

National Baptist Congress of Christian Education  
Auxiliary to the  
National Baptist Convention, U.S.A., Incorporated  
Organized 1880 Incorporated 1915

**“Solidarity with the Savior”**

Dr. Julius R. Scruggs  
Convention President

Dr. George W. Waddles, Sr.  
Congress President



Dr. Elliott Cuff  
Congress Dean

Dr. Doretha Johnson  
General Secretary

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**H.O.P.E. Health and Wellness Initiative**

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The National Baptist Congress of Christian Education Health and Wellness Initiative is a collaborative effort of National Baptist churches, medical professionals, and health related organizations committed to health outreach and prevention education (H.O.P.E.).

**H.O.P.E. Health and Wellness Initiative**

**Vision.** We see a day when all National Baptist churches will have vibrant health and wellness ministries resulting in members being good stewards of their health and wellness.

**Mission.** We will achieve this vision by reaching out across the depth and breadth of our denomination to inspire and enable our fellow National Baptists to commit to healthier lifestyles through health and wellness:

- education;
- resource materials and services;
- support networks of trained resource persons and
- facilitators; and evidenced based outcomes assessment.

**Challenge.** We want to make the NBCUSA the healthiest major denomination in America over the next ten years as measured by the ABCS (hemoglobin A1C, blood pressure, cholesterol, and smoking cessation).

The **National Baptist Congress (NBC) National Health Fair**, held during the National Baptist Congress annual session, is part of our multi-faceted approach to health concerns providing delegates information, health screenings, resource referral, government benefit updates, and other aspects of the health and wellness arena that would benefit them and their families.

The **9-5-2-1-0 VBS Health Curriculum** is a pilot project that provides a health and wellness addendum for existing Sunday School Publishing Board Vacation Bible School curriculum.

The **What's Cooking?** Initiative is a collaborative effort with the American Diabetes Association to promote healthy ingredients in and preparation of the meals served in our churches and homes. Demonstrations of healthy food preparation are also highlighted. NBC churches are asked to observe Taste Test Sunday each Third Sunday in March when members will sample diabetic safe desserts followed by observance of Diabetes Alert Day, the Fourth Tuesday of March.

The **Church and Community Garden Project** promotes the development of gardens to encourage increased access to and

consumption of fruits and vegetables and to assist congregational members to become physically active. These gardens provide fresh healthy produce and opportunities for building community activity.

**The Challenge of 10,000 (First Lady Michelle Obama's Challenge).** To mark the two-year anniversary of her "Let's Move" initiative, First Lady Michelle Obama spoke at Northland Church in Longwood, Florida, February 11, 2012. In her remarks, Mrs. Obama called out the National Baptist Convention, USA, Inc. to train and deploy 10,000 health ambassadors, reaching 10,000 of our churches. To help us meet this challenge, become an H.O.P.E. Health Ambassador / Supporter by donating a minimum \$25 under the "Challenge of 10,000" link on the H.O.P.E. page of [www.nationalbaptist.com](http://www.nationalbaptist.com). Those donating will receive: first two health ministry training courses, a color e-certificate, a monthly e-updates (information about monthly health observances, news), a quarterly e-newsletter (success stories, recipes, HHS partnership reports), an annual congregational health guide, a discount on H.O.P.E. Faith and Health Conference, an annual calendar of suggested health and wellness observances, and recognition on the First Lady's Roster of Health Ambassadors.

**The H.O.P.E. Health Ministry Training Continuum** offers several levels of preparation. There is a 4-6 hour introductory (uncertified) Health Ambassador course. The first 8 hour training course provides the basics for developing a congregational health ministry. Course completers receive the NBCUSA Certified Health Ministry Ambassador designation. The next 8 hour course prepares course completers to become effective health and wellness promoters. Course completers receive the Certified Health Ministry Advocate designation. Those seeking to become health ministry leaders are encouraged to take the 8 hour advanced course resulting in the Congregational Health Leader designation. **Note: All training participants must be an H.O.P.E. Health Ambassador / Supporter.**

For more information, e-mail [hope@nationalbaptist.com](mailto:hope@nationalbaptist.com).

*Member National Partnership for Action to End Health Disparities  
U.S. Department of Health and Human Services Office of Minority Health*

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**2012 Suggested Health and Wellness Observances**

January

- **National Volunteer Blood Donor Month**
- **National Glaucoma Awareness Month**

February

- **American Heart Month**
- **Go Red Day (February 3)**
- **National Black HIV/AIDS Awareness Sunday (February 5)**
- **National Black HIV/AIDS Awareness Day (February 7)**
- **Wear Red Sunday (February 12)**

March

- **NBCUSA/American Kidney Fund Kidney Sunday (March 4)**
- **World Kidney Day (March 8)**
- **“Taste Test Sunday” (Diabetic Safe Desserts) (March 18)**
- **Diabetes Alert Day (March 27)**

April

- **NBCUSA/Easter Seals Make the First Five Count Sunday (April 1)**
- **Minority Health Month: Patient Protection and Affordable Care Act**
- **Alcohol Awareness Month**
- **Thursday, April 7 World Health Day**

May

- **American Stroke Month**
- **Lupus Awareness Month**
- **Skin Cancer Awareness Month**
- **Power (to End Stroke) Sunday (May 20)**

June

- **Summer of Health and Wellness Vacation Bible School**
- **Sunday, June 3 National Cancer Survivors Day**
- **National CPR Week (June 3-9)**
- **H.O.P.E. Week 2012 June 18-22 concurrent with the National Baptist Congress in St. Louis**

July

- **Fireworks Safety Month (through July 4)**
- **Juvenile Arthritis Awareness Month**

August

- **National Immunization Awareness Month**
- **National Minority Donor Awareness Day (August 1)**

September

- **Prostate Cancer Awareness Month**
- **Sickle Cell Disease Awareness Month**
- **Fruits and Veggies - More Matters Month**
- **NBCUSA Senior Recognition Sunday**
- **H.O.P.E. Faith and Health Conference 2012 September 4-6 concurrent with the NBCUSA Annual Session in Atlanta**
- **Sickle Cell Sabbath (September 16)**
- **H.O.P.E./Let's Move Conference 2012: Coldwater (MS) Cultural Center (September 22)**
- **Let's Move Sunday (September 23)**

October

- **National Bullying Prevention Month**
- **National Church Safety and Security Month**
- **National Breast Cancer Awareness Month**

November

- **American Diabetes Month**
- **Pancreatic Cancer Awareness Month**
- **Diabetes ID (I Decide) Day (November 11)**
- **American Cancer Society Great American Smoke Out (November 17)**
- **Pancreatic Cancer Purple Light Sunday (November 18)**

December

- **National Drunk & Drugged Driving (3D) Prevention Month**
- **World Aids Day (Thursday, December 1)**

For additional information or to send an event report form and pictures, e-mail [hope@nationalbaptist.com](mailto:hope@nationalbaptist.com).

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