

Organization: Perfecting the Saints Family Worship Center

County: Cumberland**Address:** P.O. Box 9399
Fayetteville, N.C. 28311**Phone:** 910-482-3172**Website:** <http://ptsfwc.org/>**Project:** Educational Sessions for Wellness Program*****Below are excerpts from their final report*****

About the Project: Perfecting the Saints Family Worship Center used the funds awarded through the North Carolina Healthy Start Foundation to purchase a HP computer bundle and printer. As stated in the proposal the program is designed to work with six to eight African American churches within the community to encourage lifestyle changes to reduce the risk of heart disease, stroke, diabetes and cancer. Additionally the computer will be used to distribute a quarterly health newsletter to include tips on cooking, physical activity and stress relief techniques to 100 people. Participants can expect health announcements and health tips throughout the year, and resources available to them for their use from Perfecting the Saints.

For example, during the month of April a PowerPoint presentation was presented on The Winner's Circle Healthy Dining program. The program uses one consistent logo—a purple star with a gold fork—to identify healthy foods anywhere people eat away from home. These healthy foods are qualified based on widely-accepted nutrition recommendations to support optimal health and prevent chronic diseases. Winner's Circle qualified items encourage consumption of fruits, vegetables, grains, beans, and calcium-rich foods while limiting the intake of fat, sodium, and sugars. An evaluation was done to determine who was and wasn't familiar with the Winner's Circle Healthy Dining program. It was determined the majority of families eating at local establishments were unaware of the North Carolina healthy eating logo. Individuals can now look for the purple star and gold fork to determine the healthier choices when dining out to make healthier food choices throughout their lives.

Successes: Churches are willing and able to do all that they can to improve and prevent health challenges, problems and deaths due to preventable causes. Therefore Perfecting the Saints Family Worship Center appreciates the N.C. Healthy Start Foundation for providing us with grant funds to purchase a computer system to further reach the church family and members of the different communities we are serving to provide awareness and educational programs with emphasis on behavioral lifestyle changes.



