

2012 Johnson County Healthy Foods Faith Leader Survey SUMMARY REPORT

Submitted to

**Johnson County Department of
Health and Environment**

ETC Institute
725 W. Frontier Circle
Olathe, KS
66061

November 2012



2012 Johnson County Healthy Foods Faith Leaders Survey - *Summary Report*

OVERVIEW

ETC Institute conducted one-on-one interviews with leaders of various faith organizations throughout Johnson County, Kansas during September and October 2012. The interviews were conducted on behalf of the Johnson County Department of Health and Environment. The purpose of the interviews was to help the Department and its partners examine perceptions and attitudes concerning health promotion and access to healthy foods among faith leaders in Johnson County. The Department also wanted to establish the number and types of activities with a health-promoting theme that already occur within and/or are organized by Johnson County faith organizations.

A total of 54 faith leaders were interviewed over the phone by interviewers from ETC Institute. Representatives from the following organizations were surveyed:

- 33 Church
- Advent Lutheran Church
- Asbury United Methodist Church
- Blessed Hope
- Calvary Chapel of Kansas City
- Cambridge Church
- Center of Grace
- Christian Assembly Fellowship
- Church of Christ
- Church of the Resurrection
- Community Life Church.Com
- Community of Christ
- Countryside Christian Church
- Covenant Chapel
- Crossroads Christian Church
- First Baptist Church
- First Baptist Church of Mission
- Gardner Church of the Nazarene
- Grace Covenant Presbyterian
- Hillcrest Christian Church
- Hindu Temple and Cultural Center
- Holy Cross Lutheran Church
- Jewish Education Central Agency
- Kings of Lutheran Church
- Knox Presbyterian Church
- Lenexa United Methodist Church
- Life Church
- Merriam Christian Church
- Monticello United Methodist
- Mt. Olive Lutheran Church
- Nall Avenue Church of Nazarene
- New Hope Presbyterian Church
- Old Mission United Methodist
- Overland Park Assembly of God
- Overland Park Church of Christ
- Overland Park Community Church
- Overland Park Presbyterian Church
- Pathway Community Christian
- Providence Community Church
- Sacred Heart Church
- Second Baptist Church of Olathe
- Sharon Baptist Church
- Shawnee Bible Church
- Southminister Presbyterian Church
- Spring Hill Church of Christ
- St. Aidan's Episcopal Church
- St. Andrew Christian Church
- St. Ann's Kansas Rectory
- Temple Sinai
- Torah Learning Center
- Trinity Lutheran Church
- Unitarian Church Shawnee Mission
- Unity Church of Overland Park
- Vista Baptist Church

SUMMARY OF MAJOR FINDINGS

A summary of the major findings from the interviews are provided on the following pages:

Types of Food Assistance Provided

Fifty-nine percent (59%) of the faith leaders surveyed indicated their organization currently provides food assistance to their members and 41% did not. The specific types of food assistance that faith leaders reported their organization provides are listed below:

- We provide food for those in need.
- We have a food pantry for anyone who needs it.
- Our organization provides back snacks for elementary students.
- We have a food pantry partnership with Harvesters.
- We provide financial assistance to individual members for food.
- \$50 Hy-Vee gift cards.
- Food pantry. We feed more than 50,000 people. We have a benevolence fund for our own members. Last year we took 11,000 square feet of our front area and dug it up and planted a vegetable garden. This year we expanded this to 16,000 square feet. We literally passed out hundreds of bushels of vegetables. We also will provide grocery store gift cards for meat to go with the vegetables.
- We have a discretionary fund.
- Food cards and emergency assistance.
- We provide financial assistance to our members.
- We support Harvesters.
- We have a food drive that goes to several different charities.
- We have a food pantry.
- We provide assistance on a need only basis.
- We have data forms for members to fill out what they need.
- We gather donations and have a food pantry.
- We offer food assistance on a case-by-case basis; we help those who are in need.
- We provide assistance as needed to our members.
- On occasion we have had a food barrel that people can dip into and also we have restaurant gift cards we hand out.
- We help out the food pantry which our members benefit from.
- Food pantry.
- It is part of our ministry to take food to the sick or to the families with newborns and etc.
- We provide grocery store gift cards and monthly food drives.
- We have food drives throughout the year.
- We provide grocery store gift cards.
- We partner with New Hope Presbyterian Church Food Pantry.
- Our organization participates in Meals of Love, where we take meals to people in need.
- We have two free community dinners each month. We partner with Panera Bread, Hy-Vee, Price Chopper and Starbucks and the Olathe Farmers Market during the summer. We work with Society of Saint Andrews community garden.
- We provide gift cards and have a small food pantry. We also partner with 20 other facilities to provide a complete food kitchen.
- We have a food pantry for both members and non-members.
- We provide gift cards and also have a very small food pantry.
- We work with Jewish Family Services.

Of the faith leaders who reported their organization provides food assistance to their members, sixty-three percent (63%) reported this assistance did *not* emphasize healthy food options; 34% reported this assistance did promote healthy food options and 3% were not sure. Faith leaders were also asked to identify the specific ways their organization emphasizes healthy food options to their congregation. The specific comments made by faith leaders are provided below:

- The menu is from Harvesters and there is an emphasis on healthy eating habits.
- We provide food from Harvesters; which is all fresh food.
- We have an agreement with Hy-Vee that they cannot use the card to buy alcohol or cigarettes; only food products.
- We recognize we have an even greater need around here for good quality and fresh food.
- We only provide healthy foods.
- We do not except anything but healthy foods.
- The only thing we buy is healthy foods.
- We do not provide junk or non-healthy foods.
- Most of the items we provide are non-perishable items and we choose a healthy variety to give our members. We do not let them just choose a bunch of unhealthy items.
- We try to make the food items as healthy as possible and we get food from the community garden as well.
- We do not provide cookies or a lot of sweets; only the necessities.
- We have a variety of people who donate healthy foods and we inform them that we prefer donations of only healthy foods.

Seventy-two percent (72%) of the faith leaders surveyed reported their organization provides food assistance to the community or persons outside their organization and 28% did not. The specific types of food assistance that faith leaders reported their organization provides to the community or persons outside their organization are listed below:

- We provide gift cards on some occasions but there is limited that we can give.
- We provide non-perishable items for Harvesters and food banks.
- Our food pantry is for everyone in the community.
- We provide backpack snacks for all elementary students.
- Our food pantry is open to everyone in the community.
- Every once in a while we give the Hy-Vee \$50 gift card to a non-member. Or we also might refer people to the City Union Mission or Catholic Charities.
- We help the local elementary school with the backpack program through Harvesters. Then mid-May through October we provide students with meals serving about 40 students.
- 98% of all people we feed are not members of our church. We are two blocks from Stilwell Elementary School and in the summer months we provide all the peanut butter sandwiches needed to help supplement the loss of the school lunch during the summer. We provide 12 families with food, which equals 47 people in the area.
- We participate in Harvesters and food drives.
- We provide grocery gift cards and partner with funds.
- We have a food collection for the community.

- We participate in backpacks for hunger and food drives.
- We have a food pantry, participate in food drives, food service meals, Harvesters and have worked with schools.
- Something to eat bags for people who need. Casserole team to those in need.
- Harvesters.
- Food drive.
- Food pantry.
- Periodically through members of the church who may know of someone in need.
- Senior citizens healthy foods on every Thursday.
- Food pantry with appointment to those in the community who are in need.
- Food cards and gift cards to various places.
- We participate in the “Backsnack” program and Harvesters.
- On occasion we have a food barrel that people, including non-member, can dip into and we also hand out restaurant gift cards to non-members when needed.
- We help out the food pantry, which the whole community benefits from.
- We provide a food pantry.
- We provide food cards for the community when needed and we refer people to other charitable groups.
- We have a monthly food drive to benefit Catholic Charities.
- We participate in food drives and work with organizations like Vaughn Trent and Catholic Charities.
- We give out gift cards to grocery stores.
- We partner with the New Hope Presbyterian Church.
- We refer people on where to get food assistance and do food drives.
- Work with Hope Faith Ministries donating food needed for their kitchen and help serve lunch at least once a month.
- We have two free community dinners each month. We partner with Panera Bread, Hy-Vee, Price Chopper and Starbucks and the Olathe Farmers Market during the summer. We work with Society of Saint Andrews community garden. These are open to non-members.
- Gift cards and a small food pantry and with 20 other facilities we provide a food kitchen.
- Food pantry.
- Food pantry and collecting food for another church. Also weekly we go to another church to help feed and clothe people in need.
- Gift cards and a very small food pantry for non-members also.
- We work with Jewish Family Services, which includes people outside our organization.
- We work with Harvesters.

Of the faith leaders who reported their organization provided food assistance to the community or people outside of their organization, sixty-nine percent (69%) reported this assistance did *not* emphasize healthy food options; 26% reported this assistance did promote healthy food options and 5% were not sure. Faith leaders were asked to specify the ways that their organization emphasizes healthy food options to the community; the specific comments made by faith leaders are provided below and on the following page:

- Harvesters provides the menu and it only offers healthy food options..

- We have a community garden, which emphasizes healthy food. We provide fresh vegetables and gift cards for meat.
- We provide vegetables and fruits.
- We offer healthy foods for students.
- We only give out healthy foods.
- Our organization does not accept fatty foods to donate.
- We avoid non-healthy foods.
- We try to make all the items as healthy as possible and the community garden provides healthy food - for even non-members.
- We try as hard as we can. We do not provide cookies or a lot of sweets but the necessities.
- We try to give healthy foods to the food pantry.
- We have a variety of people who donate healthy foods and we inform them that we prefer donations of only healthy foods.

Promotion of Access to Healthy Foods

Sixty-one percent (61%) of the faith leaders surveyed reported their organization did *not* provide any type of promotion of access to healthy foods for their members and 39% reported their organization did. The specific types of activities or programs that faith leaders reported their organization promotes to their members are listed below:

- We have sermons related to eating healthy and active lifestyle.
- We have health and wellness announcements during our services.
- We have a community garden for everyone.
- We have TOP meetings to help people lose weight.
- We do some health fairs and our community garden. On Sunday mornings we leave the lobby open with fresh fruit and vegetables set out on tables.
- We have a community garden and a health care advisory team.
- We offer nutrition education.
- We have a community garden.
- We sponsor a community health fair, yoga group and a blood drive.
- Healthy meals are provided on occasions and we have a community garden.
- We offer classes about healthy eating and have a community garden.
- We offer occasional programs within members.
- Periodically we have health and wellness speakers.
- If there is a class or organization we find; we participate if available.
- We have a health fair.
- A speaker comes in about every other month to do a health class.
- We have classes on health.
- Through the preschool we provide nutrition education to the parents for their family.
- We have small groups like fitness programs at our church.
- We have a Yoga program and do fund raisers for food to members of our church who need it.

Sixty-seven percent (67%) of the faith leaders surveyed reported their organization did *not* provide any type of promotion of access to healthy foods to the community or persons outside their organization and 33% reported their organization did. The specific types of activities or programs that faith leaders reported their organization promotes to the community are listed below:

- Non-members are sometimes informed of our offerings.
- Have a community garden for non-members as well.

- TOP (meeting about weight loss) has member of the church and non-members.
- Non-members can participate in the health fairs and community garden vegetables and fruit.
- Sponsor health fairs.
- We have a community garden.
- We have a community health fair, yoga group and blood drive.
- We have community gardens.
- Offer classes about healthy eating and the community garden.
- Health and wellness speakers come to our church.
- We participate in health related classes/programs if available.
- Offer lifeline screenings to promote within the community.
- Sponsor a health fair.
- A speaker comes in about every other month to do a health class and anyone can come, including non-members.
- Our preschool families are not all members of our church and our preschool educates the families on healthy foods for their families.
- The small groups for fitness programs at our church are open to the public.
- Offer health fairs and community gardens.
- We have a Yoga program that is open to the public and we have fund raisers for food to anybody who needs it.

Most (80%) of the faith leaders surveyed reported their organization did *not* sponsor any type of promotion of access to healthy foods initiated by another organization within the community and 20% reported their organization did. Faith leaders were again asked to expand on the programs or activities their organization sponsors through another organization; the specific comments are provided below:

- We work with the Valley View Methodist Church's Food Pantry.
- Work with a metro organization that provides food for low income and minority groups.
- We work with the Harvester's mobile food pantry.
- Partner with weight Watchers.
- We help with the community food pantry, a yoga group and the blood drive.
- We work with Harvesters.
- Our organization partners with Lifeline screenings and provides food assistance to the homeless through various organizations.
- We work with Harvesters and an organization that serves healthy meals once a month to the community.
- We work with Harvester's.
- We are a community outreach center – so we allow groups to use our building for many reasons.
- We collaborate with other congregations donating canned goods and such.

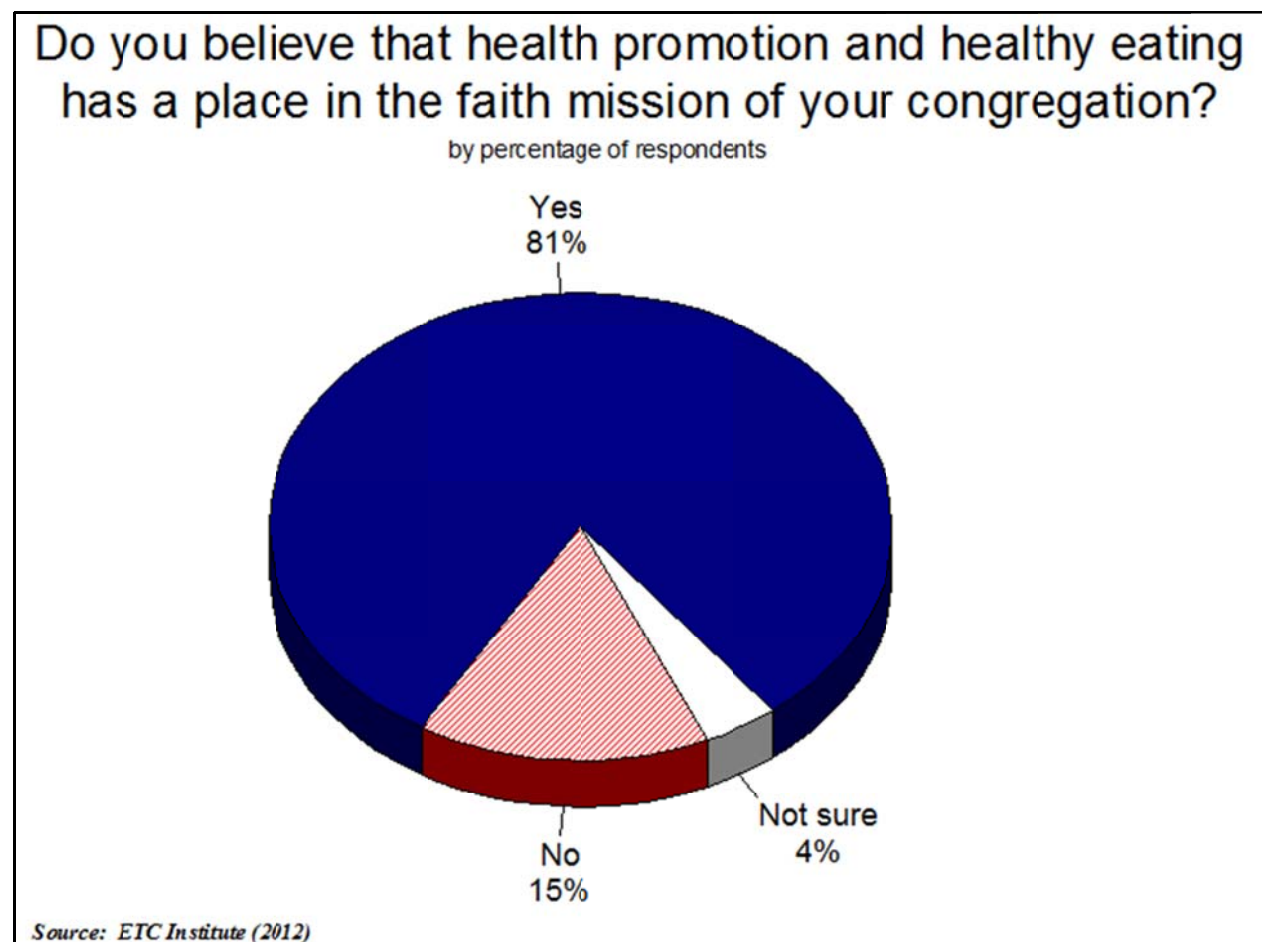
More than three-fourths (76%) of faith leaders reported their organization's ministry or programs did *not* contain elements of access to healthy foods and 24% reported it did. Faith leaders were asked to specify the types of ministry or programs that contained elements of access to healthy foods; their specific comments are listed below:

- There are discussions about healthy lifestyle in services.
- We share our garden's fruit and vegetables.
- Have parish nursing and health ministry.
- Have a health ministry.
- We have volunteer parish nursing.

- Our organization has a health ministry.
- Have parish nursing and health ministry.
- People bring meals to feed to those who are struggling.
- Parish nursing.
- Have health ministry where a speaker comes in about every other month to do a health class.
- Offer parish nursing.
- We have a Health Ministry Association but not at this building.

Perceptions of the Role of Health Promotion and Healthy Eating in the Mission of the Congregation

As the chart below shows, most (81%) of the faith leaders surveyed felt health promotion and healthy eating has a place in the mission of their congregation; only 15% did not and 4% were not sure. The specific reasons that felt leaders felt access to healthy food had a place in their congregation are listed below and on the following page:



- A part of our taking care of our bodies like God wants.
- A small place.
- It is always good to make healthy food choices.
- Always good practice.
- Always good practice.
- Always important.
- Always important.
- As a Christian we know our bodies are a temple of God and we should it as such.

- Because you must take control of your mind, body and soul.
- Part of being a better person.
- Body is a temple eating healthy is important.
- We are called to take care of ourselves.
- Our congregation practices healthy eating habits.
- Falls under the broad category of taking care of what God gave us.
- Good health is responsible.
- It is a great way of helping out.
- I know it is something we should do but do not know how it could be promoted.
- It is an important belief.
- It is important to take care of what God gave us.
- It is important to your development as a human being.
- It is part of taking care of ourselves.
- It would. In general some of the issues we face is that most of our congregation is elderly financially deprived.
- Lifestyle he lives, there is a biblical base to this issue.
- Our body is a temple.
- Our health and wellbeing is also important to God.
- Our physical health goes hand-in-hand with our mental and spiritual health.
- It should be part of the spiritual discipline.
- It is a personal commitments.
- Physical wellbeing goes along with spiritual wellbeing.
- Scriptures talk about taking care of our bodies.
- Something worthwhile to focus on.
- The body that God has given us is a gift we need to take care of.
- Very important for the overall well-being of our community.
- We are supposed to be good stewards to the body God gave us.
- We are the hands and feet of Christ and we need to provide the necessities needed.
- We need to take care of the bodies God gave us.
- We need to take care of the body God gave us.
- We want to be good stewards of our bodies and promote a healthy lifestyle.
- You have to have a healthy body and mind to survive.
- You should take care of yourself.
- It's the right thing to do. God created our bodies and our bodies are to be respected.
- It is our belief; we are commanded to take care of our bodies.
- It is unhealthy for people in general and good for the homeless.

The specific reasons faith leaders did *not* feel health promotion and healthy eating should have a place in their congregation are listed below:

- It is not a primary issue; we should be focusing on spiritual needs.
- This is not a priority.
- This is not a big issue.
- It is not taught in our congregation.
- The priority is spiritual care.
- We are there to teach the Bible. The Bible teaches us to do things in moderation.
- I don't see where it is mentioned in the bible.

Willingness to Promote Access to Healthy Foods

Sixty-nine percent (69%) of the faith leaders surveyed reported they would consider promoting access to healthy foods in their congregation if they were provided information for bulletin inserts, speakers, and etc. Twenty-eight percent (28%) of the faith leaders surveyed would *not* consider promoting access to healthy foods in their congregation if they were provided more information and 4% were not sure. The reasons that faith leaders reported they would consider promoting access to healthy foods in their congregation are provided below and on the following page:

- We already do.
- It is always good to know more about healthy foods.
- More information is always helpful.
- As long as it is non-profit.
- So we can provide awareness for the members of church.
- Biblically we are mandated to take care of ourselves.
- Yes, but I would still need more information about what we would be promoting.
- This depends on the level of assistance.
- Yes but it would have to be approved by the admins.
- It would be good information for members.
- Its good information to help people.
- Its good practice.
- This would be great information to have.
- It's a great way to promote it within the congregation.
- I would put out fliers but not speakers because we are very small church.
- If we get to keep the church and continue on.
- In certain ways yes the information and assistance would be nice.
- This dovetails well with our food ministry.
- It might be beneficial.
- It would be a good thing and we would stand behind it.
- I would prefer to have mostly speakers; this is always a good practice.
- I would need more information.
- It sees it would be very beneficial.
- That is part of what we need to be doing.
- The assistance would be helpful. Obviously healthy foods would be better but healthy choices can be more expensive.
- The help would be welcome.
- This is a valuable resource.
- This would be very beneficial.
- We already do this and would like to expand our efforts.
- We are a newer church and very small so far and would appreciate the assistance.
- This is very important, especially with the obesity rate as it is. This is also a Christian thing to do.
- If it were going to help others, I would definitely would.
- Because of our unique challenges and the economic issue, people are going hungry and they cannot afford healthy foods. Also, kosher food is even more expensive.
- I believe this would probably be useful for some people who might not be able to eat right.
- Because it is the right thing to do.

The reasons that faith leaders mentioned that we would *not* consider promoting access to healthy foods in their congregation are listed below:

- If just about nutrition then we are good but if they push vaccinations then we would not agree.
- I would need more information.
- I would need more information.
- We would have to have more information.
- More information before I can say for sure.
- This is not a priority.
- Not at this time because our church is in a very challenging time right now.
- Not interested.
- Not interested.
- Not needed at this time.
- We do not want to waste time on this issue.
- Our job is to teach the Bible not get people involved in other things that are not part of church work.
- Spiritual.
- This is something that would not be in our bulletins or spoken about.

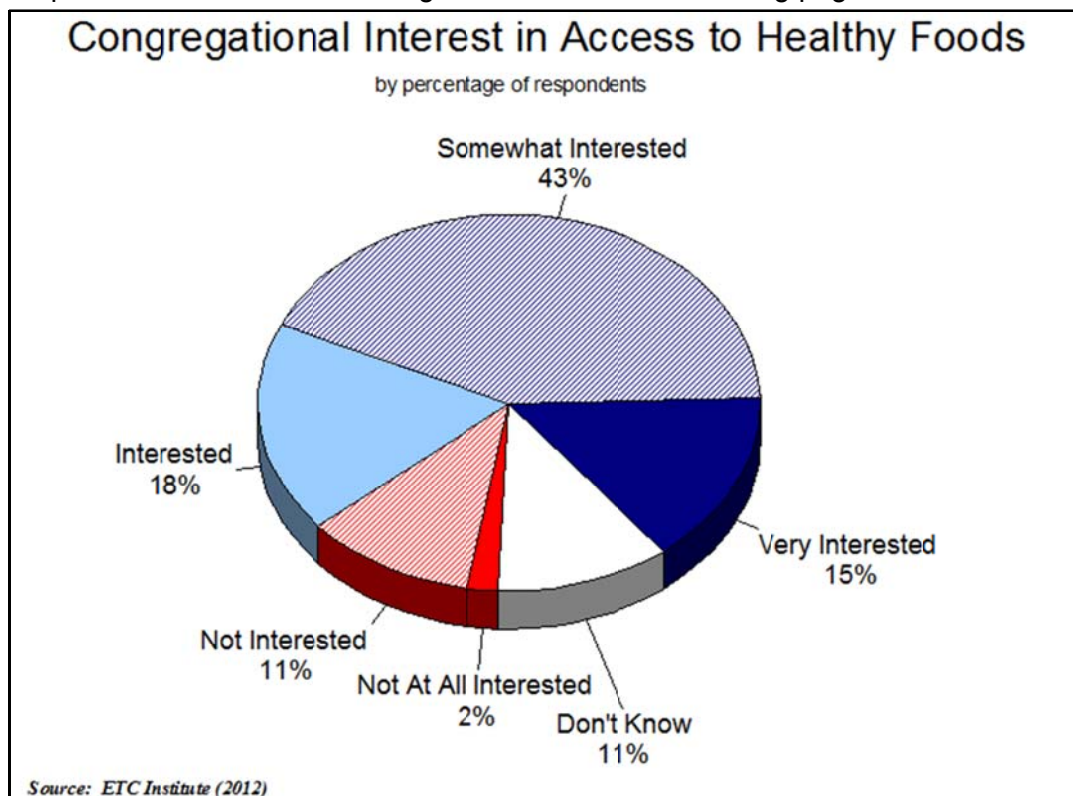
When asked if they would support a volunteer committee to offer healthy eating program in their congregation, faith leaders were generally split about whether or not they would support a group. Half (50%) indicated they would *not* support a volunteer committee, 44% reported they would support a volunteer committee and 6% were not sure. The specific reasons for their ratings are listed below:

- I am not a very government type of guy.
- We would need more information about the volunteer committee.
- Need more information.
- Need more information.
- Need more information.
- Need more information.
- Need more information.
- Need more information.
- Need more information.
- Need more information.
- Need more information.
- Need more information.
- Not at this time.
- Not interested.
- Not interested.
- Not interested.
- Not interested.
- Our church is too small.
- We are too small and we already have a limited pool of volunteers.
- There is too much going on in our congregation now to help.
- We are such a small congregation.
- We are there to teach the Bible.
- We are too small at this time.
- I would need more information.
- Any information would be helpful.
- This would have to be approved by admin.

- Yes, because of the high blood pressure and diabetes.
- We need to get more information out there.
- This would be a good opportunity.
- This is a good practice.
- I have hesitation to that because I doubt people would participate but would like to try.
- If we felt the timing was right.
- I think it might be good to look into and find out more information.
- More information to congregation is always good.
- Our congregation shows interest on health issues.
- Part of our ministry is to help people stay healthy.
- There are people who could help having better eating habits.
- Thinks congregation can benefit from it.
- We have no one right now and we would appreciate the help. We have a group, mothers of preschoolers, who meet here and they would benefit having a speaker come in.
- We need to be modeling a healthy environment.
- When I think of health, I think of weight, weight problem and diabetes. Too many people eat too much fatty foods.
- With the obesity rate it is the Christian thing to do.
- Would be the only way it would happen.
- I would support it because it's the right thing to do.
- I cannot support this because we are very small and not ready for this.
- The more people involved the better, so Yes, we would support a volunteer group.
- If the volunteer committee is going to help, then yes, I would like to take part in it.

Congregational Interest in Access to Healthy Foods

As the chart below shows, more than three-fourths (76%) of the faith leaders surveyed had a congregational interest in access to healthy foods; 13% were not interested and 11% were not sure. The specific reasons for their ratings are listed on the following pages:

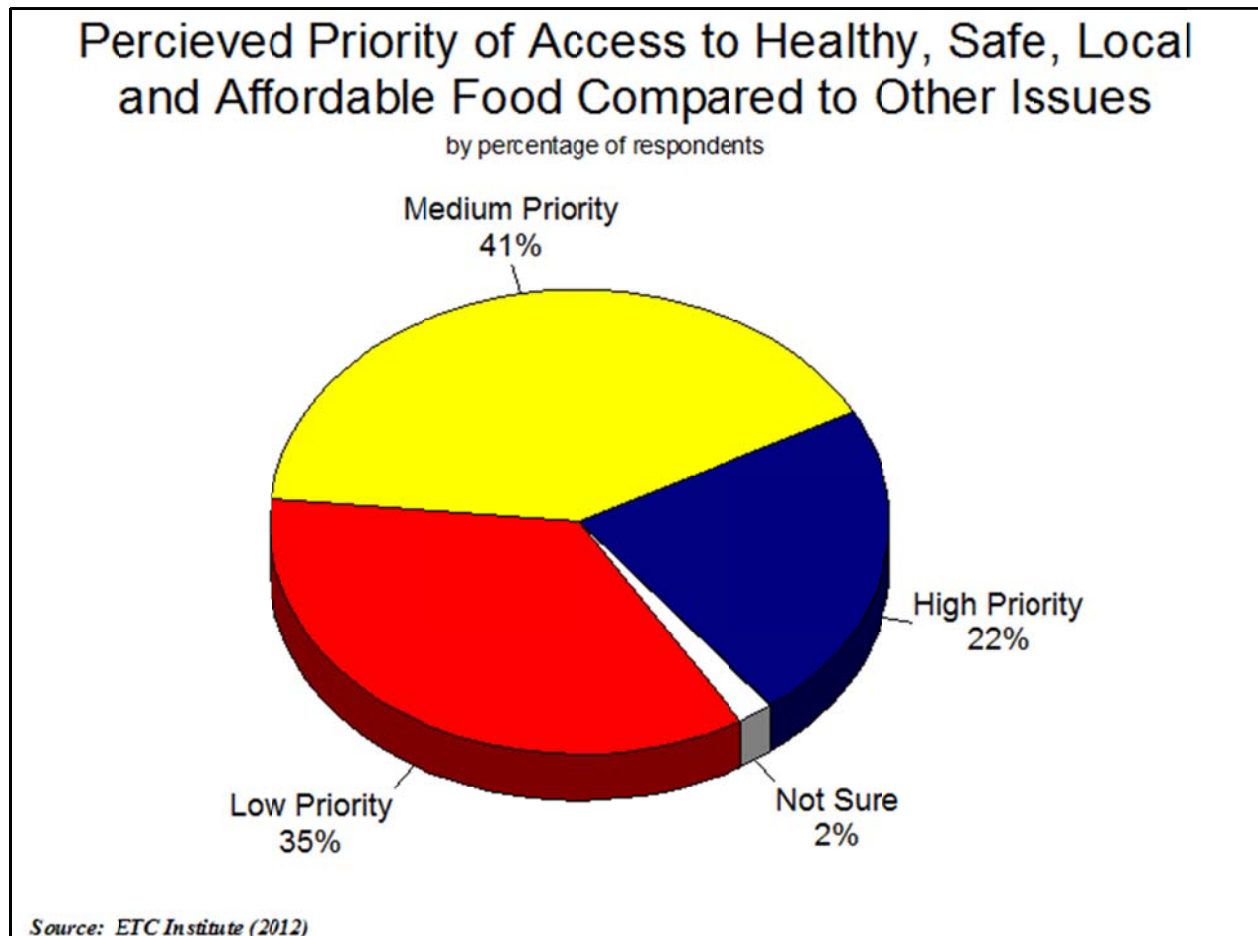


- Many members go to a fitness club together.
- People in our congregation discuss health issues already.
- It is a concern for members who have a health risk.
- Some members of our congregation are health conscious and others aren't, which is why I selected the middle option to show my interest for the congregation.
- I have been involved in the church for so long and I have found that some members practice healthy diets and some do not.
- There are a number of members that practice healthy eating habits and I think they would be interested.
- More needs for spiritual.
- We are only interested in what the Bible says and that covers treating our bodies as temples and eating in moderation.
- We have a lot of people who try to eat better and encourage others to eat healthy. Our congregation is pretty healthy-minded already.
- We have some who would follow through and some who could care less.
- This is one of the main elements of what we do.
- No one feels that it is in personal interest.
- Need to take care of ourselves.
- I have mixed feelings, some people are and some people are not.
- I cannot speak for congregation.
- There is always an interest.
- Because that is what it is.
- I cannot speak for congregation.
- Our congregation practices healthy lifestyles.
- I cannot answer for the congregation.
- A great number of our members are vegetarians and vegans.
- I cannot speak for the congregation as a whole.
- We have many members who eat only organic foods already.
- Younger members should practice healthy eating habits.
- Depends not really a problem and access to healthy foods is a personal choice.
- Most of our members are healthy.
- Most members are senior citizens.
- People of our organization feel that your body is a temple.
- Most people are healthy in our organization.
- Not a priority.
- There are some of our people who would be interested, while some would not.
- When we do host a program by having a speaker come in about health, we always have a significant turn out with 30 to 50 of our members attending and we are a congregation of 120 members.
- Know we need to take care of our health.
- We have a substantial membership of older people that would take more advantage of this than the younger would.
- Because there are a lot of things happening that makes it just somewhat interested.
- I do not hear a lot about this from the congregation.
- This issue has never been brought up before.
- Not as high of priority for all members as it is for me.
- I have not heard anything brought up about this.
- Most of our congregation is pretty healthy and conscious of what they eat and stay physically healthy.
- We do want people to have access to healthy foods.
- There are people aware of the concern but this is not their only issue.

- We used to do more on this and I think once people heard more they would be interested.
- I know enough about some of our folks that they are into a healthy routine.
- Speaking for myself, we should take care of what God has given us which affects us both physically and spiritually.
- Right now with at the stage of our congregation being in trouble, there are too many other issues to handle.
- I am interested because it is very important and would be very important to see how many others don't have healthy food. I would like to help.
- I have interest because people interact and are able to function better if they are healthy.
- I am not interested because I haven't heard any members asking about healthy foods.
- I am only "somewhat" interested because there are other priorities and healthy foods are not as important.

Priority of Access to Healthy, Safe, Local and Affordable Food

As the chart below shows, sixty-three percent (63%) of the faith leaders surveyed felt the issue of access to healthy, safe, local and affordable foods was a high or medium priority compared to other issues facing their congregation, 35% felt it was a low priority and 2% were not sure. The reasons for their ratings are provided below and on the following page:



- I have always believed in a healthy lifestyle.
- Spiritual needs are most important.
- The major problem in Johnson County is poverty.
- This is not as high of a priority as spiritual development is for the church.

- My main concern is the spiritual health of our congregation.
- Our main priority is on spiritual needs.
- We should focus on the spiritual needs of our congregation first.
- We teach the Bible.
- While this is important, we have other issues that we should focus on such as spiritual development.
- I think with what we deal with our first priority is to get something to them at limited expense.
- I think it was made obvious to me when I got here that there was a big need for food for people in this area. It is part of what we do.
- Congregation has not expressed an interest in access to healthy foods.
- This just is not a concern for our congregation.
- We have a lot going on right now in congregation. As a whole for the congregation, this does not seem as important right now.
- This is important because this is all tied together.
- I cannot speak for congregation.
- Our congregation's emphasis is on feeding the poor.
- As a whole, we are a pretty healthy congregation.
- This should be based on the personal choices of our members.
- I have not seen a voiced serious concern in congregation about this issue.
- I think this would only be important to some members.
- This is always a good practice.
- This is more of a personal choice.
- With ongoing health issues plaguing people it is important to try to maintain healthy eating habits daily.
- Most of our congregation does not have a problem with eating healthy.
- It is our job to provide food to the hungry.
- This is a priority because in the inner city there is a lack of healthy foods due to poverty or depression.
- This is not a church priority.
- It would go along with the poverty in our community.
- Issues surrounding poverty are the highest priority but this leads into healthy eating. We can try to make sure people eat but cannot always make sure they eat healthy.
- Ranks up there with all issues - one benefits the other.
- The physical need is important but not as important as the spiritual needs.
- I do not think we have too much of a problem of this in our area.
- We need to educate our parishioners spiritually and physically for their wellbeing.
- I am not quite sure if faith communities should be the one promoting this.
- Obviously our biggest focus is on the spiritual development but our health affects our minds therefore our spiritual wellbeing.
- I have not heard this talked about and I do not know what the people's interests are.
- I think trying to keep up with the other issues and keeping the poverty level fed healthy foods might not be obtainable.
- I think that poverty is a huge problem and has to be addressed but at the same time they need to be fed but hard to always keep it healthy foods.
- We understand that it is tied to everything we do.
- We focus on worshipping God, Jesus and following His path.
- We do have the benefit of our food pantry, and more information about how to promote healthy foods in it would be good.
- We need to be promoting a healthy lifestyle or we cannot help others.
- You have got to meet basic needs to hear the gospel.
- There are a lot of other needs and the spiritual needs are much greater.

- I think it is only a medium priority because there are other priorities.
- The size of our congregation dictates more important things and healthy food is a lower priority.
- This is high priority because without healthy food being accessible, a person has a hard time with other things in their lives. We need to stay healthy.
- This is a high priority because even though you have enough food, if it's not healthy, it's not going to help you function as well.

Willingness to Help With a Community Plan to Improve Access to Healthy Foods

Sixty-three percent (63%) of the faith leaders surveyed were *not* willing to assist in the development of a community plan to improve access to healthy foods in Johnson County and 37% of the faith leaders surveyed were willing.

How Religion Affects Eating Habits

Half (50%) of the faith leaders surveyed did *not* feel their religious beliefs affected their eating habits and half (50%) indicated it did. The specific ways that faith leaders indicated their religious beliefs affect their eating habits are provided below and on the following page:

- The bible says our "bodies are temples" so if you believe the Bible you need to act on that.
- Your body is a temple of the Holy Spirit and a dwelling place for God.
- We have to be careful about what and how much we eat to keep things in moderation as the Bible teaches.
- Our body is the temple of the Holy Spirit. Just because I exercise and eat right it will not add another day on my life because God already has that determined. It will just give me a better quality of life.
- As in everything else we are taught to believe to not be gluttons and we need fresh food and to stay in good shape; we should be a good example of this for others. That is what God would want from us.
- As far as politics go, yes because I am very liberal.
- Religion teaches us to be better people and this is part of being a better person. .
- Our body is a temple.
- Stewardship and personal choices.
- Our body is a temple.
- We are taught to take care of the environment and our body.
- Take care of one's body. Moderation in all things.
- Avoid gluttony.
- I try to purchase food that is grown closer to KC because it is impacted traveling in from long ranges. Healthy eating has a ripple effect on our whole being.
- We need to take care of the body God gave us which includes eating right.
- I try to leave life in moderation as much as I can and this goes the same for unhealthy foods.
- Taking care of what God gave us includes taking care of our bodies.
- I am sure my beliefs do probably unconsciously impact my food choices.
- I want to keep the body God gave me healthy.
- Our body is the temple of God and we are to take care of it.
- Since becoming a Christian a long time ago, I have been more aware to take care of myself and others and healthy eating has become a habit; our bodies are a temple of God.
- To me it is part of taking care of the body God gave us.

- Putting aside being a Baptist or being a Christian, God expects us to honor our bodies.
- Jewish dietary laws limit a lot of things and food has to be supervised by a Rabbi.
- Kosher foods; that is how it affects us.
- We are restricted to eat a certain type of food we call Kosher and restricted on how the food is prepared.
- In our religious beliefs (Hindu), we don't eat meat. We are vegetarians.

CONCLUSIONS

- **Most Faith Organizations Do *Not* Provide Food Assistance Programs That Specifically Emphasize Healthy Food Options.** Of all the faith leaders surveyed, twenty percent (20%) reported their food assistance programs promoted healthy food options to their congregation and only 19% reported their food assistance programs promoted healthy foods options to the community or persons who are not members of their church.
- **The Majority of Faith Organizations Do *Not* Provide or Sponsor Programs and Other Ministry That Promote Access to Healthy Foods.** Thirty-nine percent (39%) of the faith leaders surveyed reported their organization provided any type of promotion of access to healthy foods for their members and 33% reported their organization provided any type of promotion of access to healthy foods for the community or to persons who are not members of your church. Twenty percent (20%) of the faith leaders surveyed reported their organization sponsored any type of promotion of access to healthy foods initiated by another organization within the community and less than one-fourth (24%) reported their organization's ministry or programs contained elements of access to healthy foods.
- **Most Faith Organizations Felt the Issue of Access to Healthy Foods Had A Place In The Mission of Their Congregation and Was An Important Issue.** Most (81%) of the Faith Leaders interviewed felt access to healthy foods has a place in the faith mission of their congregation. In addition, more than three-fourths (76%) of faith leaders expressed a congregational interest in access to healthy foods. When asked how important they felt the issue of access to healthy food was compared to other issues facing their congregation and community, sixty-three percent (63%) of the faith leaders surveyed felt it was a high or medium priority.
- **Even though Faith Leaders Felt Access to Healthy Foods Was Important and Most Faith Leaders Felt It Had A Place In Their Mission, There Was Some Hesitancy Among Faith Leaders to Participate in Specific Activities Without More Information.** Forty-four percent (44%) of the faith leaders surveyed indicated they would support a volunteer committee to offer healthy eating programs in their congregation, 50% would not and 6% were not sure. When asked why they would *not* support a volunteer committee, most faith leaders felt they needed more information about the volunteer committee before they would support it. When respondents were asked if they would be willing to promote access to healthy foods if they were provided **information** for bulletin inserts, speakers, and etc., sixty-nine (69%) were willing to consider it.