

NATIONAL BAPTIST CONVENTION, USA, INC.

MEN'S HEALTH MONTH

STRONG MIND. STRONG BODY. STRONG SPIRIT.

Dr. Boise Kimber, President



*Move Daily, **Live Strong**, Stay Connected.*



NBCUSA Men's Health Month | www.hopenbc.com



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June 2026

To Pastors, Health Ministry Leaders, and Congregations of the National Baptist Convention, USA, Inc.:

Grace and peace to you in the name of our Lord and Savior Jesus Christ!

Each June, we pause to honor and uplift the men in our congregations: our fathers, sons, brothers, uncles, mentors, and leaders. **Men's Health Month** is more than an observance. It is a ministry of empowerment, healing, and hope. It is our opportunity to confront the health challenges that disproportionately impact Black men and to affirm that *our bodies are temples of the Holy Spirit* (1 Corinthians 6:19).

Black men face higher rates of hypertension, diabetes, prostate cancer, and stress-related illness. Too often, symptoms are ignored, screenings are delayed, and emotional burdens are carried in silence. But we also know this truth: **early detection saves lives**, and faith communities can be powerful catalysts for change.

This toolkit equips you to lead a meaningful Men's Health Month emphasis through worship, education, fellowship, and community outreach. Whether you host a Men's Check-In Sunday, offer screenings, or share weekly health facts, your leadership strengthens families and saves lives.

Thank you for your commitment to Trinity Wellness: mind, body, and spirit. Together, we can ensure that our churches remain places of healing, hope, and holistic care for every man in our community.

In Kingdom Service,

Dr. Boise Kimber

President

National Baptist Convention, USA, Inc.

www.nbcusainc.org

What Is Men's Health Month?

Men's Health Month is a national observance dedicated to raising awareness about preventable health problems and encouraging early detection and treatment among men and boys.

For NBCUSA churches, Men's Health Month is an opportunity to:

- Promote screenings and preventive care
- Encourage mental and emotional wellness
- Strengthen brotherhood, accountability, and support
- Celebrate the men who lead, serve, and sustain our congregations

Key Health Themes for Black Men

1. Hypertension (High Blood Pressure)

Black men have some of the highest rates of hypertension in the world.

Goal: Below 120/80

2. Diabetes

Early detection and lifestyle changes reduce complications.

Goal: Fasting glucose below 100 mg/dl

3. Prostate Cancer

Black men are **70% more likely** to develop prostate cancer and **twice as likely** to die from it.

Recommendation: Begin conversations about screening at age 40–45.

4. Mental Health and Stress





Men often carry stress silently.

Encourage counseling, peer support, and open conversations.


5. Physical Activity and Nutrition

Daily movement and healthier eating reduce risk for chronic disease.

KNOW YOUR NUMBERS
NBCUSA MEN'S HEALTH MONTH

 BLOOD PRESSURE Below 120 / 80	 GLUCOSE Fasting Below 100 mg/dl
 CHOLESTEROL Total Below 200 mg/dl (LDL Low, HDL High)	 WEIGHT Healthy Range for Heart Strength

**Brothers, Know Your Numbers —
Early Detection Saves Lives.**

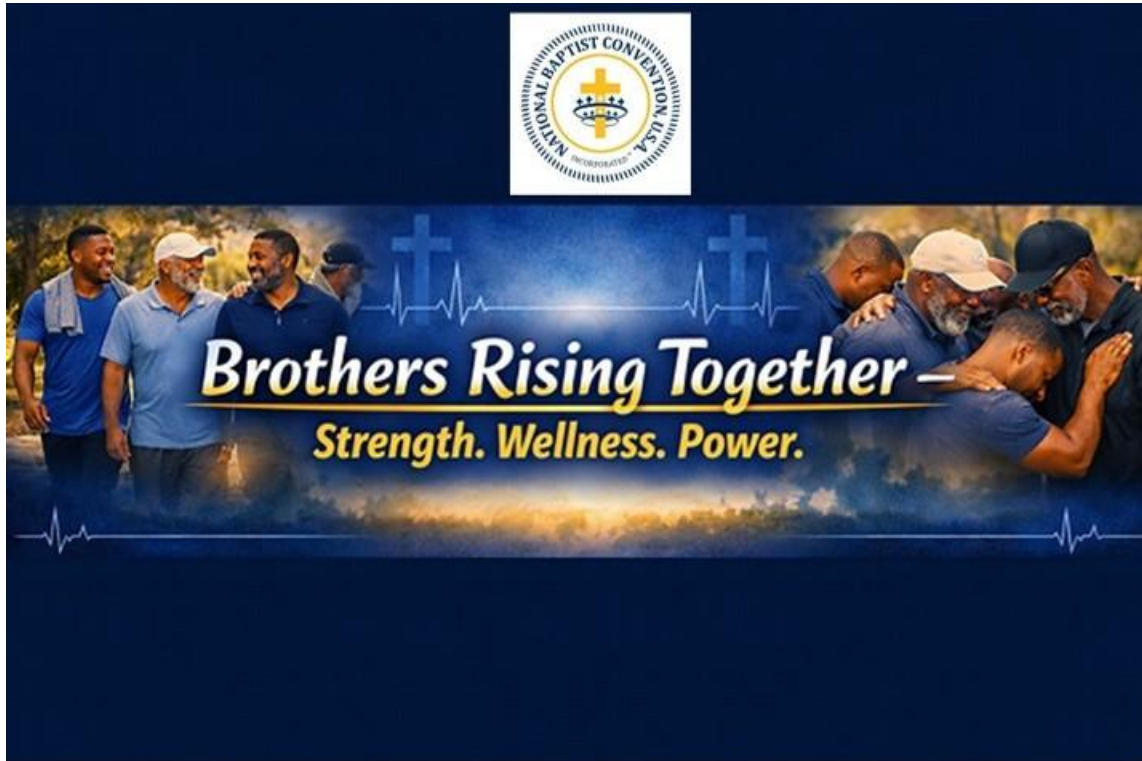
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Key 2026 Men's Health Facts

- Black men have the highest rates of hypertension in the U.S.
- 1 in 3 Black men has some form of cardiovascular disease
- Black men are more likely to die from prostate cancer
- Depression in men is often underdiagnosed
- Walking 30 minutes a day reduces risk of stroke, diabetes, and heart disease
- Early detection saves lives

Men's Health Month Scripture Themes

- **1 Corinthians 16:13** – *“Be watchful, stand firm in the faith, act like men, be strong.”*
- **3 John 1:2** – *“Beloved, I pray that you may prosper in all things and be in good health.”*
- **Isaiah 40:31** – *“They that wait upon the Lord shall renew their strength.”*



The Men's Health Pledge

Today, I commit to:

- Take responsibility for my health
- Know my numbers
- Schedule my screenings
- Care for my mind, body, and spirit
- Support my brothers in their wellness journey
- Seek help when I need it
- Live strong for myself, my family, and my community

I choose life. I choose health. I choose strength.

Clergy Moment/Pulpit Script

Pastor: My brothers and sisters, today we honor the men of our church, those who lead, protect, provide, and serve. But we also acknowledge that many of our men carry silent burdens: stress, high blood pressure, diabetes, depression, and unspoken pain.

Scripture teaches us that our bodies are temples of the Holy Spirit. Caring for our health is not vanity. It is stewardship.

Pastor invites men to stand if any apply:

- You have high blood pressure
- You have diabetes
- You have experienced depression or stress
- You have delayed a doctor's visit
- You want to live healthier

Pastor: Look around. You are not alone. Today we reclaim our health together.

Moment of prayer for men, fathers, sons, and caregivers.

MENTAL HEALTH & STRESS MATTER
IT'S OKAY TO REACH OUT. IT'S STRONG TO SPEAK UP.

TALK TO SOMEONE YOU TRUST PRAY AND SEEK PEACE SUPPORT EACH OTHER

Brothers, You're Not Alone.

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Men's Health Month Sermon Outline

**“Strength for the Brothers: Standing Firm in Body, Mind, and Spirit”
(1 Corinthians 16:13)**

I. Watchfulness Is Wisdom

“Be watchful...”

Key Emphasis: Awareness is not fear. It is faith in action.

II. Standing Firm Requires Support

“...stand firm in the faith...”

Key Emphasis: Strength grows in community, not in isolation.

III. Strength Is Stewardship, Not Strain

“...act like men, be strong.”

Key Emphasis: Strength is not suffering — strength is stewardship.

Illustration (Optional)

A rope is strongest when woven with other strands. A single strand breaks under pressure; a braided rope holds firm. Men are not meant to be single strands.

Call to Action

- Brothers commit to knowing their numbers
- Schedule screenings
- Engage in movement and wellness
- Build brotherhood and accountability
- Care for mind, body, and spirit

CLOSING DECLARATION (Optional)

Pastor: Brothers, you are valued.

People: You are valued.

Pastor: Brothers, you are strong.

People: You are strong.

Pastor: Brothers, you are the Power.

People: You are the Power.

PASTOR: BROTHERS, YOU ARE VALUED.
PEOPLE: YOU ARE VALUED.

PASTOR: BROTHERS, YOU ARE STRONG.
PEOPLE: YOU ARE STRONG.

PASTOR: BROTHERS, YOU ARE THE POWER.
PEOPLE: YOU ARE THE POWER.

Join us this June for screenings, wellness, and brotherhood.

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The Men's Health Litany

Leader: God of our fathers and our forefathers, we come seeking strength and healing.

People: Lord, grant us courage.

Leader: For every man carrying silent stress or unspoken pain,

People: Lord, grant us courage.

Leader: For the discipline to eat wisely, move daily, and know our numbers,

People: Lord, grant us courage.

Leader: For early detection, regular checkups, and honest conversations,

People: Lord, grant us courage.

Leader: For emotional wellness, mental clarity, and spiritual renewal,

People: Lord, grant us courage.

Leader: For our fathers, sons, brothers, and mentors,

People: Lord, grant us courage.

Leader: We walk in strength. We walk in wisdom. We walk in wellness.

People: Lord, grant us courage.



Bulletin and Pulpit Announcements

3 Weeks Before – May 18, 2026

June is Men's Health Month! Join us as we uplift the health and wellness of our men through screenings, education, and fellowship.

2 Weeks Before – May 25, 2026

Black men face higher rates of hypertension, diabetes, and prostate cancer. Early detection saves lives. Join us for **Men's Check-In Sunday** on June 2.

1 Week Before – June 1, 2026

This Sunday is Men's Check-In Sunday! Wear blue and invite a brother, father, son, or friend.


Men's Check-In Sunday – June 2, 2026

Turn to your neighbor and say: ***"Brother, I choose life. I choose health. I choose strength."***

*"Be watchful, stand firm in the faith, act like men, be strong."
– 1 Corinthians 16:13*

**MEN'S
CHECK-IN
SUNDAY**

Brothers, Check In. Stand Firm. Be Strong.

 NBCUSA H.O.P.E. HEALTH MINISTRY | www.hopenbc.com

What NBCUSA Churches Can Do

1. Host a Men's Check-In Sunday

- Recognize men during worship
- Share the Men's Health Pledge
- Offer a prayer of covering

2. Offer Screenings

- Blood pressure
- Glucose
- BMI
- Prostate cancer education

3. Share Weekly Men's Health Facts

Use social media, bulletins, and announcements.

4. Launch a Men's Walking Group

"Brothers on the Move" – 30 minutes after Bible Study or Sunday service.

5. Create Mentoring Circles

Pair older men with younger men for wisdom, accountability, and support.

6. Host a Mental Health Conversation

Invite a counselor, chaplain, or therapist.

7. Promote Trinity Wellness

Mind. Body. Spirit.



Closing Message

One month a year, we highlight the importance of men's health. In 2026, we commit to living strong every day **in our eating, our movement, our faith, and our brotherhood.** Brothers, you are valued. You are needed. You are the Power!



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*Brothers on the Move –
Strength Wellness.
Power.*

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The National Baptist Center for Faith-Based Health Leadership
Building Health Leaders for a Healthier Nation

A Ministry of the NBCUSA H.O.P.E. Health & Human Services Partnership

www.hopenbc.com

[TempleCare Matters Webinar](#)



Purpose. The National Baptist Center for Faith-Based Health Leadership provides a unified framework to strengthen the health ministry movement across the National Baptist Convention, USA, Incorporated.

Organizational Structure

1. H.O.P.E. Training Institute

The national education and certification arm of the Center.

2. Center for Congregational Health & Trinity Wellness Research

The research, evaluation, and knowledge-generation arm.

3. National Health Initiatives Division

The program engine of the Center.

4. Digital Ministry & Innovation Lab

The technology and digital engagement arm.

5. National Partnerships & Community Engagement Office

The official hub for national relationships, regional engagement, and congregational support.

The National Baptist Center for Faith Based Health Leadership Team

Dr. Michael O. Minor, National Director, info@hopenbc.com, (866) 800-4432

Pastor Bernard Montgomery, Assistant National Director/National Training Director

Dr. Dessie Levy, NBUSA Liaison to National Institutes of Health

Dr. Lovoria Williams, Director, Research and Assessment

Ms. Bettina Campbell, LMSW, National Mental Health/A Better Way Coordinator

Ms. Loretta Miller, Director, National H.O.P.E. Network Coordinating Council

Ms. Nettye Johnson, National Physical Fitness Coordinator

Ms. Linda Carper, National Seasoned Saints Health/Fit for Service Coordinator

Ms. Ellen McKnight-Hill, National Nutrition Coordinator

Ms. Fannie Fair, National Health Fair Emeritus

National Trainers: Pastor Dexter Moragne, Minister Geraldine Moore, Ms. Lottie Minor, and Dr. Marian Talley

Dr. Felisa Washington, Digital Coordinator

Regional Coordinators: Pastor Daniel Blackburn, Northeast; Vacant, Southeast; Pastor Bernard Montgomery, Southwest 1; Ms. Linda Carper, Southwest 2; Ms. Teresa Fails-Farr, Midwest; Vacant, West; and Pastor Will Mitchell, Far West

BROTHERS ON THE MOVE — **WALK IN POWER**



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of men's health.*

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