

2024 FAITH LEADER TOOLKIT



Providing faith leaders with the knowledge, tools, and resources to improve health outcomes in their communities.

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INTRODUCTION

Welcome to the Faith Leaders Toolkit for Health Promotion and Disease Prevention. This toolkit is designed to equip faith leaders with the knowledge, resources, and strategies to address critical health issues within their communities.

HOW FAITH LEADERS CAN HELP

As stewards of our communities, faith leaders hold a unique position of influence and trust. Your guidance, support, and leadership extend far beyond the walls of your place of worship, shaping the lives of individuals and families in profound ways. Through education, awareness campaigns, health screenings, and community outreach initiatives, you can empower individuals to take control of their health and make informed decisions that lead

to healthier lives. Together, faith leaders can break down barriers to care, eliminate disparities, improve health outcomes, and build a culture of long-term wellness that extends to every corner of your communities.

By leveraging your influence and trusted position, faith leaders can play a pivotal role in promoting healthier lifestyles and preventing diseases among your congregation members and beyond.

Faith AND GOVERNMENT

Faith and government collaboration can yield powerful societal benefits, combining the values and community ties of faith-based organizations with the resources and support systems of governments. In Florida, this partnership is formalized through Chapter 14.31 of Florida Law, which established the Faith-based and Community-based Advisory Council. This legislation acknowledges the significant impact of faith-driven and civic-minded individuals and groups in uplifting vulnerable communities.

The Florida Faith-Based and Community-Based Council operates as an official advisory body to both the Executive Office of the Governor and the Legislature. Its objectives include engaging, enabling, and expanding the work of volunteer faith-based and community-based organizations across the state. By fostering collaboration among faith-based, community-based, and governmental entities, the council aims to amplify the efforts of these organizations and enhance their support structures.

Case Study

Faith-Government Collaboration: Promoting Health Through Action

In a proactive effort to promote community health, faith-based organizations and government health agencies have joined forces to conduct health screenings and preventative healthcare initiatives. Faith groups host health fairs, screenings, and informational sessions within their congregations, while government agencies provide medical personnel, equipment, and logistical support. This partnership has resulted in increased access to preventive healthcare services, early detection of health issues, and heightened health awareness among community members. Through this collaborative effort, individuals are empowered to take charge of their health and well-being, fostering a healthier and more resilient community overall.

TOOLKIT OVERVIEW

This comprehensive toolkit covers five key health topics:

- Diabetes
- Hypertension
- Heart Disease and Stroke
- Tobacco Cessation
- Influenza

Each section of the toolkit provides valuable information, practical tips, and actionable resources tailored to empower faith leaders in addressing these health topics effectively.

Faith leaders are encouraged to explore the toolkit thoroughly, familiarize yourself with the content, and consider how you can integrate these health promotion strategies into your ministry activities. Thank you for your commitment to promoting health and wellness among your faith members and for being a catalyst for positive change in our communities.



What is Health Promotion & Prevention ?

Health promotion involves initiatives aimed at encouraging individuals to adopt healthy lifestyles and behaviors, such as maintaining a balanced diet and engaging in regular physical activity. Disease prevention encompasses strategies to reduce the occurrence and impact of specific health conditions through measures like vaccinations and early screenings. These efforts work together to promote overall health and mitigate the onset of illness.



What is Diabetes?



Diabetes is a chronic condition characterized by high levels of blood glucose (sugar) resulting from the body's inability to produce or effectively use insulin, a hormone that regulates blood sugar. It comes in various forms, including pre-diabetes, Type 1, Type 2, and gestational.

WHAT ARE THE RISK FACTORS?

Pre-Diabetes

Pre-diabetes occurs when blood glucose levels are elevated but not high enough for a diagnosis of diabetes.

Known risk factors include:

- Being overweight.
- Advanced age - 45 years or older.
- Having a parent, brother, or sister with type 2 diabetes.
- Being physically active less than 3 times a week.
- Having a history of gestational diabetes (diabetes during pregnancy) or giving birth to a baby who weighed over 9 pounds.
- Being of African American, Hispanic, Latino, American Indian, or Alaska Native descent. Additionally, some Pacific Islander and Asian American individuals are also at higher risk.



Type 1 Diabetes

Type 1 diabetes is commonly diagnosed in children and young adults, but it's a lifelong condition. If you have this type of diabetes, your body does not make insulin, so you must take insulin every day.

Known risk factors include:

- Family history: Having a parent, brother, or sister with type 1 diabetes.
- Age: You can get type 1 diabetes at any age, but it usually develops in children, teens, or young adults.

Type 2 Diabetes

The most common form of diabetes, type 2 diabetes occurs when your body makes insulin, but the insulin can't do its job, so glucose is not getting into the cells. Most people with diabetes have type 2 diabetes.

Known risk factors include:

- Having pre-diabetes.
- Being overweight.
- Age 45 or older.
- Having a family history of type 2 diabetes.
- Being physically inactive (less than 3 times a week).
- History of gestational diabetes or giving birth to a baby over 9 pounds.
- Belonging to high-risk ethnic groups such as African American, Hispanic, Latino, American Indian, Alaska Native, Pacific Islander, or Asian American individuals.





Gestational Diabetes

Gestational diabetes is a type of diabetes that can develop during pregnancy in women who don't already have diabetes. Every year, 2% to 10% of pregnancies in the United States are affected by gestational diabetes. Managing gestational diabetes will help make sure you have a healthy pregnancy and a healthy baby.

Centers for Disease Control and Prevention

Gestational diabetes occurs when a woman is pregnant. This type of diabetes is caused by a change in the way a woman's body responds to the hormone insulin during her pregnancy. This change results in elevated levels of blood glucose. A woman who has gestational diabetes during pregnancy is at greater risk for type 2 diabetes later.

Known risk factors include:

- Having had gestational diabetes during a previous pregnancy.
- Giving birth to a baby who weighed over 9 pounds.
- Being overweight.
- Being more than 25 years old.
- Having a family history of type 2 diabetes.
- Having a hormone disorder called polycystic ovary syndrome (PCOS).
- Being an African American, Hispanic or Latino, American Indian, Alaska Native, Native Hawaiian, or Pacific Islander person.



Organizing Support Activities



Faith leaders can implement various activities to support diabetes prevention within their communities, including:

N.1 Education and Awareness

Organize workshops, community seminars, or health fairs to educate the congregation about diabetes risk factors, prevention strategies, and healthy lifestyle choices.

N.2 Incorporating Health Messaging

Integrating diabetes prevention messages into sermons, newsletters, bulletins, and other communications platforms can raise awareness and reinforce healthy behaviors. Incorporate prayer, meditation, or mindfulness practices into faith gatherings to promote emotional well-being and stress reduction, which are important aspects of diabetes prevention.

N.3 Healthy Living Programs or Ministries

Implement programs within the faith community that promote healthy eating, regular physical activity, weight management, and stress reduction.

- Prediabetes Risk Test: Share this simple test with individuals in your faith community to raise awareness about prediabetes and help them determine if they are at risk.
- Cooking Demonstrations: Show how to prepare nutritious meals that support diabetes prevention and management.
- Physical Activity Classes: Encourage regular exercise through group classes or fitness challenges.



N.4 Support Groups

Establishing support groups for individuals living with diabetes or those at risk can provide encouragement, accountability, and resources for managing the condition and making positive lifestyle changes.

N.5 Collaborations with Healthcare Providers

Collaborate with local healthcare providers to offer screenings, health assessments, and access to healthcare services for diabetes prevention and management.

RESOURCES TO HELP YOU HELP OTHERS

The Diabetes Prevention Program (DPP) works to help Floridians prevent and manage diabetes and its complications, resulting in a healthier population, more productive workforce, and reduced burden on the health care system. The DPP focuses on increasing awareness and engagement with diabetes prevention and education programs recognized or accredited by the Centers for Disease Control and Prevention, the American Diabetes Association, and the American Association of Diabetes Educators.

A diabetes prevention lifestyle change program is a structured 12-month initiative designed to help people at risk for type 2 diabetes make lasting and healthy behavior changes.

- Find A Lifestyle Change Program in Your Area
- Florida's CDC-recognized National DPP Program Sites

The Insulin Distribution Program is a safety-net program and is only to be used when there is no other resource available for the insulin.

PRINTABLE MATERIALS FOR YOUR FAITH COMMUNITY

Are You at Risk for Type 2 Diabetes- English and Spanish
National Diabetes Month Flyer



SPREAD THE WORD

BULLETIN INSERT #1:

Diabetes Prevention: Empowering Healthier Lifestyles

Did you know that simple lifestyle changes can significantly reduce the risk of developing diabetes? It's true! Here are some key strategies for diabetes prevention that you can incorporate into your life:

- **Healthy Eating:** Nourish your body with foods rich in fruits, vegetables, whole grains, and lean proteins. Limit processed foods and sugary drinks for better health.
- **Regular Physical Activity:** Aim for at least 30 minutes of activity most days of the week to promote overall health. Try walking, jogging, swimming, or cycling to stay active.
- **Maintain a Healthy Weight:** Even small changes can have a significant impact on diabetes risk. Focus on maintaining a healthy weight through balanced diet and exercise.
- **Monitoring Blood Sugar Levels:** If you're at risk for diabetes, regularly monitor your blood sugar levels and seek medical advice when necessary for early detection and management.
- **Avoiding Tobacco and Limiting Alcohol:** Say no to smoking and limit alcohol consumption to reduce the risk of diabetes complications.

SOCIAL MEDIA MESSAGES

Copy 1: Take charge of your health! Did you know that making simple lifestyle changes can significantly lower your risk of developing diabetes? Here are some tips to help prevent diabetes:

- Maintain a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.
- Stay active! Aim for at least 30 minutes of exercise most days of the week.
- Prioritize quality sleep to regulate blood sugar levels and support overall well-being.
- Say no to smoking and limit alcohol intake.
- Aim for a healthy weight.

Spread the word and share these tips with your loved ones to help prevent diabetes together! #DiabetesPrevention #HealthyLiving #WellnessTips



Section I: Diabetes

Copy 2: November is National #DiabetesMonth! Take steps to manage diabetes and prevent diabetes

Copy 3: Managing diabetes as soon as possible after diagnosis can help prevent serious health problems. This National #Diabetes Month, talk with your doctor about making a diabetes self-care plan.

Learn more from the @National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month>



SECTION 2: HYPERTENSION

What is Hypertension?



Hypertension, commonly referred to as high blood pressure, is a prevalent medical condition causing increased blood pressure levels within the arteries. Hypertension often remains asymptomatic, earning it the moniker "silent killer," as its detrimental effects can quietly progress over time without noticeable symptoms. However, if left unmanaged, hypertension significantly increases the risk of heart disease, stroke, kidney disease, and other health complications. Understanding hypertension, its causes, risk factors, and management strategies, is crucial for preventing its adverse effects and promoting long-term health and well-being.

This condition poses significant health risks as it can adversely affect vital organs such as the heart, brain, kidneys, and eyes. However, the positive aspect is that, in many instances, blood pressure can be effectively managed, thereby reducing the likelihood of severe health complications.

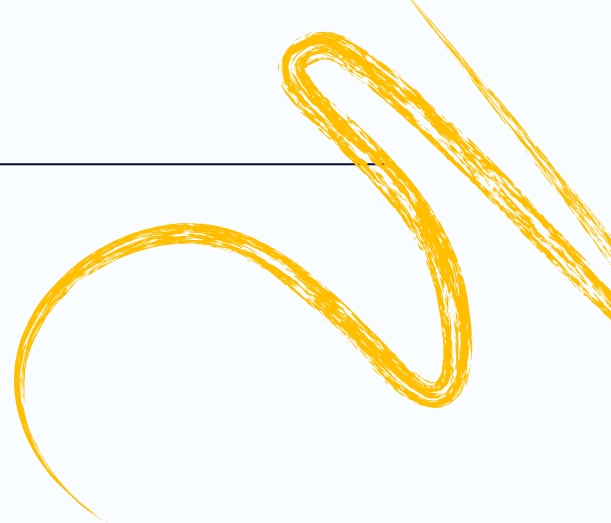
WHAT ARE THE RISK FACTORS?

There are many things that can increase your risk of getting hypertension. Some we can control while others we cannot.

You Cannot Control	You Can Control
Race	Weight
Heredity	Diet
Age	Alcohol Consumption
Sex	Physical Activity
	Smoking



Organizing Support Activities



Faith leaders can implement various activities to support hypertension prevention within their communities, including:

N.1 Educational Workshops

Organizing workshops or seminars within the faith community to educate members about hypertension risk factors, prevention strategies, and lifestyle modifications. Talk with your faith community about:

- Getting at least 150 minutes of physical activity each week (about 30 minutes a day, 5 days a week)
- Not smoking
- Eating a healthy diet, including limiting sodium (salt) and alcohol
- Keeping a healthy weight
- Managing stress

N.2 Health Screenings

Collaborate with healthcare providers to provide educational materials and offer blood pressure screenings and health assessments during religious gatherings or community events.

N.3 Prayer and Meditation Sessions

Incorporating prayer, meditation, or mindfulness practices into religious services or gatherings to promote emotional well-being and stress reduction.

N.4 Community Gardens or Farmers Market

Initiating community garden projects to encourage members to grow fresh produce and adopt healthier eating habits or host a farmers market onsite.



RESOURCES TO HELP YOU HELP OTHERS

American Heart Association Toolkit: Resources and tools aimed at promoting awareness, education, and management of high blood pressure (hypertension) within a community.

PRINTABLE MATERIALS FOR YOU FAITH COMMUNITY

- [Managing My Blood Pressure-English](#)
 - [Managing My Blood Pressure- Spanish](#)
- [My Blood Pressure Log- English](#)
 - [My Blood Pressure Log- Spanish](#)
- [My First Blood Pressure Visit-English](#)
 - [My First Blood Pressure Visit- Spanish](#)
- [Consequences for High Blood Pressure- English](#)
- [Make the Most of Your Appointment with Your Health Care Professional-English](#)
- [Blood Pressure Measurement Instructions-English](#)

SPREAD THE WORD

BULLETIN INSERT #2

What is hypertension? It's when the force of blood against your artery walls is consistently too high. This can strain your heart and blood vessels over time, increasing your risk of heart disease, stroke, and other health problems.

- As stewards of our bodies, it's vital for us to be mindful of our blood pressure and take steps to maintain healthy levels. Here are some key points to consider:
- Know Your Numbers: Get your blood pressure checked regularly, especially if you're over 40, have a family history of hypertension, or lead a high-stress lifestyle.
- Healthy Lifestyle Habits: Embrace heart-healthy habits such as eating a balanced diet rich in fruits, vegetables, and whole grains, reducing sodium intake, staying physically active, managing stress, and avoiding tobacco and excessive alcohol consumption.
- Seek Support: If you have hypertension or are at risk, seek support from healthcare professionals, friends, and family. You're not alone, and managing hypertension is a journey that's easier with support.
- Spread Awareness: Share information about hypertension with loved ones and within our community.



SOCIAL MEDIA MESSAGES

Copy #1:

Regularly monitoring your blood pressure, with support from your health care team, can help lower your risk for heart disease and stroke. You can check your blood pressure at the doctor's office, at a pharmacy, or even at home! Learn more from the CDC: <https://www.cdc.gov/bloodpressure/measure.htm>

Copy #2

High blood pressure is often called the silent killer. You might not have symptoms, but it's a leading risk factor for heart disease and stroke. Monitoring your own blood pressure at home can help you keep your blood pressure under control. <https://www.cdc.gov/bloodpressure/measure.htm>



What is Heart Disease & Stroke?



The term “heart disease” refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease, which affects the blood flow to the heart. If the heart muscle doesn’t get enough blood, it can cause a heart attack, also called a myocardial infarction. Immediate treatment is critical to reduce the amount of damage to the heart muscle. The more time that passes without treatment to restore blood flow, the greater the damage to the heart muscle.

WHAT ARE THE RISK FACTORS?

Many risk factors can be modified, treated, or controlled by focusing on lifestyle habits and taking medicine, if prescribed by a health care provider.

Known risk factors include:

- [High blood cholesterol](#)⁴
- [High blood pressure](#)⁵
- [Diabetes](#)⁶
- [Overweight or obesity](#)
- Smoking

Lifestyle choices and behaviors can also increase your risk for heart disease. Your doctor may recommend changes to your lifestyle to reduce your risk.

Known risk factors include:

- Unhealthy diet
- Physical inactivity
- Too much alcohol
- Smoking





WHAT ARE STROKE RISK FACTORS?

Anyone can have a stroke at any age, but certain things can increase your chances of having a stroke. Known risk factors include:

- Hypertension
- Diabetes
- Heart Disease
- High Cholesterol
- Sickle Cell Anemia
- Obesity

If you think someone may be having a stroke, act **F.A.S.T.** and do the following test:

F—Face: Ask the person to smile. Does one side of the face droop?

A—Arms: Ask the person to raise both arms. Does one arm drift downward?

S—Speech: Ask the person to repeat a simple phrase. Is the speech slurred or strange?

T—Time: If you see any of these signs, call 9-1-1 right away.

Remember, time is brain. 

WHAT IS A STROKE?

A stroke, sometimes called a brain attack, occurs when something blocks blood supply to part of the brain or when a blood vessel in the brain bursts.

In either case, parts of the brain become damaged or die. A stroke can cause lasting brain damage, long-term disability, or even death.

Learn about the health conditions and lifestyle habits that can increase your risk for stroke.

Centers for Disease Control and Prevention

Organizing Support Activities



Faith leaders can implement various activities to support heart disease and stroke prevention within their communities, including:

N.1 Heart-Healthy Cooking Classes

Organizing cooking workshops or demonstrations that focus on preparing nutritious meals that support heart health. Congregants can learn how to cook delicious and healthy recipes using fresh ingredients and learn about the importance of balanced nutrition in preventing heart disease and stroke.

N.2 Faith-Based Fitness Challenges

Launching fitness challenges or walking groups within the faith community to encourage regular physical activity. Faith leaders can organize group walks, runs, or fitness classes and track participants' progress as they work towards fitness goals. These challenges can promote camaraderie, accountability, and the importance of staying active for heart health.

N.3 Art Therapy Sessions

Hosting art therapy sessions or creative workshops where congregants can express themselves through various art forms such as painting, drawing, or collage-making. These sessions can provide a therapeutic outlet for stress relief and emotional well-being, promoting mental health alongside physical health for heart disease and stroke prevention.

N.4 Community Gardening Projects

Initiating community gardening projects where congregants can come together to cultivate fruits, vegetables, and herbs. Gardening not only promotes physical activity but also fosters a connection to nature and encourages healthier eating habits. Congregants can learn about the benefits of fresh produce for heart health while participating in hands-on gardening activities.



N.5 Mindfulness and Meditation Sessions

Offering mindfulness and meditation sessions or mindfulness walks where congregants can practice relaxation techniques, deep breathing exercises, and mindfulness meditation. These sessions can help reduce stress, lower blood pressure, and promote emotional well-being, contributing to heart disease and stroke prevention.

N.6 Storytelling Circles

Facilitating storytelling circles or discussion groups where congregants can share personal experiences related to heart health, stroke prevention, and lifestyle changes. Sharing stories can inspire and motivate others to prioritize their health, make positive changes, and support one another on their wellness journeys.

N.7 Heart Health Art Exhibitions

Organizing art exhibitions or galleries featuring artwork created by congregants that reflect themes of heart health, stroke prevention, and healthy living. These exhibitions can raise awareness, spark conversations, and inspire action within the faith community while showcasing the creative talents of its members.

RESOURCES TO HELP YOU HELP OTHERS

Connect the Faith Community with a Heart Health Plus Local County Health Department: County health departments have implemented Heart Health Plus activities, including blood pressure self-monitoring programs, within their communities.

Body and Soul Toolkit: This toolkit, developed by the National Cancer Institute, is made available by the Office of Minority Health through the Florida Department of Health as an online toolkit for African American churches with the goal to encourage healthy diets and active lifestyles.



PRINTABLE MATERIALS FOR YOUR FAITH COMMUNITY

Spot a Stroke FAST Poster-English

SPREAD THE WORD

BULLETIN INSERT #1

We often hear about the importance of monitoring our blood pressure, but do we truly understand why? Hypertension, or high blood pressure, is a silent yet serious health concern affecting millions worldwide. Left untreated, it can lead to heart disease, stroke, and other complications.

Here are some key points to consider:

- 1. Know Your Numbers:** Regularly check your blood pressure, especially if you're over 40 or have risk factors like a family history of hypertension, obesity, or a sedentary lifestyle.
- 2. Healthy Lifestyle Choices:** Embrace heart-healthy habits such as eating a balanced diet low in sodium, staying physically active, managing stress, limiting alcohol intake, and avoiding tobacco use.
- 3. Seek Support:** If you have hypertension or are at risk, don't hesitate to seek support from healthcare professionals, friends, and family. Together, you can create a plan to manage your blood pressure and improve your overall health.
- 4. Spread Awareness:** Share information about hypertension with your loved ones and encourage them to prioritize their heart health. By raising awareness, we can empower each other to take proactive steps towards better health.

Let's take control of our health and make positive choices to prevent and manage hypertension. Together, we can lead healthier lives and support each other on our journey to wellness.



SOCIAL MEDIA MESSAGES

Raise awareness for these health observances

February
American Heart Month
#HeartMonth

September
World Heart Day
#WorldHeartDay

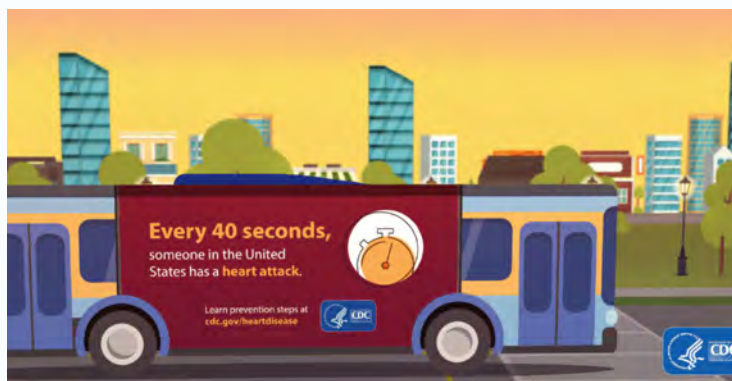
Copy 1:
#HeartDisease is the number 1 killer of women, but there are ways you can lower your risk every day. Take an active role in your health and learn what it takes to keep your #heart healthy. <http://bit.ly/2YCYued>

Copy 2:
Almost 50% of Americans have at least 1 of 3 key risk factors for #HeartDisease: high #BloodPressure, high blood #cholesterol, or smoking. You can control these risk factors—learn how. <http://bit.ly/38m4U2U>

Copy 3:
Every 40 seconds someone in the United States has a heart attack.

Copy 4:
About half of all Americans have at least one of the three key risk factors for heart disease: high blood pressure, high blood cholesterol, and smoking. Learn how to reduce your risk factors here:
https://www.cdc.gov/heartdisease/risk_factors.htm

Graphics:



Time is muscle.

How Does Tobacco Affect Your Health?



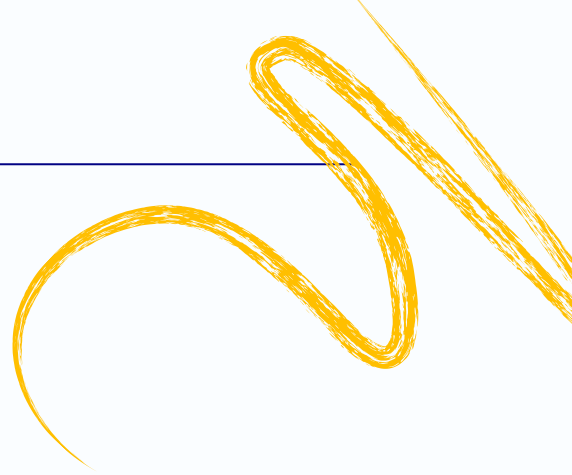
Smoking cigarettes poses significant health risks, including heart disease, stroke, cancer, diabetes, gum disease, and chronic obstructive pulmonary disease (COPD), among others.

Other forms of tobacco, such as smokeless tobacco (e.g., chew and dip) and cigars, cigarillos, and little cigars, also pose health risks. Smokeless tobacco can lead to cancer of the mouth, esophagus, and pancreas, while cigars contain similar toxic and carcinogenic compounds found in cigarettes and are not considered a safe alternative.

Furthermore, electronic vapor products, commonly known as vaping, are not without risks. Contrary to popular belief, the aerosol, or vapor, emitted by these products is not harmless water vapor. Vaping products often contain nicotine, a highly addictive substance, and their long-term health effects are still being studied. It's crucial to educate individuals, especially young people, about the potential dangers of vaping and discourage its use.



Organizing Support Activities



Faith leaders can implement various activities to support tobacco cessation within their communities, including:

N.1 Awareness Campaigns

Launching educational campaigns to raise awareness about the health risks associated with tobacco use, including smoking and smokeless tobacco. Faith leaders can use sermons, newsletters, and community events to disseminate information and promote tobacco cessation resources.

N.2 Smoking Cessation Workshops

Organizing workshops or support groups focused on smoking cessation strategies and resources. These sessions can provide information on nicotine replacement therapy, counseling services, and tips for quitting smoking effectively.

N.3 Faith-Based Quitting Programs

Developing faith-based quitting programs tailored to the unique needs and preferences of congregants. These programs can incorporate spiritual support, encouragement, and prayer as part of the cessation journey.

N.4 Tobacco-Free Policies

Advocating for tobacco-free policies within faith-based organizations, including smoke-free campuses and events. Faith leaders can lead by example by promoting a healthy and smoke-free environment for congregants and visitors.

N.4 One-on-One Counseling

Offering individual counseling or pastoral care for congregants who are struggling with tobacco addiction. Faith leaders can provide a listening ear, offer support, and connect individuals with professional resources and treatment options.



N.5 Celebrating Milestones

Recognizing and celebrating milestones in tobacco cessation journeys, such as quitting anniversaries or reaching specific goals. Faith leaders can acknowledge and applaud the efforts of individuals who have successfully quit or are in the process of quitting tobacco.

N.6 Partnering with Healthcare Providers

Collaborating with local healthcare providers, clinics, or cessation programs to offer comprehensive support for tobacco cessation. Faith leaders can refer congregants to medical professionals for personalized cessation plans and ongoing support.

RESOURCES TO EMPOWER YOU IN SUPPORTING OTHERS

In partnership with Tobacco Free Florida Quit Your Way program [Florida Area Health Education Centers \(AHEC\)](#) offers free group cessation sessions. Connect with the [Area Health Education Centers](#).

PRINTABLE MATERIALS FOR YOUR FAITH COMMUNITY

[Tobacco Free Florida-English](#)

[Tobacco Free Florida-Spanish](#)

[Tobacco Free Florida- Quit Your Way](#)

[Tobacco Free Campus Poster-English](#)

[Vaping and Youth](#)

SPREAD THE WORD

Social Media Messages

Copy #1: Cigarette smoking remains the leading cause of preventable death in the US. Evidence-based mass media campaigns like #CDCTips can help people quit smoking: #CDC.gov/Tips Impact



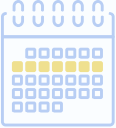
Bulletin Inserts

THE COST OF SMOKING

1 year of cigarettes = \$2,100


That can add up to more than \$10,500 in just 5 years.

Based on the average pack-a-day smoker in Florida

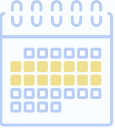


1 week of cigarettes

=




TANK OF GAS

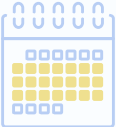


2-3 weeks of smoking

=




MONTHLY ELECTRIC BILL



3-4 weeks of smoking

=



FAMILY CELL PHONE BILL



4-5 weeks of smoking

=



GROCERIES FOR A WEEK

Tobacco is expensive, BUT QUITTING CAN BE FREE

tobaccofreeflorida.com



Bulletin Inserts



QUIT YOUR WAY

Quitting tobacco isn't easy. Finding help should be. Tobacco Free Florida offers free tools and services to help you get started. Just pick the one that's right for you and get the support you need.



PHONE QUIT

A Quit Coach® is waiting for your call to help you on your journey to be tobacco free.

- Quit Coach® 24/7
- 2 weeks nicotine patches or gum
- Custom plan
- 3 calls from Quit Coach®
- **1-877-U-CAN-NOW** (1-877-822-6669)



GROUP QUIT

Register for a session with trained facilitators along with others who want to quit like you.

- Led by a trained specialist
- 2 to 4 weeks nicotine patches, gum or lozenges
- Convenient times & locations
- Group support



WEB QUIT

Get 24/7 access to Web Quit, where you'll find 2 weeks nicotine patches or gum, a progress tracker and blogs where you can share your story.

- Available 24/7
- 2 weeks nicotine patches or gum
- Track your progress
- Blogs



MORE QUIT TOOLS

But wait, there are more ways to quit! Choose what you need or use them in addition to our Phone, Group and Web services.

- Available 24/7
- 2 weeks nicotine patches
- Texting support
- Quit Guide & helpful emails



What is Seasonal Influenza?



The flu, short for influenza, is a contagious respiratory illness caused by influenza viruses. It can lead to mild to severe symptoms and, in some cases, can be life-threatening. Symptoms of the flu often include fever, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, and sometimes vomiting and diarrhea.

The flu is typically spread through respiratory droplets when an infected person coughs, sneezes, or talks. It can also spread by touching surfaces or objects contaminated with the virus and then touching the mouth, nose, or eyes.

Influenza can affect people of all ages, but certain groups, such as young children, elderly individuals, pregnant women, and people with underlying health conditions, are at higher risk of developing severe complications from the flu.

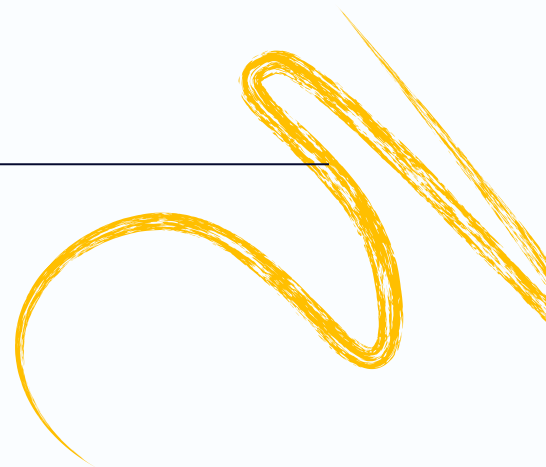
Vaccination is the most effective way to prevent the flu and its complications.

Prevention Actions

- The Centers for Disease Control and Prevention recommends a yearly flu vaccine as the first and most important action in reducing your risk of flu and its potentially serious outcomes.
- Avoid close contact with people who are sick.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.



Organizing Support Activities



Faith leaders can implement various activities to support to prevent and control seasonal influenza within their communities, including:

N.1 Education and Awareness Campaigns

Organize workshops, seminars, or informational sessions to educate congregation members about the importance of influenza vaccination, symptoms of the flu, and preventive measures such as hand hygiene and respiratory etiquette.

N.2 Sanitation Stations

Designate an area for maintaining cleanliness and hygiene. The station can include items such as hand sanitizers, disinfectant wipes, gloves, and sometimes masks.

N.3 Vaccine Clinics

Partner with local healthcare providers or county health departments to host flu vaccine clinics at the place of worship or within the community.

N.4 Health Screenings

Offer health screenings or check-ups during religious gatherings or community events to assess individuals' risk factors for influenza and provide guidance on preventive measures.

N.5 Communication and Outreach

Use newsletters, bulletins, websites, social media platforms, and announcements during religious services to disseminate information about influenza prevention, vaccination, and resources available in the community.



N.6 Encouragement and Support

Encourage congregation members to get vaccinated against the flu and provide support to those who may have questions or concerns about vaccination. Address misconceptions or myths surrounding the flu vaccine and emphasize its safety and efficacy.

N.7 Prayer and Spiritual Support

Offer prayers for the health and well-being of individuals and communities affected by influenza. Provide spiritual guidance and support to those who are experiencing illness or caring for loved ones with the flu.

N.8 Lead by Example

Set an example by getting vaccinated against the flu yourself and encouraging others to do the same. Emphasize the importance of taking proactive measures to protect oneself and others from influenza.

RESOURCES TO EMPOWER YOU IN SUPPORTING OTHERS

[Florida Department of Health: Influenza Fact Sheet for Home](#)

[Florida Department of Health: Influenza Fact Sheet General Public](#)

PRINTABLE MATERIALS FOR YOUR FAITH COMMUNITY

[CDC: Seasonal Flu Resource Center](#)

[CDC: Seasonal Flu Print Materials](#)

SPREAD THE WORD

Social Media Messages

Copy 1: Most people who get sick with flu will have mild illness, however, flu can make chronic health problems worse. Flu vaccine is the best protection from flu and its potentially serious complications. Find out what groups of people are at high risk for complications: <https://www.cdc.gov/flu/highrisk/index.htm>

Copy 2: Did you know? Flu viruses are thought to spread mainly by droplets made when people with flu cough, sneeze, or talk and can spread up to others up to 6 feet away. Learn more about how flu spreads: <https://www.cdc.gov/flu/about/disease/spread.htm>

Copy 3: Did you know? These 3 simple actions can help you prevent illness, including flu, this fall and winter. More about how to fight flu here: [Healthy Habits to Help Protect Against Flu | CDC](#)



Bulletin Insert

Protect Yourself and Others: Get Vaccinated Against the Flu!

Flu season is upon us, and it's time to take action to protect ourselves and our loved ones.

Here are some key points to keep in mind:

- **Get Vaccinated:** The flu vaccine is one of the most effective ways to prevent the flu. It's recommended for everyone aged six months and older, especially for those at higher risk of complications, such as young children, older adults, pregnant women, and individuals with certain medical conditions. By getting vaccinated, you not only protect yourself but also contribute to community immunity, reducing the spread of the flu to others.
- **Practice Good Hygiene:** Simple habits like washing your hands regularly with soap and water, avoiding touching your face, and covering your mouth and nose when coughing or sneezing can help prevent the spread of flu viruses.
- **Boost Your Immune System:** Maintain a healthy lifestyle by eating a balanced diet, staying physically active, getting enough sleep, managing stress, and staying hydrated. A strong immune system can help your body fight off infections more effectively.
- **Stay Informed:** Keep yourself informed about flu activity in your area and follow recommendations from healthcare professionals and public health authorities. They can provide valuable guidance on flu prevention, vaccination clinics, and other resources available to you.

For more information visit: [Influenza \(Flu\) | CDC](https://www.cdc.gov/flu)



Glossary

- **Chronic Conditions:** Chronic conditions, also known as chronic diseases or noncommunicable diseases, are health conditions that persist over an extended period. These conditions often require ongoing medical care and management and may significantly impact an individual's quality of life.
- **Faith Community:** Also known as a religious community or spiritual community, refers to a group of individuals who share a common faith, belief system, or religious tradition.
- **Faith Leader:** A faith leader is an individual who holds a position of authority or influence within a religious community or organization.
- **Risk Factor:** A risk factor refers to any attribute, characteristic, or exposure that increases the likelihood of developing a particular disease or condition. Risk factors may be genetic, environmental, behavioral, or related to lifestyle choices.



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Community Resources

- Florida Department of Health: The primary government agency responsible for promoting and protecting the health of residents in the state of Florida. The website, www.floridahealth.gov, serves as a hub for a wide range of information and resources related to public health initiatives, programs, services, and regulations in Florida.
- Florida Rx Connects (Prescription Drug Donation Repository Program): A program designed to provide prescription medications to individuals who are uninsured or underinsured and cannot afford their medications.
- Florida Health New and Low-Cost Health Services: Individuals can contact their local DOH office or visit the department's website for more information on specific services and eligibility criteria.
- HOPE Florida: A program that connects Floridians with Hope Navigators to help them achieve economic self-sufficiency and hope.
- Fresh Access Bucks (feedingflorida.org): Fresh Access Bucks (FAB) is a nutrition incentive program that increases the purchasing power of SNAP recipients to buy fresh fruits and vegetables at farmers markets, produce stands, CSAs, mobile markets, and community grocery outlets.
- Medical Foster Care Program: Provides children in foster care with medical conditions an opportunity to receive care within a family setting.
- No Cost and No Cost Health Services -
<https://www.floridahealth.gov/programs-and-services/minority-health/FLHealth-Services-Eng.pdf>



Community Resources

988 SUICIDE & CRISIS
LIFELINE

988 Suicide and Crisis Lifeline: If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org/



Get Help - Find Local Mental Health or Substance Abuse Services: If you or someone you know is in need of substance abuse and/or mental health services, the local managing entities can help you locate available programs. Find local services by county: myflfamilies.com/SAMH-Get-Help

Florida Domestic Violence Hotline: Advocates are available 24/7 to provide support, safety planning, information, and referrals to a local certified domestic violence center for immediate access to services for individuals who are experiencing or have been impacted by domestic violence. Call 800-500-1119 or visit: myflfamilies.com/services/abuse/domestic-violence/find-your-local-domestic-violence-center

Florida Abuse Hotline: Accepts reports 24 hours a day and 7 days a week of known or suspected child abuse, neglect, or abandonment and reports of known or suspected abuse, neglect, or exploitation of a vulnerable adult. Call 800-962-2873 or report online at: reportabuse.myflfamilies.com/s/



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