

**Q: I am not a teacher, can you help me teach this?**

**A:** The STAR leader will be oriented on the content. We encourage you to recruit experts (nurses, pharmacists, nutritionists, teachers, etc.) from your church membership to assist. In addition, CW will provide a resource list of facilitators who are available upon request to deliver content as well.

**Q: What's in the STAR Project manual, toolkit?**

**A:** The manual includes body systems, nutrition, handouts, activity sheets, medication adherence information. The kit includes data collection equipment, record keeping forms, teaching aids, posters and charts for activities.

**Q: What's in it for me?**

**A:** WMLs receive very valuable training at no cost. We remain committed to find tangible ways to reward and bless volunteers as often and as generously as possible. Churches that complete the project successfully are eligible to receive a stipend.

**Q: What is the criteria for my church?**

**A:** The church must be registered in good standing with the Louisiana Secretary of State. The official business name and domicile of the church must match the Secretary of State website.

**Q: How many people can I recruit?**

**A:** The sessions are designed for groups of ten.

**Q: Is maintaining medical records or other reporting required?**

**A:** No medical records are kept. The WML will maintain and submit required attendance records and data sheets via an online portal. The information sent to CW will not have personal information and is confidential.

**Q: Can you help me with talking to my pastor and recruiting people?**

**A:** Yes, the staff will gladly help you explain the **STAR Project** to your pastor and provide tips for recruiting participants.

**Q: Is there a nurse to help me with measurements?**

**A:** You will learn how to take measurements during the STAR Leader training. Staff is available to answer questions and help you understand the equipment and process during office hours.

**Q: How is success measured?**

**A:** Success is measured by any reduction in weight and any reduction in blood pressure. We applaud any improvement. Large or small accomplishments are valued.

**STAR Project Leader Training**

Oct 24 (2.5 hrs.) - Virtual

Oct 29 (2.5 hrs.) - In-person/lunch

Nov 3 or Nov 7 (45 min options) - Virtual

Jan 10 (2 hrs.) - Virtual

**Must join and remain visible on camera on a desk top, laptop or tablet.**

**No cell phone.**



Learn skills and new attitudes in a spiritually rich environment.

Gain better blood pressure control and reduce weight.

Strategies include healthier eating, physical activity, prayer and meditation.

Churches in the BCM CW network can contact  
**Sharon Burel RN- 504-593-2339**  
(registered nurses)  
**Lisa Collins- 504-593-2330**  
(congregational health promoters)



**The STAR Project is an exciting initiative being implemented in churches within the Congregational Wellness network to address hypertension and obesity.**

**Statistical data from various sources indicate that hypertension and obesity are contributing factors to the high incidence of cardiovascular disease. Cardiovascular disease is the number one cause of death in the United States.**

**WE'RE DOING SOMETHING ABOUT IT!**

## FREQUENTLY ASKED QUESTIONS

### **Q: What is the STAR Project?**

**A:** This is an initiative to help people lose weight and lower blood pressure. Special arrangements have been made to offer the project in a hybrid fashion - virtually and in-person this year.

### **Q: Why is it called the "STAR Project"?**

**A:** We believe that there is a "star" in every person. Sometimes our brightness is hidden by unwanted pounds and by the bondages of sickness and medications that dull and subdue the strong and vibrant personalities just beneath the surface. We believe everyone is happier and more productive when we are healthy. Our motto is: "There's a star in you!" Our aim is to help our stars shine brightly.

### **Q: Is it a class?**

**A:** No. It's a support group of individuals with weight and blood pressure issues who want to be healthier. The wellness ministry leader (WML) or someone they have selected will present information to help participants become healthier by understanding more about their body.

### **Q: So, people will just sit around and talk about their weight problems?**

**A:** Absolutely not. Sessions include group activities, puzzles, physical fitness, prayer and meditation.

### **Q: Who will lead the sessions?**

**A:** The WML can lead the sessions but may also recruit others to lead or assist in any capacity. All volunteers will be trained.

### **Q: Who is eligible to participate in the STAR Project?**

**A:** Persons self-identifying as overweight or experiencing elevated blood pressure.

### **Q: What will the participants learn?**

**A:** They will be able to identify the systems in the body being affected by weight gain and high blood pressure and how to correct the negative effects.

### **Q: Will it cost my church any money?**

**A:** There are no fees for the church nor the participants. Training for the STAR Leaders is free.

### **Q: When does the group meet?**

**A:** This is a 10-week program which meets once per week for two-hour sessions. The day and time is based on the availability of the group members and the facilitators. Implementation of the project begins the week of January 15, 2023 and ends no later than April 15, 2023.

### **Q: Where will the sessions be held?**

**A:** The sessions may be held virtually, in-person or hybrid (which is a combination of both). We suggest setting up a Zoom account (any other private online meeting platform is acceptable). Because of confidentiality laws, this group cannot meet on a live platform like Facebook or Instagram. Hybrid means the facilitator presents on Zoom from a remote location while the participants meet together in-person or the presenter meets with a group while other participants join remotely. Persons using technology must be responsible for using the proper devices for the meetings and remain visible on camera throughout the session.

### **Q: How much help will we get during the program?**

**A:** Congregational Wellness will train the STAR Leaders. We provide continued technical support throughout the 10 weeks.

### **Q: How do I get started?**

**A:** The STAR Leader must attend hybrid training as well as complete online training. The manual and toolkit will be provided free of charge.