

Our Mission

We are a faith-based organization that believes *"Health is a Spiritual Matter."* We use a holistic approach to educate, equip, support and empower churches and faith communities to promote health and healthier outcomes.

Matter

Core Values

Faith, Respect, Integrity, Collaboration, Diversity, Support, Empowerment



Rev.
Phyllis D. Jackson
RN, BS
IHMC Founder

Why IHMC Exists

IHMC's fervent prayer, desire and goal is to help create a healthier community.

Our strategy is to collaborate with like-minded individuals, groups and organizations; disseminate reliable, transformative information; and encourage thought-provoking dialogue that will unite us in working toward our common goal.

We welcome you to join us as we work together to help this community be in good health.

Meeting Location/Convenor
Common Ground Health
1150 University Avenue, Bldg. #5
Rochester NY 14607

Contact Us
Email: ihmcroc@gmail.com
Web: ihmcroc.org
Tel: 585.436.9397



Together Our Region Will Prosper

Our Vision

IHMC serves as the catalyst for building healthy communities living in wholeness of mind, body and spirit, and the model for faith-based collaboration locally and globally.



**Health Is A
Spiritual**

This project is supported by Common Ground Health and the Greater Rochester Health Foundation.



What We Do

IHMC has guided and mentored numerous congregations in the development of *functional and effective* health ministries. These ministries are now implementing not only **faith** driven, but also **research** and **data** driven programs that address the social determinants of health. These programs help participants to understand the impact faith and healthy lifestyle habits play in achieving and maintaining wellness of the mind, body and spirit.

Heartfelt Thanks

All of our success is shared with our Coalition members, volunteers and community partners. We want to give special thanks to our local funders, The Greater Rochester Health Foundation and Common Ground Health, whose unwavering support makes our work possible.

Health Is A Spiritual Matter

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

(3 John 1:2 KJV)

UNITED EFFORT & LOCAL IMPACT

37 CHURCHES

48 HEALTH PROGRAMS

5,480 TOTAL IHMC IMPACT & LIVES IMPACTED



HEALTHY COMMUNITY CONNECTIONS

Symposiums and conferences featured national, regional and local health experts.

Health Fairs

Healthi Kids Play ROCS created safe spaces for kids to play.

Regular physical activity programs.



RESOURCES LEVERAGED

Partnered with ...

Black Physicians Network for the Faith and Medicine Conference: “Walk into your Season” addressing physical and mental health concerns for families.

Foodlink’s Curbside Market to build a healthy community by increasing access to fresh, quality, and affordable food.

Trillium Health to offer trainings in opioid overdose recognition and prevention.

RESEARCH AND EDUCATION

Engaging Older Adult Learners in Research (ENGOAL)

A project to teach adult learners over the age of 55 how to conduct and utilize research.

Renewing Of the Mind (ROM)

An 11 month mental health education and training course, framed for communities of color and faith, but open to anyone.

Many Members One Body (MMOB)

A project study to see if understanding “systems thinking” facilitates how communities of faith deal with mental health and self-harm.



PROJECT SPOTLIGHT

“Faith and Healthy Lifestyle” High Blood Pressure Project

Collaborated with Common Ground Health to develop and implement this data collection, evaluation support and analysis project in 16 local churches.

OUTCOME

⇒ BP Status Overall > Steady decrease
⇒ Number of Participants controlling their HBP > Steady increase:
2016: 51% | 2017: 65% | 2018: 68%



TECHNICAL ASSISTANCE

Partnered with Greater Rochester Health Foundation to provide ongoing support via grant writing workshops and technical assistance to health ministries who apply for Community Health Grants. (See “Grants Awarded” at right.)

Created and distributed Health Toolkits for churches.

Visit ihmcroc.org for more details



2,298

IHMC Participants

- 5 Health is a Spiritual Matter Conferences
- 2 Leadership Luncheons
- 53 Workshops & Training Meetings
- 14 Health Toolkits
- 140 ROM Graduates

30

Community Partners

Our work is embraced and supported by national organizations, regional funders, and grassroots agencies.

\$245,349

in Grants Awarded to Churches

- 11 Community Health Grants
- 13 Diabetes Prevention Program Grants
- 1 Community Health Award
- 16 HBP Faith & Lifestyle Project Grants

3,182

Health Program Participants

By focusing on educating, equipping and supporting their congregations, health ministries have empowered people to positively influence several key cultural and social determinants of health.

