SAINT AGNES HEALTHCARE

ASCENSION

Making Health & Wellness

a Key Priority for Your Members and Community

A Faith-Based Toolkit Containing Resources, Guidance and Support created by the Saint Agnes Foundation

Dear Church Leaders and Coordinators,

Health and wellness have always been and will always be a key priority at Saint Agnes Healthcare. While we are certainly here to provide care and treatment for people who become ill or injured, we also realize the importance of being as relevant to people when they are well as when they are sick. The partnerships we have developed with the faith-based community, through programs such as *Red Dress*℠ Sunday and *Heart-to-Heart*, are helping us achieve that goal.

Recently, Baltimore City Health Commissioner Leana Wen, M.D., introduced a new initiative that strives to decrease local health disparities by 15 percent over the next four years and in half over the next 10 years. "Healthy Baltimore 2020" encourages citizens like you and I to continue our work—to make health and wellness a key priority, especially for populations within Baltimore City that need more education, support and resources to get healthy and stay healthy. Saint Agnes is committed to doing our part and we need our partners, like you, to join us! We are reaching out to church leaders who have already demonstrated a commitment to improving community health, asking that you look for ways to integrate health education and awareness into your church, all year long.

I encourage you to pull together a team of people who can form a health ministry within your congregation. The goal of this group would be to plan and create ongoing opportunities for the people you care about (your fellow congregants) to learn about their personal and family health, and steps they can take to improve it. And the good news is that Saint Agnes is making it easy for you to get started. This toolkit contains valuable information and tips about why a health ministry is important, how to get started, who to involve and ways that your group can positively and significantly impact the members of your church and community at large.

We are very proud of the churches that have partnered with us over the years, and commend you for your leadership as we all work together to improve the health of our local citizens.

Warm regards,

Keith Vander Kolk
President & CEO
Saint Agnes Healthcare

Red Dress is a service mark of HHS.

Greetings!

Every February for the past 12 years, Saint Agnes Healthcare has held *Red Dress* Sunday, educating thousands of women across Baltimore about cardiovascular disease and the steps that can be taken to reduce their risk of developing the disease or even experiencing a heart attack. Women (and men!) in approximately 180 churches across Baltimore dress in their finest reds and come together for a celebration focused on their hearts. It's very special. We all learn a lot. We make promises to ourselves and in many cases, to one another, that we are going to start making those little changes that add up to a big difference.

And we do.

And then it's March … then April and then May. Life continues. We get busy. We get side tracked. And we start to forget. We slowly revert back to old habits, and go back to the mindset of "I feel fine and I am generally pretty healthy … I probably don't have to worry about heart disease."
Sound familiar?

This is exactly why Saint Agnes Healthcare is encouraging the churches we partner with to take their commitment to community health a step further. Start a health ministry, and keep the conversation about health and wellness alive ALL YEAR LONG. We know, based on evidence and outcomes from programs like *Heart-to-Heart*, that when people participate in an ongoing healthy lifestyle program, they experience significant risk reduction. That alone should serve as your inspiration in expanding or creating your own program!

Use the information in this toolkit to your advantage. Reach out to your friends at other local churches to see how they make cardiovascular health an ongoing priority. You can probably pick up some best practices, and share ideas and information that can benefit all. And of course your friends here at Saint Agnes are here for you too!

We thank you for all you are doing, and will continue to do, for your community!

Sincerely,

Shannon Winakur, M.D.
Medical Director of the Women's Heart Center
Saint Agnes Healthcare

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AstraZeneca HealthCare Foundation
Connections for Cardiovascular Health℠

Saint Agnes Foundation would like to extend our heartfelt appreciation (pun intended!) to our partners and friends from AstraZeneca HealthCare Foundation, *Connections for Cardiovascular Health*℠, a program with the mission of improving cardiovascular health in the United States, and a long-standing supporter of our community health initiatives. AstraZeneca HealthCare Foundation provided Saint Agnes Foundation with $657,736 in grant funding, allowing us to develop and implement the *Heart-to-Heart* program for local churches in our community, over the past three years. Thank you, thank you, thank you!!!

Raising Awareness
About **Cardiovascular Disease**

***Red Dress* Sunday** is a faith-based community outreach program that Saint Agnes Healthcare sponsors and promotes annually to educate African-American women about the prevalence and impact of heart disease. This program was introduced 12 years ago with just three local participating churches, and has continuously grown over the years; in 2017, nearly 180 churches will take part.

To further our commitment to raising awareness about cardiovascular disease with the faith-based community, Saint Agnes introduced the *Heart-to-Heart* Program, offering heart risk screenings and an intervention program at select faith centers across Baltimore City over a three year period. A total of 15 faith centers took advantage of this program, which offered the following services and screenings to members:

- Heart risk assessment
- Biometics assessment
- Blood lipid levels and glucose testing
- Electrocardiogram (EKG)
- Health and wellness coaching
- Fitness guidance and support

Heart-to-Heart participants met with a nurse practitioner for a one-on-one consultation focused on behavioral changes related to diet and exercise, and an evaluation of heart disease risk factors. Women who were deemed to be at moderate- or high-risk for heart disease were encouraged to participate in a 14-week healthy lifestyle intervention program, addressing heart disease risks, and preventative measures for diabetes and other chronic health conditions. Education and fitness classes were open to family members, fellow congregants and community residents. Participants also completed follow-up screenings four and ten months after their initial assessments.

Over the past three years, the following churches and mosque participated in our Heart-to-Heart *Program. We extend our appreciation to the leaders of these organizations for their commitment to making the health and wellness of their members a key priority.*

Bethel AME Church

Central Church of Christ

Douglas Memorial Community Church

The Tabernacle of the Lord (Jones Tabernacle Baptist Church)

Payne Memorial AME Church

St. James' Episcopal Church

New Shiloh Baptist Church

New Christian Community Church

St. Mark's Institutional Baptist Church

Timothy Baptist Church

Macedonia Baptist Church

Rehoboth Church of God

Perkins Square Baptist Church

Masjid-ul-Haqq

Community Partners

West Baltimore CARE

Tiffany Tate, Consultant

Nicholas D. Knuth, PhD, Towson University

National Heart, Lung and Blood Institute

Donavan Cox, DDC Total Health and Wellness

"It's never too late to start living healthier."

—Hattie Carter

Heart-to-Heart
Stories of Success

Before participating in Saint Agnes Healthcare's ***Heart-to-Heart*** program, 67-year-old Hattie Carter suffered from hypertension, high blood sugar and high cholesterol, all of which she managed with daily medications.

The health and nutrition information Hattie received from the classes held at her church, along with the support she felt from the 20 other participants in her cohort, helped her put her new knowledge into practice. She has transformed her health, losing 13 pounds and lowering her body mass index significantly. Instead of being in constant pain with a sore back and shoulder, she exercises regularly; sometimes on her own and other times with a friend from her *Heart-to-Heart* group.

"The *Heart-to-Heart* Program created a community for me around being healthier," Hattie said. "It's important for people to realize you don't have to make huge changes to improve your health. You'd be surprised at how much difference small changes can make."

It's safe to say she has a new outlook on life, and on the value of her personal health.

"Before joining the *Heart-to-Heart* Program, I was a forty year old diabetic with high blood pressure, who had been laid off from my job. Today I am 35 pounds lighter. I lowered my A1C and my blood pressure. Today, I am back in the groove of things with my career and confidence. I still attend fitness classes and diabetes prevention classes. My goal is to continue to lose weight and stay healthy."

—Jennifer Jamillah Dixon-Bociurkiw

"As the coordinator of the Heart to Heart program at The Tabernacle, I realized that we were not only impacting the women, but their families, their communities and everyone connected to them."

—Sherri Morgan-Johnson

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AstraZeneca HealthCare Foundation
Connections for Cardiovascular Health℠

THE heart TRUTH®
A program of the National Institutes of Health

Heart-to-Heart Program Outcomes

The ***Heart-to-Heart*** **(H2H)** program was a three year faith- and community-based cardiovascular intervention for underserved African-American women. Utilizing established faith-based social networks the H2H program has addressed disparities in access to cardiovascular healthcare for women in the West Baltimore community. The program began with a comprehensive heart risk assessment and EKG, if indicated. A Saint Agnes Healthcare nurse practitioner provided tailored consultations regarding diet, exercise and risk factors for cardiovascular disease. Women identified at high risk were eligible to participate in **well4life**, a weight loss and healthy lifestyle intervention offered by Saint Agnes Healthcare.

Program activities:

- Performed heart risk assessments
- Provided intervention and follow-up assessments of health status at the 4 and 10 month points
- Built capacity for continued heart health programs within churches
- Trained 26 peer "Heart Health Champions"
- Developed a healthy lifestyles toolkit for *Red Dress* Sunday churches

Program Outputs (2013, 2014, 2015)

- 13 churches and 1 mosque participated. Our three-year goal was to reach nine faith communities, so we exceeded this goal by 155 percent!
- 516 women completed baseline screening. Of those, 347 (67%) were identified as candidates for intervention due to high health risk.
- Of eligible intervention participants, 61 percent completed at least one post intervention screening.
- 35 Heart Health Champions were trained from 21 churches and faith communities in capacity building, resource development and grant seeking. Training was conducted through three workshops.
  - May 2015 session facilitated by National Heart Lung and Blood Institute staff (NHLBI)—6 participants from 5 faith communities
  - September 2015 Sustainability Training Session—19 participants from 13 faith communities
  - November 2015 Sustainability Training Session—20 participants from 16 faith communities
- Developed and disseminated faith-based toolkit

Program Health Outcomes (2013, 2014, 2015)

- Improvement in health status indicators
  - Conducted EKGs on 415 participants identified at high risk and identified 101 women (24 percent) with potential abnormalities who were all referred to a cardiologist for further assessment and care
  - Minimum of 5 point decrease in systolic blood pressure at 4 month post intervention in 50 percent of participants—100 percent of goal
  - Minimum of 5 percent increase in HDL cholesterol at 4 month post intervention in 40 percent of participants—97.3 percent of goal
  - Minimum of 10 percent decrease in total cholesterol at 4 month post intervention in 40 percent of participants—62.5 percent of goal
- Positive behavior change (2013, 2014, 2015)
  - 100 percent of participants who received a heart risk assessment and on-on-one consultation increased their knowledge of cardiovascular disease and their own risk factors
  - Participants in the intervention program increased their knowledge of healthy food choices by attending nutrition and education classes and completing post-surveys
  - Women from the intervention program participated in exercise classes averaging attendance at 70 to 80 percent of exercise classes
- Improved access to services through faith-based relationships
  - Engaging churches as host site ensured that the program was community-based
  - Many held the *Heart-to-Heart* program either before or after a bible study class or other church program streamlining religious activities and H2H so that women could attend both in one evening. Convenience and easy accessibility are key to program's success.
  - A unique feature of the H2H program is the baseline biometrics and follow-up screenings providing participants a comprehensive overview of their heart health over an extended period of time (baseline, 4 month/intervention-conclusion and six months later).

What You Need to Know

to Build or Better a Health Ministry for Your Congregation

What is a health ministry?

A health ministry is a program within a place of worship that is devoted to keeping members healthy. Many churches, mosques, synagogues and other faith-based communities use health ministries as an organized way to give members information and services that promote health and wellness.

The goal of a health ministry is to give its members the support they need to stay in good health so they can enjoy life to the fullest. There is a common understanding that people have the best chance for a fulfilling life when they strive for physical, mental and emotional wellness.

Why is a health ministry important?

Congregations are made up of the different types of people who make up the rest of society. Many places of worship have young members and old members, those who live in neighborhoods near the house of worship and some who live far away, members from all types of professions and educational backgrounds, and worshipers from different races and cultures. One of the things that ties these believers together is that they all are at risk for many of the health issues that affect the larger community around them.

Many people view fellow congregants as close friends, confidants, mentors or even members of their extended family. These relationships create an environment where people feel safe and valued. Leaders of faith-based communities are trusted as authorities on spiritual and everyday matters. Their members look to them to provide information and encouragement on living the best possible life.

The close connections in faith-based communities make places of worship ideal for providing important information and services that can help keep people healthy. These days, information about various health topics is readily available through the internet, television and radio, and also through basic word-of-mouth. Unfortunately, some of the information that people take in is

incorrect, incomplete or confusing. Building a strong health ministry can provide members a reliable resource for learning about health issues that may affect them or their family members.

How are health ministries organized?

Typically, health ministries are made up of health professionals who are members of the church and other congregation members who may not work in the health care field, but have a special interest in healthy living. Usually, the group forms when leadership identifies health as an organizational priority and assembles a team to determine the best ways to address the health needs of the congregation.

Like other committees, a health ministry may have a chair or co-chair, secretary and treasurer. Sub-committees may also form to focus on education, events, promotions, partnerships or fundraising.

What steps should be taken to start a health ministry?

1. Select the right leaders

In many cases, a leader influences a group's success … or failure. Selecting the right leader may be the single-most important decision you make for your health ministry so be sure to choose wisely! Without strong leaders, it will be difficult to get and stay organized and to accomplish the priorities that have been established by the heads of the congregation. Choose a leader who is:

- **Dependable**—they have proven you can count on them
- **Organized**—other aspects of their life are in order
- **Gets along well with others**—they have good people skills, they avoid conflict and when conflict does present, they can resolve it quickly
- **Punctual**—they show up on time

What is the charter of a health ministry?

Health ministries are an organized way to give relevant, accurate health information to members of a congregation. Leaders of the health ministry meet regularly to set health priorities for the congregation and determine how to address them. Places of worship that have a significant number of members over the age of 65 may choose health issues that affect seniors, such as fall prevention and medication management. Congregations whose members are predominantly families with small children may focus on immunizations and injury prevention. Places of worship that attract teens and young adults may discuss abstinence and other topics of importance to the younger generation.

In addition to providing education, health ministries may directly coordinate health services and screenings within their house of worship or in the community. Some examples of activities a health ministry may plan and manage include:

- Flu clinics
- Blood pressure screenings
- Cancer screenings
- Cardiovascular screenings
- Diabetes screenings
- Dental health screenings
- Health insurance registrations
- Sexual health education seminars

- **Professional**—they conduct themselves in a business-like manner
- **Motivational**—they inspire others
- **Experienced**—they have led before

2. Recruit members

Having different types of parishioners on the ministry is very important. Having a diverse group of people who bring various experiences, knowledge and insight will offer your group unique perspectives and better results. When recruiting members for the health ministry, consider these factors for the group's composition:

- **Diverse professional experience**—while it is important to have health professionals in the group, people who do not work in the healthcare field will also add value. They can offer insight into what lay people want and need to know about certain health issues.
- **Young and not-so-young**—people from different generations bring different perspectives on how to approach health issues.
- **Various skill sets**—implementing health ministry programs can require a lot of different skills. You will need someone who can write letters, create spreadsheets and design fliers. You may need someone who has experience organizing and managing events or working with the media. Try to think of the special skills you will need to make your programs a success and spread the word about your needs to encourage participation.
- **Not too big, not too small**—the size of your health ministry committee should align with the size of your congregation. If you have a large congregation, your initiatives and programs will attract more people, so you may need more volunteers to get the job done. As a general rule of thumb, your health ministry should have between five and fifteen members. This will ensure that the amount of work is spread evenly among the group, but that it is not so large that decisions and work moves slowly.

- **Build a team**—your health ministry committee will be a team. Teams that work well together have a greater chance of success. Be sure to set aside time for some activities that will give your group a chance to get to know one another and build relationships.

Consider planning a retreat to help committee members learn more about each other and understand how your different personality types can come together for the good of the group. You can also find inexpensive or free team-building resources or activity tips online or in leadership books.

3. Plan meetings

Besides your actual events, meetings likely will be the major—and most time-consuming--activities of your health ministry. Regular meetings will help determine the health priorities of the congregation, how they will be addressed and how the ministry is progressing towards its goals. Below are a few tips for how to get the most out of your meetings.

- Give ample notice or pick a standing meeting time to maximize attendance.
- Choose meeting times that work for people—perhaps at the beginning or end of the work day or in the evening.
- Prepare an agenda and send it out to all team members a few days before the meeting so everyone will understand what you hope to accomplish and will have an opportunity to suggest additional items for discussion.

Close the agenda with "open discussion" so that an opportunity will present for items to be discussed that are not on the agenda.

- Don't meet for the sake of meeting. Only meet if you have important things to discuss or business to conduct. It is okay to cancel a meeting if you don't have specific topics to address or resolve.
- Establish written ground rules for meetings and make sure that everyone is aware of them. Examples: raise your hand before speaking, please set your cell phone to silent or vibrate at the start of the meeting, etc.
- Designate someone to take meeting notes or minutes and then distribute them to all committee members within one week of the meeting. Be sure that the action items or assignments that resulted from the meeting are included in the minutes.
- Make sure that everyone who wants to speak has an opportunity to contribute.

4. Establish Partnerships

Partnerships make sense when other individuals, organizations or groups have a common goal. These relationships can be valuable to your health ministry, aiming to comprehensively address the health needs of your congregation and surrounding community. Partnerships can help you:

- Set a unified agenda for your community

- Bring expertise and resources together
- Maximize available resources and outreach
- Show unity to the community
- Gain different perspectives and approaches
- Reduce competition
- Address complex issues
- Reduce duplication of efforts
- Increase influence
- Increase impact

The most successful partnerships are formed when clear, common priorities are identified up front, along with realistic goals, timetables and systems for tracking progress. Partners who share responsibility and accountability, and who want to benefit from diverse talents, expertise and perspectives, all in a fair, trusting and respectful environment, are most likely to benefit.

Developing a Work Plan

A solid work plan can help you assign and track the major tasks and activities that are necessary to implement your programs or accomplish goals. The example at right illustrates all of the factors you would want to consider if you were planning for a spring community health fair.

Tracking, Evaluating and Reporting Your Progress

Tracking, evaluating and reporting the outcomes of your group efforts are important to the success and sustainability of programs and partnerships that you implement within your organization. Doing so allows you to understand the progress you are making toward your goals, and as needed, what steps you might need to take to eliminate or reduce barriers, if you are not progressing as expected. This process also gives you an opportunity to report and celebrate milestone achievements, which will keep your members engaged and motivated.

A brief report that provides an overview and details about the impact of activities should be shared within your group and congregation as well as with partners and sponsors. As you are developing your report, consider including the following key categories or sections:

- Purpose and goal of the program
- Activities completed
- Partners involved and contribution to effort
- Resources used
- Lessons Learned (what you will do differently next time)
- Outcomes:
  - Number of people in attendance
  - Number of people served (i.e., received immunizations, got blood pressure checked, etc.)
  - Impact of program (i.e., X people learned they had diabetes/high blood pressure and got treatment)
  - Number of sponsors
  - Number of partners

Community Health Fair—Our Team's Work Plan

What needs to be done?	Who will do it?	When should it be completed	How will we know it is done?
Identify health service providers	Planning Committee	January 2017	Confirmation letters from providers
Secure sponsors	Sponsorship Committee	January 2017	Confirmation letters
Design flyers	John Smith	February	Flyer completed
Copy flyers	ABC Church	February 28	Copies of flyers given to group
Disseminate flyers in community	All committee members	March 20	Flyers given out
Prepare press release	PR Committee	April 1	Press release approved
Remind health service providers and sponsors	Planning committee	April 7	Acknowledgement of receipt of reminders
Hold health fair	All	April 15	

Planning a Health Fair

Tips for Success

A health fair is a great way to provide useful health messages to the members of your congregation and community residents you serve. Vendors or local organizations you partner with or have connections to can come into your church and perform a variety of health screenings, based on the age and health needs of your congregation. You may also invite speakers to address various health topics.

As you begin planning, keep these tips in mind:

- Develop a budget
- Select a date, time and location that doesn't conflict with other events and that is convenient for the majority of your members
- Recruit volunteers; you will definitely need hands to help on the day of your event
- Advertise and promote your event using your church bulletin, your website and social media pages, fliers, etc.
- Invite vendors and speakers well in advance
- Develop a schedule for the day of your event, inclusive of early set up
- Evaluate the event so that once it's over, you know what people got out of it or how they benefited from participation. This will help you determine if having another health fair in the future is a good idea, as well as what you could do next time around to improve your event.

Wondering who to invite? Consider these options:

- Local hospital to provide blood pressure and other health screenings
- Non-profit organizations to promote healthy habits and well-being
- Local grocers or farmers' markets to offer and promote healthy food options
- Local vendors to provide guidance on fitness and exercise
- Local fire departments to provide information on fire safety

Making Your Physical Activity Programs Successful and Safe

Physical activity may help reduce your risk of many cardiovascular related diseases. It also helps to lose and/or control your weight. Everyone can benefit from regular physical activity or exercise. Regular exercise and physical activity are very important to long-term health and well-being. Physical activities can be fun and individuals should choose activities they enjoy and can fit into their daily routines.

If you plan on holding events at your church that encourage people to get up and get moving, please keep these important tips in mind:

- Advise participants to check with their health care provider before beginning any physical activity or exercise program.
- Start slowly and gradually increase the amount of time and level of intensity as participants progress through the program.
- Ask participants to sign a liability waiver form.
- Encourage participants to keep a record of their activities to include the date, the type of exercise they are doing and the amount of time spent doing it.
- Plan exercise programs tailored to the needs of the congregation.
- Have plenty of water available.
- Advise participants to wear comfortable clothes and shoes appropriate to the type of activity they will be doing.
- Set rewards and celebrate success!

Looking for new ways to incorporate physical activity into your daily routine? Get the tips and guidance you need to get started or take your fitness to the next level by visiting Saint Agnes' website at **www.stagnes.org**. Click on "Your Best Health" and then "Get Moving." Here, you will find articles such as *Yoga Moves for Beginners*, *Playground Inspired Workouts* and *Strength Training for Anyone*, just to name a few. We are committed to helping you and your family get healthy and stay healthy. And as we all know, staying active is important!

YOUR HEART IS THE CENTER OF THEIR WORLD.

Get a 60 Minute Heart Check today.

Heart disease strikes someone in the U.S. about once every 42 seconds, and often, you can't notice the symptoms. You can take control, with a personalized assessment at Saint Agnes' Cardivascular Institute. For just $60, you'll have a full hour consultation with a certified cardiovascular nurse. You'll discuss your risk profile, do lab work and an EKG, and get specific advice for reducing your risk factors. Have your heart checked now, and keep yourself in circulation.

Contact **The Cardiovascular Institute at Saint Agnes** today to make your appointment. Call 1-866-690-9355. Your heart. Our passion.

SAINT AGNES
HEALTHCARE

Take an hour for yourself. Schedule your 60 Minute Heart Check today.

FREE MAMMOGRAMS

WITH BREAST LINK PROGRAM

SAINT AGNES HEALTHCARE

One in eight women are diagnosed with breast cancer in their lifetime. A yearly mammogram is essential in detecting breast cancers early. The Breast Link Program at Saint Agnes Hospital makes it easy for women to obtain breast exams and mammograms. Our goal is to provide FREE mammograms to those who opt to fully participate in the program.

If you are over the age of 40 and live in one of the following zip codes, you qualify for this special program: 21042, 21043, 21075, 21207, 21223, 21227, 21228, 21229, 21230, 21244, 21250.

Call 667-234-2648 today for more information on how to obtain a FREE mammogram.

Participants in the Breast Link Program receive:

- A FREE mammogram, regardless of insurance status
- Transportation to and from your appointment
- Guidance and support from a Breast Link Buddy
- A go-to resource for women's health questions

In partnership with Susan G. Komen Maryland

Saint Agnes Hospital

National Diabetes Prevention Program

If you have pre-diabetes or other risk factors for type 2 diabetes, it's time to take charge of your health. The Saint Agnes Hospital Diabetes Prevention Program lifestyle change intervention can help you make lasting changes to reduce your risk of type 2 diabetes. Saint Agnes Hospital Diabetes Prevention Program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

Eligibility:

- ✓ 18 years or older
- ✓ BMI ≥ 24 kg/m2 (≥ 22 if Asian)
- ✓ Diagnosis of pre-diabetes or GDM based on:
  - ➢ Primary care physicians
    - (HbA1C) 5.7 – 6.4
    - (IFG) Fasting blood glucose (range 100-125 mg/dl)
    - (IGF) 2-hour glucose (range 140-199 mg/dl)
  - ➢ Taking the CDC at risk for type II diabetes or pre- diabetes survey.
  - ➢ In your life time had gestational diabetes.

Components include:

This program is a year and a half long at **no cost**, based on the Center of Diseases and Control educational curriculum practice of nutrition, physical fitness, health and behavioral lifestyle intervention. A trained lifestyle coach will guide and encourage you the skills you need to lose weight, be more physically active, and manage stress. There will also be support from other participants with the same goals as you.

This includes 16 weekly core sessions, 6 monthly follow-up sessions to help you maintain healthy lifestyle changes and weekly 60 minute fitness classes.

For more information on the program and how to register, please contact Saint Agnes Hospital Diabetes Prevention Program at: **667-234-3244**

SAINT AGNES HEALTHCARE | ASCENSION

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Mission Statement

Rooted in the loving ministry of Jesus as healer, we commit ourselves to serving all persons with special attention to those who are poor and vulnerable. Our Catholic health ministry is dedicated to spiritually centered, holistic care which sustains and improves the health of individuals and communities. We are advocates for a compassionate and just society through our actions and our words.