



Bless Your Heart

Educational Materials and Resources

Tools for Building a Health Ministry

The Tennessee Department of Health has a webpage called “Ten Tips for Building and Growing a Health Ministry.” The page has tips and links to resources that can help you with your health ministry. You can find the page through the Division of Minority Health and Disparity Elimination at health.state.tn.us/dmhde/faithtips.shtml.

Million Hearts Resources

The Million Hearts website has several tools for you. You can find them at millionhearts.hhs.gov/resources/tools.html. Those tools include:

- **Heart Attack Risk Calculator:** This calculator helps you determine your risk of heart attack or heart disease over a ten-year period. After you take the test, the calculator also shows you ways you can reduce your risk.
- **My Life Check:** This is a quick tool you can use to find out more about your heart health and ways you can live a heart-healthy lifestyle.



Centers for Disease Control and Prevention

The Centers for Disease Control and Prevention (CDC) website has information about healthy living (www.cdc.gov/HealthyLiving). Here, you can find information about staying healthy, including healthy weight, heart disease, high blood pressure, nutrition, obesity, smoking and stroke prevention. The CDC also offers a Disease & Conditions feature that gives monthly updates on topics like heart disease (www.cdc.gov/Features/DiseasesConditions.html).

American Heart Association

The American Heart Association's website has information about heart disease and stroke, including staying heart healthy and special information for caregivers, healthcare providers and teachers at www.heart.org/HEARTORG.

You can also find information about preventing strokes at www.strokeassociation.org/STROKEORG.

If you or a church member is a heart patient, the American Heart Association has a site for patient information and tools. You can find it at www.hearhub.org.

United States Department of Agriculture (USDA)

- **Choose My Plate:** The USDA has many educational tools and resources on its Choose My Plate website. It is designed to encourage healthy eating for Americans. You can find this information at www.choosemyplate.gov.
- **Super Tracker Tool:** This USDA tool is also available on the Choose My Plate website. It helps you track what you eat, your physical activity, your weight loss and goals. You can find the Super Tracker tool at www.choosemyplate.gov/SuperTracker/default.aspx.
- **10 Tips Nutrition Educational Series:** This gives tips that are easy to follow and can be printed in English or Spanish for handouts or to post on bulletin boards. The tips are a starting point for adults, teens and children who want to start eating a healthier diet. You can find the 10 tips series at www.choosemyplate.gov/healthy-eating-tips/ten-tips.html.



Building a Church Garden

The American Community Garden Association (ACGA) has information about factors you should consider before starting a community garden. You can find start-up resources at <https://communitygarden.org/resources/community-garden-start-up-resources>.