

Baptist General Convention of Virginia

Established 1899



1214 West Graham Road, Richmond, VA

<https://www.bgcva.org/>

804-228-2421

Baptist General Convention of Virginia

Health & Wellness Ministry

SACRED SPACES

HEALTH AND & SOCIAL JUSTICE

J. Elisha Burke, M.Div., D. Min.

Director:

Health & Wellness, Social Justice, SACRED SPACES

804-228.2421 eburke@bgcva.org

BGCVA Health & Wellness Ministry

Baptist General Convention of Virginia (BGCVA) Health and Wellness Ministry is designed to improve the overall health outcomes for our members and the communities they serve. In most cases, African Americans as a group have earlier and higher rates of death and debilitating illnesses than other groups of people.

The aim of this ministry is to train health coordinators for as many of our churches as possible. These coordinators will work with a health ministry/committee in the church to provide health information consistently for church members and visitors. BGCVA Health ministry provides training and a connection to many resources to inform and equip members with the tools and resources needed to improve overall health and well-being. We also provide assistance with Health Days, Health Fairs, and other health related events.

The Health and Wellness Ministry provides Health Ministry resources and training for BGCVA churches. We offer assistance and health ministry planning and implementation resources for new and existing Health ministries.

Health & Wellness Ministry

Mental Health Seminars

The purpose of these seminars/sessions is to reduce the stigma against talking about mental illness and to make mental health awareness a priority in congregational care. Participants will learn how to encourage self-care and learn to be aware of certain mental health red flags and trauma in themselves and members of the congregation.

Mental Health First Aid Certification in collaboration with CSB's and VATech. Mental health agencies are present for our conferences as offer information and/or class sessions.

Empowering Health Families - Healthy Children, Healthy Families- Money Smart

In partnership with Virginia Tech we offer two different programs to 24 congregations. This program is for families with children aged 6 to 10 with separate sessions for parents and children for nine weeks. The session topics are about healthy eating and physical activity and how parents and children can make healthy choices every day. The two programs are: Healthy Children, Healthy Families and MoneySmart.

Balanced Living with Diabetes (BLWD)

Balanced Living with Diabetes is a National Institutes of Health (NIH) funded initiative in collaboration with Virginia Polytechnic University, Virginia Cooperative Extension Service and Virginia State University. The six-week classes are still available upon request.



100 Congregations for Million Hearts® is a faith-based program designed to help guide congregations toward a heart-healthy lifestyle. The purpose of **100 Congregations for Million Hearts®** is to enlist the support of faith-based organizations to help raise awareness and prevent cardiovascular disease and focus on hypertension control. In 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.

BGCVA Health Ministry Coordinators /Committee Expectations

Maintain a Health Table and/or a Bulletin Board with current health information

Publicize health events in or near your locality and encourage attendance

Plan and implement at least two health seminars or series of classes per year

Host a Health Fair or health – related event at minimum once a year

Provide basic health assessment screenings at church for twice per year

Plan/organize with Pastor to an annual worship service focused on health and Wellness (include recognition of survivors of major illnesses).

Receive and distribute the BGCVA Health Blast (email) based on the Monthly Health Observances Calendar. The Blast includes links to additional material you May distribute in your church.

Attend BGCVA Health Ministry & partner organization events

A graphic featuring a white barcode on a dark blue background. The words "COMMONWEALTH OF VIRGINIA" are written in white capital letters across the top of the barcode. The words "VIRGINIA" and "PUBLIC" are written in white capital letters across the middle of the barcode. The words "CENTER" and "POLICY" are written in white capital letters across the bottom of the barcode. Overlaid on the barcode is the text "Health Equity" in yellow, "2022 Priorities" in yellow, and "POLICY" in white.

Health Equity 2022 Priorities

Economic Justice/Worker Justice

- Paid Sick Days.

VICPP and the Virginians for Paid Sick Days coalition won paid sick days for 30,000 home healthcare aides in 2021, but Virginia needs a standard for all 1.2 million workers without paid sick days.

VICPP seeks to extend Paid Sick Days to key groups of essential workers, such as frontline healthcare workers and grocery store workers.

Health Equity 2022 Priorities

Health Equity

- **Implicit Bias Training Mandate.**

VICPP recommends that implicit bias training become a mandate for all licenses issued and renewed for medical personnel. Studies have repeatedly shown that African Americans, particularly African American women, are not listened to by their doctors, receive fewer needed tests and referrals, and have poorer health outcomes, than others regardless of income and insurance.

Defending Past Gains—VICPP is prepared to defend, if necessary, previous issues, such as:

- Minimum wage increase
- Removal of the 40-quarter rule (immigrant access to healthcare)
- Death penalty abolition
- Wage theft reforms

MOTHER'S DAY DIAPER DRIVE

Honor Your Mother by helping a Mom in need during the month of May!

Why Diaper Change?

- A healthy change of diapers costs nearly \$100/month, as much as six percent of a full-time minimum wage worker's salary.
- **One in three American mothers struggle to provide diapers for their babies. Social service programs do not typically cover diapers.**
- Day care centers will not accept children without an adequate supply of disposable diapers, resulting in moms missing work.
- **Inadequate diaper changing increases the risk of many health problems, including skin disease and staph infections.**
- A baby crying from being in a soiled diaper for prolonged periods of time may be at a greater risk for child abuse.

Many mothers know the saying, "The struggle is real" all too well. Sometimes parents with two jobs still have trouble stretching their paycheck to pay their bills, and feed and clothe their children.

Low-income families know diapers cannot be bought with food stamps or WIC vouchers. Not having enough diapers can cause economic hardship for families and health issues for babies.



Please Donate

Diapers size 4, 5, 6 and wipes

Dropoff Location

Baptist General Convention of Virginia
1214 W. Graham Road, Richmond, VA

Or bring your donations with you during
Annual Session in Richmond.

Contact

Dr. J. Elisha Burke • 804-228-2421

Or eburke@bgcva.org

www.bgcva.org



- Capital Diaper Bank/Urban Baby Beginnings
- American Diabetes Association
- American Cancer Society
- AARP Virginia
- Norfolk State University School of Nursing
- Virginia Tech School of Public Health/Virginia Extension Service/Virginia State University
- Virginia Dept. of Health
- American Heart/Stroke Association
- Richmond City Health District
- The American Red Cross
- Richmond Minority Health Consortium
- Senior Connections (Capitol Area Agency on Aging)
- Crater Health District
- Alzheimer's Association
- National Alliance on Mental Illness (NAMI)
- Association of Black Cardiologists
- Chi Eta Phi Sorority, Incorporated– (Nurses)
- Community Transformers
- Capitol Area Health Education Center

