



Blood Pressure Ministry Champion: Their Role and Responsibility

Prior to planning a blood pressure screening event, identify a blood pressure Health Ministry Champion. They will be responsible for the following:

1. Establishing and/or strengthening relationships with community resources (e.g., healthcare providers, community pharmacists, community health workers, community programs, such as the YMCA, etc.).
2. Recruiting general volunteers, medical volunteers, and interpreters/translators, if needed.
3. Establishing screening dates and location.

4. Finding a screening area that is quiet, allows for privacy and has sufficient space for the screening activities.
5. Promoting screening dates in church newsletters, bulletins, etc.
6. Reviewing equipment needs and ordering necessary equipment.
7. Reviewing blood pressure guidelines.
8. Providing healthy refreshments and snacks (not appropriate if you are conducting diabetes screenings).
9. Gathering educational materials.
10. Collaborating with the local health department to obtain educational materials and/or arrange workshops on hypertension and other chronic disease prevention information.
11. Offering additional health screenings for prediabetes, diabetes, asthma, body mass index, and breast cancer.
12. Sending monthly updates and pictures of events that will be posted on the Million Hearts website to Augustine Doe at: Augustine.doe@vdh.virginia.gov.



Join Virginia's
CONGREGATIONS
Blood Pressure
MINISTRY EVENT

To obtain a copy of the Blood Pressure Ministry Planning Guide, visit:
www.VDHLiveWell.com/bp



100 Congregations for Million Hearts®



A faith-based program designed to help guide congregations toward a heart-healthy lifestyle.

By joining the program, your congregation will work towards reducing the impact of two of the leading causes of death in the United States: heart disease and stroke. The National campaign's goal is to prevent one million heart attacks and strokes by 2017.

Benefits to Joining

- Heart disease is responsible for one of every four deaths in the country.
- Congregation communities working together can reduce the number of deaths caused by heart disease and stroke.
- Being heart-healthy could mean the difference of life and death for members of your congregation.



“A woman who was visiting our church, happened to be tested with very high blood pressure and was rushed to the hospital. The Blood Pressure Ministry Event saved her life. Later, she joined our congregation. ”

—Reverend Gabriella Miller

How To Join

- 1) Select a member of your congregation as your Blood Pressure Health Ministry Champion. This individual will act as a resource for heart health and event planning.
- 2) Choose a date and place for your proposed Blood Pressure Screening Event.



- 3) Complete the 100 Congregations Sign Up Form on the next panel and:

Fax to:

Augustine Doe at: 804-864-7440

OR mail to:

Augustine Doe,
Office of Minority Health and
Health Equity,
Virginia Department of Health
109 Governor Street, 7th Floor,
Richmond, VA 23219

This form can also be found at:

www.vdh.virginia.gov/OMHHE

Email to:

Augustine.Doe@vdh.virginia.gov

100 Congregations Sign Up Form

Congregation Name:

Street Address: City: Zip code:

Blood Pressure Health Ministry Champion Name(s):

Email(s):

Phone(s):

Website Address:

Date for Blood Pressure Screening Ministry Event: