



Healthy Congregations Retreat

Forward Focus: Building Health Through Engaged congregations and Communities

May 3, 2023





2023 Healthy Congregations Retreat

- ▶ 92 participants
- ▶ Reflection and Healing
- ▶ 3 Plenary Sessions
- ▶ 18 speakers
- ▶ Wide range of topics and experts (Addressing hunger, KanCare Expansion, Behavioral Health, Advocacy and Engagement) helped to make the retreat rich in conversation and diverse in shared ideas





2023 Healthy Congregations Retreat Goals



- ▶ Provide churches with an opportunity to learn more about advocacy and our other grant funding work.
- ▶ Highlight special grant opportunities and provide space for networking to increase idea sharing for HC renewal.
- ▶ Offer a time to come together, call out challenges we've shared, and leave feeling connected.



Pastor Rhonda Kingwood and Matt Johnson led the first day with reflection and healing.



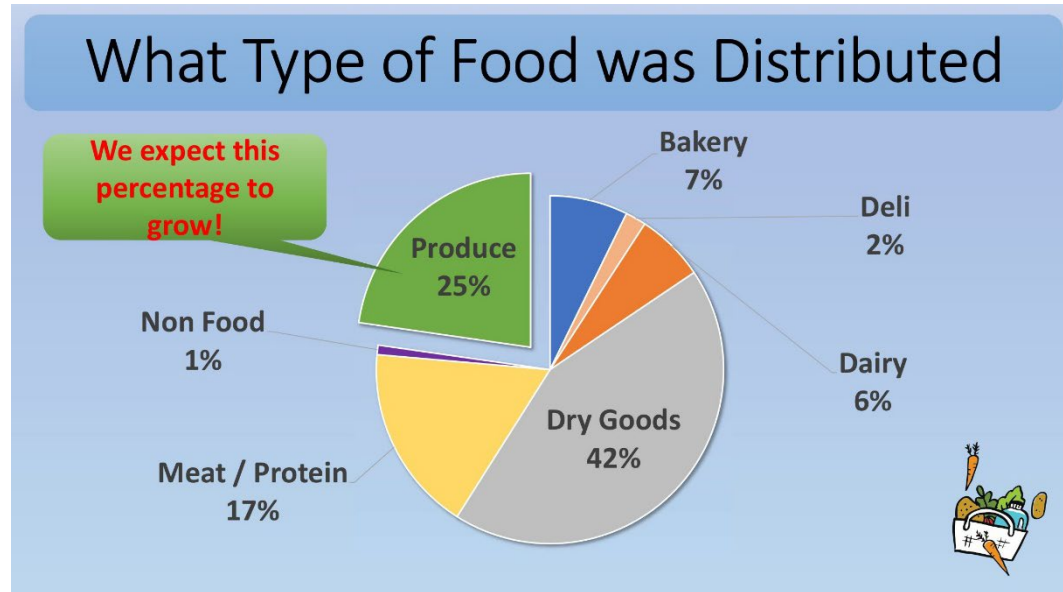


Addressing Hunger in the Heartland

Panelist provided ideas and examples of programs and opportunities to support reducing food insecurity.

- In the 2022 Fiscal Year, SNAP helped 195,800 Kansas residents, or 7% of the state population (1 in 15)
- 9.7% of Kansans are food insecure
- 14.6% of Kansas Kids are food insecure

By Dr. Justin Moore





Healthy Congregations 101 and Brainstorming

Healthy Congregation teams had the opportunity to ask questions, discuss ideas and get energized for the upcoming grant cycle.



Healthy Congregations Special Opportunities

- Big Garden community gardening startup/expansion
- Bike Share In a Box
- Faith in Democracy (Voter Engagement)
- Giving Groves
- Good Neighbor Experiment
- Mental Health First Aid
- Strengthening Families Program
- Summer Food Service Program
- As for Me and My Body

KFF
Kaiser Family Foundation

Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
<ul style="list-style-type: none"> • Employment • Income • Expenses • Debt • Medical bills • Support 	<ul style="list-style-type: none"> • Housing • Transportation • Safety • Parks • Playgrounds • Walkability • Zip code / geography 	<ul style="list-style-type: none"> • Literacy • Language • Early childhood education • Vocational training • Higher education 	<ul style="list-style-type: none"> • Hunger • Access to healthy options 	<ul style="list-style-type: none"> • Social integration • Support systems • Community engagement • Discrimination • Stress 	<ul style="list-style-type: none"> • Health coverage • Provider availability • Provider linguistic and cultural competency • Quality of care

Health Outcomes
Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations



KanCare Expansion and UMC Social Principles

This breakout session provided an in-depth exploration of how health care access expansion and the principles of UMC go hand in hand. The speakers also delivered an update on recent advocacy for KanCare expansion.



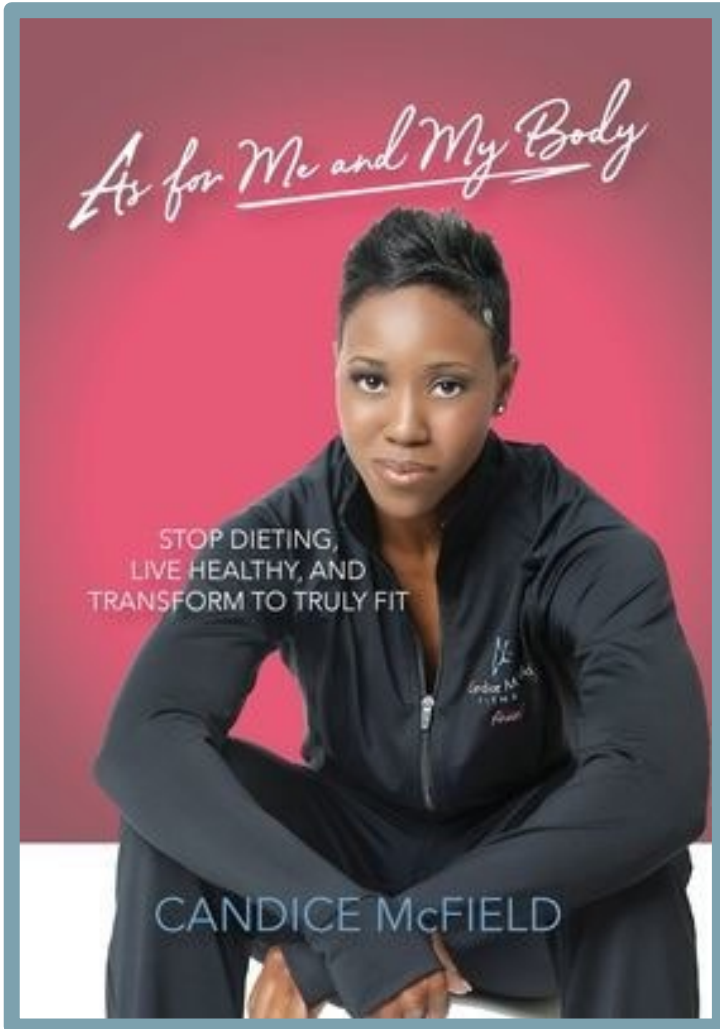
How Would Expansion Help Kansans?

Expanding eligibility for KanCare expansion would:

- Reduce health care costs for everyone.
- Protect Kansans from medical debt.
- Fix eligibility limits which are currently too low.
- Preserve and strengthen rural health care.
- Help to address the general workforce shortage in Kansas.
- Make Kansas more economically competitive.



As for Me and My Body with Candice McField



Candice McField, author of *As for Me and My Body* and owner of Candice McField Fitness offered an inspiring presentation on the connections between physical and spiritual health.





Christ-centered chair yoga



Participants had the opportunity to experience yoga with a Christ-centered message and learn more about this mind-body-spirit practice.





How Congregations and Communities Can Meet Behavioral Health Needs

The panelist shared examples of resources, special grant opportunities, and ideas of strategies used to support mental health.





Building a Future of Prosperity in our Communities and Region

The panelist shared examples of how their organizations have made an impact on their communities as well as the state of Kansas.







Organizing, Advocacy and Engagement: Building the Leadership Needed to Improve the Health of our Communities



HC churches heard from leaders in the field on how systems and policies impact the health and vitality of our communities. In this session churches explored opportunities to engage areas of advocacy, asset-based community development and organizing, and non-partisan voter engagement.

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