

Benefits

- Free of Charge
- Free supplies and materials for workshops and events.
- Free Food
- Fellowship
- Lots of support for ideas
- Help with scheduling speakers
- Free health information
- Free training
- A Healthier Congregation!!!

The next training is set for Thursday, January 10th and Monday, January 14th. Coordinators must attend both sessions to receive notebook and certification.

Program Support

American Heart Association
Regina Fleenor, RN/BSN/EMT-P

Local Support-

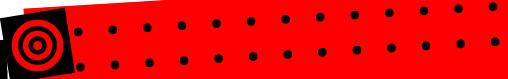
Alliance for Health
Anne Short, Executive Director

Health Disparities Initiative
Shara McGee, Project Coordinator



For answers to your
questions, please call:

Shara McGee
704-484-5109



Beloved, I wish above all things
that thou mayest prosper and be
in health, even as thy soul
prospereth.
III John 1:2

American Heart
Association
Search Your Heart
Program

American Heart
Association® 
Learn and LiveSM



CLEVELAND COUNTY
HEALTH DEPARTMENT

REACHING OUT TO CLOSE THE GAP



Program Background

Search Your Heart is a faith-based program for heart health and stroke prevention. It is an informative, interactive and fun initiative that helps faith-based organizations reach African Americans and Hispanics/Latinos. Started in 1996, the program now has over 15,000 participating churches across the country.

Statistics show that African-Americans and Hispanics/Latinos have a higher risk for cardiovascular disease than Caucasians and are less aware of their cardiovascular risk factors.

Research studies reveal that cardiovascular disease is the leading cause of death for African-American males and females age 20 and older.

By empowering these individuals with information, the program shows how to take necessary steps to reduce the risk of heart disease and stroke, including making healthy lifestyle changes and developing heart-healthy habits.

www.americanheart.org

The Search Your Heart educational program is divided into three sections: Heart Disease & Stroke, Nutrition, and Physical Activity.

Heart Disease and Stroke

In this module you will learn:

- The basic information on heart disease and stroke, the risk factors and what you can do to reduce your own risk.
- The warning signs and what you should do if you or someone around you is displaying these symptoms.

Nutrition

In this module you will learn about

- How what you eat can affect your risk factors for heart disease and stroke
- Daily recommended servings
- Heart-healthy cooking tips
- How to make smart food choices at restaurants
- The importance of breakfast
- Brown bags and snack tips
- Tips for cooking with fats and oils
- Time-saving tips
- Losing weight
- Building a heart-healthy lifestyle

Physical Activity

In this module you will learn about:

- All of the positive effects physical activity has on your heart
- How to fit fitness in your daily life in a cost-effective way
- Consulting with your health provider about beginning an exercise routine
- The different types of exercise: aerobic, flexibility and strength
- How to develop a fitness routine that you can maintain year-round

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What you need:

- Designate 3 people from your church to be trained as coordinators.
- Have your pastor sign a Letter of Agreement.
- Attend the two-session training. (6 hours total training)
- Take information back to your congregation