**Champions for Change – Ministry of Health with Pastor Kevin Brown**

*On-screen:* [Ministry of Health with Pastor Kevin Brown. Champions for Change.]

*Choir music*

*On-screen:* [Sign: Mt. Sinai Sunday Services. 9:45am, 11:00am. Wednesday service 6:30pm. Kevin D. Brown, Pastor. 916-387-1117.]

*Speaker: Pastor Kevin Brown, Mt. Sinai Missionary Baptist Church* -My grandmother’s old truism is if I can help somebody along the way, then I know my living is not in vain.

*Choir music*

*Speaker: Pastor Kevin Brown, Mt. Sinai Missionary Baptist Church* – My name is Kevin Brown. I’m a pastor here in Sacramento church here of Mt. Sinai. If there has not been a transformative action on the inside then all that we do on the outside is just going through the motions!

*Choir music*

*Speaker: Pastor Kevin Brown, Mt. Sinai Missionary Baptist Church* – 1999, my wife was diagnosed with breast cancer that started us on a program of health. Her being diagnosed gave us a sense of motivation that created the platform for us to take it directly into the churches.

*Speaker: Mrs. Cynthia Brown, Mt. Sinai First Lady* - Everyone needs to take better care of their bodies from a Christian standpoint, to present themselves as vessels for God.

*Speaker: Pastor Kevin Brown, Mt. Sinai Missionary Baptist Church* – I saw within our church community, especially within the African American community, that many of our members were dying by preventable diseases and so we started a few years ago talking about the health disparities, talking about preventable diseases.

Obesity is running rampant in our community. Running rampant in our communities. When we frying foods over here, talking about mama grew up on chitlins and look! That’s because of poverty! That’s because that’s all we had! We got options today!

We can’t control what the end result is going to be but at least this way, we can allow ourselves to have a quality of life.

*Upbeat music*

We have the boot camp that has been going on for the last five years. I challenge her right now. You better pace yourself.

*Speaker: Mrs. Cynthia Brown, Mt. Sinai First Lady* - I think I’ve influenced a lot of the lessons because I’m probably, I’d say these days a bit more disciplined than he is in diet and exercise.

*Speaker: Pastor Kevin Brown, Mt. Sinai Missionary Baptist Church* – You know I like butter cookies. But butter cookies aren’t good for me at this stage in my life!

*Speaker: Ms. Dana May, Mt. Sinai Member* – Actually it surprised me because in most churches they don’t talk about health or being healthy.

*Speaker: Mr. Jeffrey Harris, Mt. Sinai Member* – He’s always on me, always! Making sure that I’m eating healthy.

*Speaker: Ms. Dana May, Mt. Sinai Member* – I’m noticing now since I’ve made those changes, I’ve lost a lot of weight. I was up to 219 and I’m down to 174.

*Female Speaker:* I’m hanging in there.

*Speaker: Pastor Kevin Brown, Mt. Sinai Missionary Baptist Church* – I see positive results as it relates to members owning their health. The residents in the surrounding area, they live below poverty. And when you start talking about them getting a Golds membership or CalFit, these aren’t budgeted items that they can afford.

*Speaker: Ms. Adriann Black, Boot Camp Attendee* – Everybody knows how important exercise is, but maybe not able to fit it into their budget. If it’s free? I think that’s a no-brainer for the community.

*Speaker: Ms. Bobbetta Brown, Pastor Brown’s Mother* – I’m very proud of him in that he and I talk a lot of times and I ask him why are you doing this? And he says, well mom, because it’s important.

*Speaker: Pastor Kevin Brown, Mt. Sinai Missionary Baptist Church* – We started birthing a health and wellness ministry in which we develop policy for any of our afternoon fellowships. We would want to make certain that we have the right foods here. The right beverages here because obviously, you know, sugary drinks are not in our best interest.

*Church music*

*Speaker: Pastor Kevin Brown, Mt. Sinai Missionary Baptist Church* – As a Champion for Change, I am going to recruit all the pastors that I know. If we’re able to mobilize other pastors throughout this state I think that we will start to see a direct impact as it relates to dealing and addressing the chronic disease that plague our congregations.

*Church music*

*On-screen:* [Get recipes and tips at CaChampionsForChange.net.]

End of: Champions for Change – Ministry of Health with Pastor Kevin Brown Video.

Video duration: 4:58