

Ecumenical Ministries *of* Oregon

Interfaith Food & Farms Partnership



Congregational Wellness Project

Ecumenical Ministries of Oregon (EMO)

The mission of EMO is to bring
together Oregon's diverse faith
community for **dialogue, advocacy**
and **community ministries**



Program Areas

- Theological Education
- Interfaith Dialogue/ Peacemaking
- Community Services
- Public Policy Advocacy
- Environmental Ministries

EMO is...

A State-Wide Community of:

- Denominations/Religions
- Interfaith Partners
- Congregations
- Non-Profit & Governmental Partner Organizations
- Staff and Volunteers
- The People We Serve



Congregational Wellness Project Overview



Goals:

- Build on EMO's (IFFP) food security work
- Help the Robert Wood Johnson Foundation develop a national program model for health promotion and advocacy with this population
- Help congregations create lasting changes to improve health and reduce childhood obesity

Congregational Wellness Project Overview



Goals:

- Join together to bring about similar (environmental) changes in the wider community – interfaith coalition
- Connect with regional and national agenda: Portland Plan, Parks & Recreation, P.E. in schools, Let's Move, USDA's Faith-Based Initiative

Congregational Wellness Project



Activities:

- Recruited pilot congregations and advisors
- Helped sites form wellness teams
- Designed a “CHI” assessment tool to help congregations identify opportunities to promote health and to create action plans for change
- Interfaith Wellness Coalition for community level work
- Sharing model & resources: faithandwellness.org, sample policies, mini grants, IFFP buying club

Interfaith Wellness Coalition



Interfaith Wellness Coalition



What is the Congregational Health Index (CHI)?

- Based on CDC's School Health Index (SHI)
- Survey tool to help congregations identify challenges & opportunities for healthier lives
- Helps congregations plan easy, realistic changes in their policies, practices & building use
- Changes the setting/environment to make healthy choices the easy choices

More about the CHI...

Designed to be Flexible and Acceptable to Congregations of Different:

- Denominations/Faiths
- Sizes
- Cultures/Ethnic Backgrounds
- Locations
- Available Resources



Why Involve Faith Communities?



Faith communities are entry points for health interventions.

They also have unique assets and values not always found in other institutions.

Why Involve Faith Communities?



Unique Assets and Values
Not Found in Other Institutions:

- Wellness and self care are often tied to religious beliefs and practices.
- Strength and support from a faith community can inspire and sustain change.
- Commitment to social justice and caring for others.
- Resources: Land and indoor space for: cooking, physical activity, gardening; volunteers; community connections.

Time for Stories from Congregations!

