

# Reimagining The Health of the Church

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# Determinants of Health Disparities

- Racial Discrimination
- HealthCare Access & Utilization
- Essential Work Settings Occupations
- Education, Income & Wealth
- Housing & Densely Packed Living Conditions
- Comorbid Underlying Conditions

# Burden of Disease: Covid-19

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- Long standing systemic health & social disparities has burdened the African American and Latinx communities during the COVID-19 pandemic.\*
- Black, Non-Hispanic currently account for 19.9% (359,711) of COVID-19 cases
- Hispanic/Latinx account for 31.4% (567,091) COVID-19 cases.
- Female: Male cases: 1,904,536(51.7%) : 1,777,329(48.3%)
- Death Rates: Hispanic/Latinx 17%(17,377), Black, Non-Hispanic 22.4%(32,902)

\* [www.cdc.gov/Aug.11,2020](http://www.cdc.gov/Aug.11,2020)

# Death Rates: 1<sup>st</sup> Episcopal District

- 20 counties with the highest rate of death for Black, Non-Hispanic are:
- NYC
- Essex, NJ
- Passaic, NJ
- Union, NJ
- Hudson, NJ
- 42 states plus Washington DC African American deaths are 2x -3x greater than their percentage of the population

# Communities of Color

- The COVID-19 pandemic unveiled the health disparities existent in communities of color for several decades.
- With little or no access to healthcare, existence of "food deserts", a high carbohydrate and high caloric diet, those in communities of color have developed underlying conditions such as diabetes, high blood pressure and heart disease making them more susceptible to higher morbidity and mortality rates during the pandemic.
- Communities of color comprise a large percentage of the essential and frontline workers during this pandemic making them more susceptible to acquiring COVID-19.
- Communities of color tend to live in highly dense, urban communities, a prime environment for the transmission of the virus.

# Response of the Church

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- The Black Church has entered its "kairos" moment, its opportune time to become a proponent in the health care of its members and community at large.
- Under the vision of Bishop Gregory Ingram, the church must become a "therapeutic center" to assist in the health and welfare of God's people under our charge and care.
- The Church must fulfill the teachings of the ministry of Jesus Christ to take care of the sick, the widow, the orphan, the marginalize, and the oppressed.
- A lifestyle of heart health, mental sobriety, self-care, and a deepening spiritual relationship with God is no longer optional but necessary to the very lives of God's people.

# Therapeutic Model of Care

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## HealthCare Initiatives

Reduce	Reduce the stigma of mental health:
Refer	Refer members to sites such as <a href="http://www.therapyforblackgirls.com">www.therapyforblackgirls.com</a> and National Alliance on Mental Illness( <a href="http://www.nami.org">www.nami.org</a> )
Offer	Offer support groups and develop safe spaces for honest discussions around the mental health impact of grief, loss, and sickness.

## Book Studies

- ❖ Lead discussions using the "The Twelve Steps: A Spiritual Journey" by Ron & Karen Martin
- ❖ Saving the Lives of Black & Latinx Pastors: Self Care Study by Melinda Contreras Byrd

# Therapeutic Model of Care

- Lifestyle Changes: Incorporate alternative dietary choices such as a plant-based food choices.
- Purchase Culinary Rx on the [www.amechealth.com](http://www.amechealth.com) and learn the benefits of plant-based diets in the reduction and elimination of disease.
- Partner with American Heart Association through Healthy For Life Educational Experiences to educate our people around topics such as maintaining well being, educated grocery shopping, smart food choices, exercise for heart health at [www.healthyforlife.heart.org](http://www.healthyforlife.heart.org).
- Intentional about eliminating church meals that are unhealthy and promote poor eating habits.



# Therapeutic Model of Care

- Focus on Immune System Boosting, our inherent fight against viruses and disease is to enhance our God given natural bodily defenses.
- Garlic
- Ginger
- Turmeric
- Acai
- Yogurt
- Green leafy Vegetables
- Sweet potatoes
- Seeds: sunflower, Chia, Flaxseed
- Berries
- Pomegranate
- Wheatgrass
- Wheatgerm

# Going Forward

- Health Ministry creation and development must be an integral ministry in every church.
- Create and Execute Monthly or Quarterly Health Seminars
- Contact any member of the International Health Commission to provide speakers and workshops for your health ministry activities.
- Partner with a local community hospitals through their community liaison office to bring screenings on site at church events.
- Partner & Collaborate with other churches serving similar communities to seek out grant funding to assist with healthcare projects.