

# Healthy Congregations Plan

Supporting intentional, effective congregational and community health ministry in Great Plains UMCs

**Instructions:** complete the church information and participation update sections, then complete **three to five** complete program plans based on the goal identified through the Healthy Congregations Needs Assessment tool. If helpful, use the Action Planning form internally (no need to submit that form to UMHMF) to develop the details of each program. Consider whether you need to recruit additional members to your Healthy Congregations Team to reach your identified goal. *Reminder: each Healthy Congregation must have at least three active members at all times.*

## Church Information Update

Church Name:	
Mailing Address:	
District:	
County:	
Phone:	
Email:	
Current Pastor:	
Membership(#):	

## Healthy Congregations Participation Update

*Describe how you plan to use your Healthy Congregations funds (such as for travel to training, specific programs, purchasing supplies, paying water bill for community garden, purchasing equipment for family activity nights):*

*Confirm Healthy Congregations Team Leader name and contact information:*

*What is the overall goal of your Healthy Congregations work and the impact it will have in the next 2-3 years?*

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## Program Plan (FIRST Program)

Use these forms to plan your congregation's three to five health ministry programs for the year.

Program Name:	[Community Garden Development]
New?	[Is this a new program versus ongoing/repeated from previous years?]
Anticipated # to be Served:	[67 church and community members]
Dimension(s):	[Physical Health   Mental/Emotional Health   Social Health   Spiritual Health]
Estimated Program Budget:	\$

Program Description (provide a brief description of this program, thinking about who, what, where, when, and how?):

Program Objectives (What specific activities do you plan to complete, by when? Use the SMART method)

"What is going to happen or change with respect to your target audience as a result of what you are doing?"

Example of Program Objective:

50% of congregants will participate in 2 or more church-sponsored healthy, physical activity programs by June 30, 2016.

1. Specific Audience (church structure / members / community)
2. Measure (Who/what will change? Can you quantify this?) [example – *people will eat more fruits & vegetables*]
3. Attainable (Do you have the resources [volunteers/financial/facilities/partners] to achieve the target change?)
4. Realistic (Is what you're doing directly going to impact the target outcome? Have you chosen the correct outcome to measure?)
5. Time (By when?)

How does this program fit into your overall Healthy Congregations goal (from page 1) – refer to your needs assessment and the goal you identified. (i.e. How will completing this contribute directly to the goal you selected?) Based on the goal you identified on page 1 – Why or why not?

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## Program Plan (SECOND Program)

Use these forms to plan your congregation's three to five health ministry programs for the year.

<i>Program Name:</i>	[Community Garden Development]
<i>New?</i>	[Is this a new program versus ongoing/repeated from previous years?]
<i>Anticipated # to be Served:</i>	[67 church and community members]
<i>Dimension(s):</i>	[Physical Health   Mental/Emotional Health   Social Health   Spiritual Health]
<i>Estimated Program Budget:</i>	\$

*Program Description (provide a brief description of this program, thinking about who, what, where, when, and how?):*

*Program Objectives (What specific activities do you plan to complete, by when? Use the SMART method) "What is going to happen or change with respect to your target audience as a result of what you are doing?"*

Example of Program Objective:

50% of congregants will participate in 2 or more church-sponsored healthy, physical activity programs by June 30, 2016.

1. Specific Audience (church structure / members / community)
2. Measure (Who/what will change? Can you quantify this?) [example – *people will eat more fruits & vegetables*]
3. Attainable (Do you have the resources [volunteers/financial/facilities/partners] to achieve the target change?)
4. Realistic (Is what you're doing directly going to impact the target outcome? Have you chosen the correct outcome to measure?)
5. Time (By when?)

*How does this program fit into your overall Healthy Congregations goal (from page 1) – refer to your needs assessment and the goal you identified. (i.e. How will completing this contribute directly to the goal you selected?) Based on the goal you identified on page 1 – Why or why not?*

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## Program Plan (THIRD Program)

Use these forms to plan your congregation's three to five health ministry programs for the year.

<i>Program Name:</i>	[Community Garden Development]
<i>New?</i>	[Is this a new program versus ongoing/repeated from previous years?]
<i>Anticipated # to be Served:</i>	[67 church and community members]
<i>Dimension(s):</i>	[Physical Health   Mental/Emotional Health   Social Health   Spiritual Health]
<i>Estimated Program Budget:</i>	\$

*Program Description (provide a brief description of this program, thinking about who, what, where, when, and how?):*

*Program Objectives (What specific activities do you plan to complete, by when? Use the SMART method)*

*"What is going to happen or change with respect to your target audience as a result of what you are doing?"*

Example of Program Objective:

50% of congregants will participate in 2 or more church-sponsored healthy, physical activity programs by June 30, 2016.

1. **Specific Audience** (church structure / members / community)
2. **Measure** (Who/what will change? Can you quantify this?) [example – *people will eat more fruits & vegetables*]
3. **Attainable** (Do you have the resources [volunteers/financial/facilities/partners] to achieve the target change?)
4. **Realistic** (Is what you're doing directly going to impact the target outcome? Have you chosen the correct outcome to measure?)
5. **Time** (By when?)

*How does this program fit into your overall Healthy Congregations goal (from page 1) – refer to your needs assessment and the goal you identified. (i.e. How will completing this contribute directly to the goal you selected?) Based on the goal you identified on page 1 – Why or why not?*

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## Program Plan (FOURTH Program)

Use these forms to plan your congregation's three to five health ministry programs for the year.

<i>Program Name:</i>	[Community Garden Development]
<i>New?</i>	[Is this a new program versus ongoing/repeated from previous years?]
<i>Anticipated # to be Served:</i>	[67 church and community members]
<i>Dimension(s):</i>	[Physical Health   Mental/Emotional Health   Social Health   Spiritual Health]
<i>Estimated Program Budget:</i>	\$

*Program Description (provide a brief description of this program, thinking about who, what, where, when, and how?):*

*Program Objectives (What specific activities do you plan to complete, by when? Use the SMART method)*

*"What is going to happen or change with respect to your target audience as a result of what you are doing?"*

Example of Program Objective:

50% of congregants will participate in 2 or more church-sponsored healthy, physical activity programs by June 30, 2016.

1. **Specific Audience** (church structure / members / community)
2. **Measure** (Who/what will change? Can you quantify this?) [example – *people will eat more fruits & vegetables*]
3. **Attainable** (Do you have the resources [volunteers/financial/facilities/partners] to achieve the target change?)
4. **Realistic** (Is what you're doing directly going to impact the target outcome? Have you chosen the correct outcome to measure?)
5. **Time** (By when?)

*How does this program fit into your overall Healthy Congregations goal (from page 1) – refer to your needs assessment and the goal you identified. (i.e. How will completing this contribute directly to the goal you selected?) Based on the goal you identified on page 1 – Why or why not?*

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## Program Plan (FIFTH Program)

Use these forms to plan your congregation's three to five health ministry programs for the year.

<i>Program Name:</i>	[Community Garden Development]
<i>New?</i>	[Is this a new program versus ongoing/repeated from previous years?]
<i>Anticipated # to be Served:</i>	[67 church and community members]
<i>Dimension(s):</i>	[Physical Health   Mental/Emotional Health   Social Health   Spiritual Health]
<i>Estimated Program Budget:</i>	\$

*Program Description (provide a brief description of this program, thinking about who, what, where, when, and how?):*

*Program Objectives (What specific activities do you plan to complete, by when? Use the SMART method) "What is going to happen or change with respect to your target audience as a result of what you are doing?"*

Example of Program Objective:

50% of congregants will participate in 2 or more church-sponsored healthy, physical activity programs by June 30, 2016.

1. Specific Audience (church structure / members / community)
2. Measure (Who/what will change? Can you quantify this?) [example – *people will eat more fruits & vegetables*]
3. Attainable (Do you have the resources [volunteers/financial/facilities/partners] to achieve the target change?)
4. Realistic (Is what you're doing directly going to impact the target outcome? Have you chosen the correct outcome to measure?)
5. Time (By when?)

*How does this program fit into your overall Healthy Congregations goal (from page 1) – refer to your needs assessment and the goal you identified. (i.e. How will completing this contribute directly to the goal you selected?) Based on the goal you identified on page 1 – Why or why not?*