

**P.E.A.C.E. Project**

*Physical Fitness and Eating Healthy*

*Activities in the Church Environment*

Policy and Agency Agreement

The P.E.A.C.E. Project is a multi-level faith-based wellness program that promotes healthful living by focusing on the three major risk factors (physical activity, nutrition and tobacco) that impact the African American community. The program promotes the voluntary adoption of individual and organizational changes centered around physical activity, nutrition and tobacco use.

Health professionals from the **Durham County Health Department** and the **Cooperative Extension** work with select African American churches to help improve the health of their congregation. Churches are chosen based on interest and a commitment to work with the agencies towards health improvements.

The PEACE Project, although it may work differently at each site, usually includes the following components:

1. Resource Needs and Environmental assessments
2. Development, redevelopment or sustainment of an active health ministry
3. Health Interests Assessments conducted for the church members to assist the health ministry in planning activities of interest and request
4. **Opportunities and interventions to improve nutrition** *(emphasis on the increase of Fruits and Vegetables*) - consisting of workshops and trainings promoting voluntary behavior change, challenges, and resources. Such activities may include: food demos, bulletin boards, establish library for health brochures and cookbooks.
5. **Opportunities and interventions to increase physical activity** – consists of workshops and trainings promoting voluntary behavior change, challenges and resources. Such activities may include tips of incorporating physical activity into the work day, planning family gatherings around physical activity, walking challenges, exercise equipment, brochures and DVDs.
6. **Policy/environmental approaches**– written and adopted policies for water, healthy foods, physical activity and/or tobacco-free grounds. Policy change describes modifications to informal rules and standards of practice as they relate to three major risk factors. Environmental change describes modifications to physical and social environments that make it easier for people to make healthier choices. Policy/environmental approaches are long lasting and have the ability to affect a larger audience.
7. **Capacity building & skills development**-project staff members train church coordinators and/or members of the health ministry to conduct programs and develop skills needed to develop and sustain the program at their site.

Incentives are often provided for participation in planned activities such as workshops, plus a wealth of information that is helpful to all.

* Interview with the pastor and/or their assigned person to share information and expectations regarding participation in the project.
* Find resources in your church and in the community that promote healthy living.
* Develop a plan that can be used to engage your church in healthy living programs
* Although any of the staff and other resource health professionals can work with your church, two PEACE Project health educators will be assigned to your church, one will serve as a primary contact, while the other is a secondary contact. Your primary contact will be responsible to maintain contact with your site coordinator and ensure information flows.

**Compensation**

* The PEACE Project does not provide direct funds to your church unless awarded through a mini-grant. However, your facility depending on what grants are active at the time will receive physical activity equipment (balls, resistance bands etc.), cookbooks and other materials. Periodically, kits and additional materials will be available when your representative attends project sponsored activities.
* When funding is available, PEACE Project churches are given the opportunity for mini-grants to conduct health related activities.

**Confidentiality**

* Information gathered at or about your church will not be disclosed by name. However, data gathered may be used in an overall report about your church or with other participating churches.

**Active participation status**

Active organizations must conduct at least ONE policy/environmental change per year and follow the reporting guidelines as listed below in reporting. Agencies who fail to maintain the components within this document will be considered “inactive”. After six months of “inactive status”, the organization will be dropped from the project and replaced by another organization that has applied to participate. Agencies that request can go on a leave of absence until issues are resolved if they desire to work again towards active status. To do this, the PEACE Project Coordinator must be contacted before inactivity of six months occurs.

**Reporting**

* Your organization will be asked to complete a report sharing health related activities conducted. This information is helpful when shared with other churches and is very resourceful when we apply for funding to keep the continue project
* Asked to designate a site coordinator (usually the Health ministry leader)
* Establish, if not already a Health ministry group
* Participate in a site visit (which results in a recommendation document provided by DCHD)
* Develop an action plan
* Participate in an assessment to find out what is of interest from staff members
* Send representation to the Durham County Health Ministry Network meetings (Quarterly)
* Take advantage and send representation to the skill building trainings
* Report activities and results