

NBCUSA Family,

United for Wellness is a national blueprint for the NBCUSA to expand its health and wellness footprint. **United for Wellness** offers a replicable model for churches seeking to build vibrant ministries that blend faith, food, movement, and medicine. It is a call to action for pastors, lay leaders, clinicians, and congregants to unite in the pursuit of wholeness. It is a celebration of our heritage, a healing of our bodies, and a hope for generations to come.

In the words of 1 Thessalonians 5:23, “*May your spirit and soul and body be kept sound and blameless...*” This is the prayer—and the promise—of **United for Wellness**. This is how NBCUSA will lead the nation in faith-rooted wellness for the next decade and beyond.

Yours for the cause of Christ,

Michael O. Minor, EdD

National Director

Lottie Minor, MEd

Project Director

www.hopenbc.com

NBCUSA H.O.P.E. Team

Led by Pastor Bernard Montgomery, Assistant National Director and Health Fair Director, the team includes experts in research (Dr. Lovoria Williams), mental health (Ms. Bettina Campbell), nutrition (Ms. Ellen McKnight-Hill), physical fitness (Ms. Nettye Johnson), senior wellness (Dr. Linda Carper), and digital coordination (Dr. Felisa Washington).

Additional leadership includes Dr. Dessie Levy (NIH Liaison), Ms. Loretta Miller (Network Council Director), Ms. Fannie Fair (Health Fair Emeritus), and National Trainers Pastor Dexter Moragne, Minister Geraldine Moore, and Dr. Marian Talley.



National Baptist Convention, USA, Incorporated

Dr. Boise Kimber, President

Dr. Michael O. Minor, National Director,

H.O.P.E. HHS Partnership

Pastor Bernard Montgomery, National Health Fair Director



**UNITED FOR
WELLNESS**
**THE NBCUSA
RESPONDS TO DIABETES**

✨ **United for Wellness: Vision Statement.** To cultivate a spiritually rooted, health-conscious NBCUSA where wellness is worship, prevention is power, and every generation is equipped to live whole and free.

📖 *"Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ"*
(1 Thessalonians 5:23, NKJV)

🎯 **United for Wellness: Mission Statement.** **United for Wellness** initiative seeks to mobilize National Baptist congregations to respond to diabetes through culturally relevant health education, community engagement, and spiritual support. We aim to:

- **Educate** members about diabetes prevention, management, and the importance of early detection.
- **Empower** churches to establish sustainable health ministries that promote healthy eating, physical activity, and regular screenings.
- **Engage** faith leaders and congregants in creating supportive environments that foster lifestyle changes and reduce health disparities.
- **Evaluate** progress through evidence-based outcomes, striving to make NBCUSA the healthiest major denomination in America.

🌀 **Purpose of United for Wellness.** **United for Wellness** is a faith-rooted wellness initiative designed to help congregations honor God through holistic health, diabetes prevention, and intergenerational healing. It affirms that wellness is worship, and that caring for our bodies is a sacred act of stewardship.

Mission Aspects	Strategic Goals	Alignment Explanation
Educate members about diabetes prevention, management, and the importance of early detection.	🎯 Education and Empowerment	United for Wellness provides culturally affirming health education through workshops, screenings, devotionals, and family wellness kits—making prevention and early detection accessible and spiritually grounded.
Empower churches to establish sustainable health ministries that promote healthy eating, physical activity, and regular screenings.	🏛️ Legacy and Sustainability	United for Wellness equips churches with covenants, toolkits, and annual reporting systems to build lasting ministries that integrate healthy eating, movement, and screenings into church life.
Engage faith leaders and congregants in creating supportive environments that foster lifestyle changes and reduce health disparities.	🏙️ Community Outreach and Advocacy	United for Wellness mobilizes churches as trusted hubs for healing—partnering with clinics, hosting Taste Test Sundays, and advocating for food access and equitable care.
Evaluate progress through evidence-based outcomes, striving to make NBCUSA the healthiest major denomination in America.	👤 Youth and Intergenerational Engagement	United for Wellness tracks impact through testimonies, health reports, and youth-led initiatives—ensuring that lifestyle changes are celebrated, measured, and passed on across generations.