Your Heart conference. We were unable to fund this conference for 2008. Dr. Rosalie Marinelli, formerly Co-Principle Investigator with “The Healthy Hearts Project” and who chaired the 2006 and 2007 conferences, will spearhead this effort. You may reach Dr. Marinelli at 702 257-5560.

Health Education through the Faith Community was started in 2006 by Jaci Black and Dr. Rosalie Marinelli as a strategy to sustain the educational efforts started by “The Healthy Hearts Project.” Health education committees have been established at Grace Immanuel Baptist Church, Holy Trinity A.M.E. Church, Unity Baptist Church, River of Life Word Ministries, and the Masjid As Sabur. The next health education committees will be starting in September (See article on page 1). If your faith community is interested in participating, please contact Jaci Black at 702-940-5424.

Please visit University of Nevada Cooperative Extension web site for information on other health and nutrition programs—www.unce.unr.edu.
as it relates to the wellness of the congregation and the community that they serve. These committees were introduced to the World Health Organization’s definition of health, “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”, to help define their focus on the health of their community. They were also instructed on how to use the six dimensions of wellness as a model for addressing the factors that affect the health of every individual.

During the first year of the program, lessons focused on the six dimensions of wellness, the affect of culture on health, goals and objectives, needs assessments, position descriptions, program legalities and budgeting. Each committee designs their own goals and objectives to meet the needs of their faith community.

The success of the pilot project led to University of Nevada Cooperative Extension developing a new program titled Health Education Through the Faith Community. This program formally started in April of 2008. The objectives of the program are:

1. to establish health committees in the faith community throughout Clark County, Nevada.

2. to provide health committees with information on available community, city, county, state and federal resources available.

3. to assist the health committees in promoting improved community health.

4. to develop collaboration among health committees’ various organizations to increase community outreach in promoting improved community health.

5. to provide ongoing support to the health committees.

Four new faith communities are chosen each September to enter the first year of the program. The faith communities completing their first year progress to a new program phase emphasizing improving infrastructure, collaboration, sustainability and program planning.
Food for Health and Soul
Millicent Braxton-Calhoun

Thank you Faith Community for your many years of supporting the Food for Health and Soul nutrition education program.

Food for Health and Soul is designed to teach class participants how to make healthy modifications of family favorite meals, thereby, reducing the risk for chronic diseases such as hypertension, diabetes and some forms of cancer. The six, one-hour weekly class sessions include: lesson presentation, discussion, workbook activities, recipe demonstration from the Food for Health and Soul recipe booklet and food samplings. The program concludes with participants bringing a modified family recipe to share at the “Buffet for Health and Soul.” The “Buffet” is an opportunity for class participants to sample different dishes and share skills they’ve learned in modifying recipes for better health.

Currently, plans are underway to expand the Food for Health and Soul program by providing classes to additional churches, recreation and community centers. However, we still need your continuous support of the program. So, be on the lookout for Millicent Braxton-Calhoun, Program Officer, and Ann Ball, Community Based Instructor, to contact you soon about scheduling classes at your church.

In addition, Food for Health and Soul has been adapted (Sabor Para El Corazon) for the Latino/Hispanic community. The Sabor Para El Corazon curriculum is near completion, and staff will be trained to teach the curriculum in recreation and community centers.

Again, thank you for your continuous support and we look forward to providing Food for Health and Soul in the community.

What Happens After You Quit Smoking
Maria Azzarelli

Tobacco use is responsible for approximately 440,000 deaths annually in the U.S. The negative health effects of smoking include increased risk of heart attack, stroke, lung and other cancers, and chronic lung disease. Quitting smoking, on the other hand, can dramatically decrease most of these health risks within minutes. And the longer you go without smoking, the more your body can repair itself. The following is a list of health benefits and positive changes that occur to the body after smokers quit.

- 20 minutes after quitting, your blood pressure drops and the temperature of your hands and feet return to normal;
- 8 hours after quitting, the carbon monoxide (poisonous) level in your blood drops to normal;
- 24 hours after quitting, your chance of a heart attack decreases;
- 2 weeks to 3 months after quitting, your blood flow improves and your lung function increases;
- 1 to 9 months after quitting, your coughing, sinus congestion, fatigue and shortness of breath decrease;
- 1 year after quitting, your risk of heart disease is the same as someone who doesn’t smoke;
- 10 years after quitting, your lung cancer death rate is cut in half and your risk of many cancers is reduced; and
- 15 years after quitting, your risk of heart disease is the same as someone who doesn’t smoke.

For FREE assistance or more information on quitting smoking, call the Nevada Tobacco Users’ Helpline at 1-800-QUIT NOW.

8 hours after you quit smoking, the carbon monoxide (poisonous) level in your blood drops to normal

For more information about tobacco use and the dangers of secondhand smoke, call the Southern Nevada Health District’s Tobacco Control Program at (702) 759-1270 or visit our website at www.gethealthyclarkcounty.org.

Maria Azzarelli is the coordinator for the Tobacco Control Program, Southern Nevada Health District.
Accomplishments of the Healthy Hearts Project

“The Healthy Hearts Project” was funded by a grant from the Centers for Disease Control and Prevention REACH 2010 Initiative. The project direction and implementation was through University of Nevada Cooperative Extension. The focus was on cardiovascular disease, increasing awareness, education and decreasing the risk factors in African Americans.

During the six years of the Project, the Project resulted in the:

1. strengthening of the Community Partners for Better Health Coalition.
2. collaboration with local health care providers to enhance primary and secondary preventive care of African Americans as it relates to risk factors for cardiovascular disease.
3. creation of awareness within the community, of controllable risk factors for cardiovascular disease and the disparity of disease rates among African Americans.
4. providing community members with knowledge and skills that will facilitate positive behavior changes to lower risk for cardiovascular disease.
5. improving the cardiovascular health, fitness, and quality of life through daily physical activity.
6. reaching over 6,000 persons through workshops, women's conferences, physical activity festivals, and physician seminars.

### Workshop/Activities

<table>
<thead>
<tr>
<th>Workshop/Activities</th>
<th>Total Number</th>
<th>Total Number of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>An Ounce Of Prevention (focus diabetes prevention)</td>
<td>60</td>
<td>631</td>
</tr>
<tr>
<td>Hypertension Stop It!</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stress: It Ain't All Bad (Started November 2005)</td>
<td>21</td>
<td>252</td>
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<tr>
<td>Heart Care</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tour De Church</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Under Construction</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Rebuilding of the Body</td>
<td>46</td>
<td>664</td>
</tr>
<tr>
<td>Your Personal Get.Fit Plan</td>
<td>N/A</td>
<td>649</td>
</tr>
<tr>
<td>TRS: Tone, Relax, Stretch (Started October 2005)</td>
<td>37</td>
<td>Ongoing 156</td>
</tr>
<tr>
<td>Blast with a Splash Aquasize</td>
<td>93</td>
<td>Ongoing 544</td>
</tr>
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</table>

### Awareness Activities

<table>
<thead>
<tr>
<th>Awareness Activities</th>
<th>Number</th>
<th>Number of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Fairs</td>
<td>32</td>
<td>3568</td>
</tr>
<tr>
<td>Health Messages</td>
<td>18</td>
<td>11,200</td>
</tr>
<tr>
<td>Newsletters</td>
<td>10</td>
<td>16,845</td>
</tr>
<tr>
<td>Posters</td>
<td>6</td>
<td>Placed in approxi-</td>
</tr>
<tr>
<td>Recipes</td>
<td>24</td>
<td>15,200 Individual Recipes given out (Approximately) 500 Recipe Books</td>
</tr>
</tbody>
</table>

### Special Awareness Activities

<table>
<thead>
<tr>
<th>Special Awareness Activities</th>
<th>Number Held</th>
<th>Total Number of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physicians Seminars</td>
<td>36</td>
<td>442</td>
</tr>
<tr>
<td>Women’s Heart Health Conference</td>
<td>5</td>
<td>719</td>
</tr>
<tr>
<td>Choose &amp; Move (Physical Activity Festival)</td>
<td>3</td>
<td>512</td>
</tr>
</tbody>
</table>
The Health Ministry Committee of Holy Trinity AME Church has been very busy during the first half of 2008. Utilizing the congregational survey that was completed in November of 2007, programs were created to meet the needs and desires of the congregation. Health focus areas related to high blood pressure, prostate cancer, heart disease and other cancers in men and women were addressed. While highlights of our accomplishments follow, we have no plans to slow down and plan to be just as busy the rest of the year.

- Collaborated with University of Nevada Cooperative Extension to organize and facilitate CPR training for 30 members from four different area churches and one mosque. The training of these members was sponsored by UNCE. The first training was held at Holy Trinity AME Church, February 23, 2008. In addition to the numerous congregation members already certified in CPR, seven additional members were certified in basic CPR and First Aid with two trained and certified on use of the automatic defibrillator.
- Our “Wear Red Sunday” Sunday, February 10, 2008, was a huge success not only because most members wore red, but also because of the focus on heart disease as the #1 killer of women. Pictures of this Sunday are proudly posted on one of the health bulletin boards in the church.
- Made more health information available to the congregation through the development and implementation of a monthly newsletter called the Health Ministry Voice. Reorganized the access to and distribution of health information to the congregation.
- Church first aid supplies were reviewed and updated. Additional supplies and CPR masks were added.
- Provided the results of the health survey taken in November 2007 to the congregation.
- The Hepatitis C scare in the Las Vegas Area added an additional health focus area for us to address. Information booklets were put together and distributed to congregational members to help them better understand Hepatitis C and where to obtain additional information for those who may have been exposed to the disease.
- Health focus areas covered have included heart disease, stroke, high blood pressure, HIV/AIDS, Hepatitis B and C, and Men’s Health.
- Members were emailed links to specific health sites focusing on heart health and how to receive free pedometers.
- Implemented men’s health month for June and distributed “Men’s Health Facts”, an article from the Men’s Health Network on high salt menu items at some national restaurant chains and a booklet titled Blueprint for Men’s Health.
- Two members of the committee also attended grant writing seminars.
Portion Distortion

Due to technological advances, Americans find that their life style is very different than that of their parents and grandparents. This is especially true in the area of food consumption. One of the greatest changes surrounding food consumption is where food is consumed. Since 1975 the amount of food dollars spent, meals and calories consumed outside of the home has more than doubled. Anyone eating in restaurants or at fast food establishments should have noticed that food portions have gotten larger. When ordering at fast food establishments, there are several choices for how large you want your meal, with a minimal difference in price. This change has resulted in an increase in body weight.

Food portions should not be confused with serving sizes. The National Heart, Lung, and Blood Institute define portion and serving size as follows.

- A “portion” can be thought of as the amount of a specific food you choose to eat for dinner, snack or other eating occasion. Portions, of course, can be bigger or smaller than the recommended food servings.
- A “serving” is a unit of measure used to describe the amount of food recommended from each food group. It is the amount of food listed on the Nutrition Facts panel on packaged food or the amount of food recommended in the Food Guide Pyramid and the Dietary Guidelines for Americans.

Below are some comparisons of portion sizes 20 years ago and today. For more information on Portion Distortion please visit The National Heart, Lung, and Blood Institute site on Portion Distortion at http://hp2010.nhlbihin.net/portion/index.htm

<table>
<thead>
<tr>
<th>20 Years Ago</th>
<th>Today</th>
</tr>
</thead>
<tbody>
<tr>
<td>Portion</td>
<td>Calories</td>
</tr>
<tr>
<td>Bagel</td>
<td>3&quot; diameter</td>
</tr>
<tr>
<td>Cheeseburger</td>
<td>1</td>
</tr>
<tr>
<td>Spaghetti w/meatballs</td>
<td>1 cup sauce 3 sm meatballs</td>
</tr>
<tr>
<td>Soda</td>
<td>6.5 ounces</td>
</tr>
<tr>
<td>Blueberry muffin</td>
<td>1.5 ounces</td>
</tr>
</tbody>
</table>

Cheeseburger

<table>
<thead>
<tr>
<th>20 Years Ago</th>
<th>Today</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Cheeseburger 20 Years Ago" /></td>
<td><img src="image2.png" alt="Cheeseburger Today" /></td>
</tr>
</tbody>
</table>

Graphics, table, and definitions from the National Heart, Lung, and Blood Institute http://www.nhlbi.nih.gov/
Faith Community Outreach

Joyce Woodson  M.S. R.D.                                  Area Specialist Health and Nutrition
woodsonj@UNCE.unr.edu                                  702-257-5508

Health Education Through the Faith Community
blackj@UNCE.unr.edu                                Jacqueline Black, B.S.                          Program Officer
                                                702-940-5424

Food for Health and Soul
braxton-calhoun@UNCE.unr.edu                            Millicent Braxton-Calhoun, M.S.    Program Officer
                                                702-257-5520

Food for Health and Soul
ball@UNCE.unr.edu                                     Ann Ball                                   Instructor
                                                702-940-5427

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