



HC2020 Abstract Overview and Guidelines

The Balm In Gilead is requesting abstracts for its 4th annual Healthy Churches 2020 National Conference. Healthy Churches 2020 National Conference is the leading training conference for Health Ministries in the United States and is designed to strengthen the leadership and organizational capacity of congregations to address health disparities among populations most at-risk for chronic diseases. Healthy Churches 2020 Conference provides pastors, ministers, congregational health directors, coordinators, nurses, and members with tools needed to establish and strengthen the capacity of Health Ministries to address health disparities among populations most at-risk for chronic diseases, including, but not limited to: diabetes, obesity, heart disease, arthritis, hepatitis, Alzheimer's, cancer, and HIV. Healthy Churches 2020 National Conference is committed to helping congregational-based health ministries improve the health and healthcare outcomes of individuals and surrounding communities they serve. To strengthen this year's conference we are accepting abstracts from the following focus areas:

- **Faith-based Tools to support increased access to healthier food options, physical activity, and safer neighborhoods**
- **Trauma-Informed Care – Faith-based and Community-based strategies to address intimate and domestic violence among women and youth**
- **Holistic Health – Education and tools for faith leaders and churches on benefits of holistic health approaches**
- **What's In Your Toolbox – Best practices of faith-based programs addressing health disparities**

Guidelines: Abstracts are due May 15th 5pm(EST). Please email your completed abstract submission form to Programs@balmingilead.org with the subject of *"HC2020 Conference Abstract Submission"*

Abstracts must be no longer than 250 words and must include the following elements:

- **Title**
- **Author/Speaker**
- **Learning Objectives**
- **Outline of Presentation**

Presenters will also be required to submit a current bio, resume, or CV with their abstract.

Practice and/or Program Based: Abstracts that include new solutions to common practice challenges, including cutting-edge developments and unique programs should use the following headings:

- Background
- Program background
- Evaluation Methods and Results
- Conclusions
- Implications for research and/or practice

The abstract text must conform to a structured format, including each of the headings listed above.

HC2020 Abstract Tracks

Track 1 – Faith-based Programs that support increased access to healthier food options, physical activity, and safer neighborhoods

Churches and the faith community are an important part of the community. It is equally important that strategies aimed at helping to address the various policies, systems, and environments that directly influence health outcomes include efforts to engage congregational health ministries. Submissions in this track should focus on tools and strategies that support faith leaders and their partners to successfully develop and implement programs and initiatives that address specific policies, systems, and/or environments that help to increase access to

healthier foods, opportunities for physical activity, and safer neighborhoods. Examples of possible abstracts include projects that do the following:

- Share tools that strengthen and support churches to create community gardens
- Describe successful strategies to support partnerships between faith community and farmer's markets, local grocery retailers, and other stakeholders necessary to address food deserts
- Highlight tools and resources to create youth-based nutrition and physical activity programs.

Track 2 – Trauma-Informed Care – Faith-based and Community-based strategies to address intimate and domestic violence among women and youth

Faith leaders and churches across the country provide emotional and spiritual support to member of their community. Equipping the faith community with the tools and resources to address the physical and psychological health needs of the community is key to addressing the systemic challenges of intimate and domestic violence among women and youth. Submissions in this track should focus on tools and strategies that support faith leaders and health ministry workers to create and implement initiative and programs that help increased awareness of the need for trauma informed care and the provision of faith-based supportive services to address issues of domestic and intimate partner violence in target populations specifically women and youth.

Examples of possible abstracts include projects that do the following:

- Share tools and resources on how to train and equip faith leaders on Trauma-Informed Care and how it can be used in existing health ministries
- Describe successful strategies to create programs for adolescents and young adults that encourage healthy relationships and addresses the real-life challenges and contributing factors for domestic and intimate partner violence
- Describe tools and strategies to support the establishment of faith-based programs that support victims of domestic violence and their families through a holistic approach

Track 3 – Holistic Health – Education and tools for faith leaders and churches on benefits of holistic health approaches

Faith institutions and leaders are in a unique position to support and provide health care programming that uses a holistic approach. Holistic health care is an integrated approach to health that focuses on treating the “whole” person not just the disease or illness.

Submissions in this track should focus on tools and strategies that support the increase in knowledge and skills of faith leaders and health ministry workers in the area of holistic health care and programs that address a variety of health disparities. Examples of possible abstracts include projects that do the following:

- Share tools and resources on how core principles and elements of holistic health care
- Provide training and skill development to faith leaders and health ministry leaders to provide holistic programs to their congregation and communities
- Educate faith leaders and congregants on various types of holistic approaches to health care to include but not limited to body and nutrition, homeopathic treatments, alternative medicines and therapies

Track 4 – What’s In Your Toolbox? Best practices for faith-based programs to address health disparities

Sharing of best practices and proven approaches of tools and resources that support health programs in faith-based settings is important to delivering quality and sustainable health related services to congregations and communities. Submissions in this track should focus on tools and strategies that have been successfully implemented in faith-based settings that support congregations in providing education and health prevention programs that address health disparities. Examples of possible abstracts include projects that do the following:

- Sharing successes, challenges, and highlights from faith-based obesity programs impacting children and youth
- Share evidence from existing faith-based health programs that deliver clinical and/or preventive health services to the community
- Provide information and resources to faith leaders on successful strategies aimed at increasing health awareness and promotion by expanding and improving use of health fairs and other community-wide events