

# Project FIT Toolkit



## Materials List

Item	Title
Social Media Messages (FIT Activity Promotion)	<ul style="list-style-type: none"><li>• Text Messages</li><li>• Voicemail/Email Messages</li></ul>
Sermon Guides/Sample Sermons	<ul style="list-style-type: none"><li>• Sermon Guide</li><li>• “Being Fit for Life”</li><li>• “God’s Desire for His Beloved”</li></ul>
Responsive Readings	<ul style="list-style-type: none"><li>• Heart Disease &amp; Stroke</li><li>• Diabetes</li></ul>
Risk Checklists	<ul style="list-style-type: none"><li>• Heart Disease Risk Checklist</li><li>• Diabetes Risk Checklist</li></ul>
Commitment Pledge Cards	<ul style="list-style-type: none"><li>• Commitment Pledge</li></ul>
Bulletin Inserts/Bookmarks	<ul style="list-style-type: none"><li>• Diabetes: What is Diabetes?</li><li>• Prevent Diabetes Bookmark For Brothers</li><li>• Prevent Diabetes Bookmark For Sisters</li></ul>
Health Screening Strategies Guide	<ul style="list-style-type: none"><li>• Guide to Motivational Screening Strategies</li></ul>
Poster	<ul style="list-style-type: none"><li>• Promoting Healthy Eating</li></ul>



## **SOCIAL MEDIA MESSAGES (FIT Activity Promotion)**

This intervention component includes short motivational messages that can be sent to church and community members through email, text messages, or voice messages using the church's phone tree messaging system. The messages will serve as reminders that encourage church and community members to engage in active and healthy lifestyle activities, including healthy eating, regular physical activity, and stress reduction.



## **SERMON GUIDES/ SAMPLE SERMONS**

Pastors can use sermons guides and sample sermons to incorporate messages about healthy behaviors from a biblical perspective. Information from the sermon guide and sample sermons should be incorporated in the pastor's sermon when Project FIT is launched in your church. The sermon guides' biblically-based messages can be incorporated into the pastor's regular weekly sermon and in sermons during National Health Awareness months.



## RESPONSIVE READINGS

A collective call and response activity to bring the entire congregation together to highlight the effect of diabetes, heart disease and stroke on the African American community and ways we can prevent it. To implement this Project FIT tool, church health liaisons should coordinate with the pastor or other church leaders and the church ushers to: a) schedule date and time (to be included on in the church program) to read the responsive reading during a weekly church service, b) identify an individual to lead the responsive reading, and c) work with ushers to ensure the responsive reading is handed out to church members at the beginning of service. A Responsive Reading should be read during the Project FIT launch church



## RISK CHECKLISTS

An easy to use list to help members identify their risks for diabetes, heart disease and stroke. To implement this Project FIT tool, church health liaisons should coordinate with the pastor or other church leaders and the church ushers to: a) schedule date and time (to be included on in the church program) to review the risk checklist during a weekly church service, b) identify an individual to lead the congregation in completing the risk checklist, and c) work with ushers to ensure the responsive reading is handed out to church members at the beginning of service and collected after congregants complete it. The risk checklist should be reviewed with congregation and collected during the Project FIT launch church service.



## COMMITMENT PLEDGE CARDS

Individual pledge cards are to be signed by church members who commit to improving their health through increasing their level of physical activity and consuming healthy foods. Church health liaisons can coordinate with the pastor and church ushers to ensure individual pledge cards are passed out during the Project FIT launch Sunday church service, in which the pastor will incorporate messages about healthy living and taking care of one's temple.



## **BULLETIN INSERTS/BOOKMARKS**

Educational materials that include: a) information on diabetes, heart disease, and stroke; b) tips on healthy eating and regular physical activity; and c) a list of community resources for church and community members. Church health liaisons can coordinate with church leaders and ushers to ensure bulletin inserts and bookmarks are included and passed out to church members with regular weekly church bulletins and to community members at regular community outreach events (e.g., through church food/clothing, child care, and recovery programs).



## HEALTH SCREENING STRATEGIES GUIDE

Project FIT staff and volunteers will hold two health screening events that will include body mass index (BMI), cholesterol, blood pressure, and A1C (blood glucose) screenings before, during and after weekly church services. The screening strategies guide contains a list of motivational Project FIT tools church health liaisons and leaders can employ to encourage and mobilize church and community members to learn about their risk of diabetes, heart disease, and stroke. Strategies can include coordinating with the pastor or other church leader to role model receiving an A1C, blood pressure, cholesterol or BMI screening during church service or community event or asking someone who has been screened in the past to provide a testimonial about the screening process and the benefits of knowing their health risks.



## POSTER

A church-wide pledge in which the church commits to providing healthy foods at church events where food is commonly served (e.g., during Sunday school, church lunches/dinners, outreach events). Steps in adapting a healthy food environment at your church may include:

- Replacing donuts with fruit and whole wheat toast during Sunday school or other morning gatherings.
- Serving children carrot sticks, grapes, or whole wheat crackers rather than chips or candy during snack periods.
- Replacing fried chicken with baked chicken or sugar sweetened beverages with water during church dinners.



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