

Harford County Health Department  
Local Health Improvement Coalition  
Chesapeake Center, Harford Community College  
Tuesday, October 13, 2015

**FAITH COMMUNITIES HEALTH  
PROGRAM**  
**(FAN – Faith, Activity, and Nutrition)**

Presenter:

**Rev. Dr. Baron D. Young, Pastor,**  
St. James African Methodist Episcopal Church,  
615 Green Street, Havre de Grace, Maryland

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## FAN Program

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## Faith, Activity, and Nutrition

Faith, Activity, and Nutrition (FAN) was a program designed to increase healthy eating and physical activity among African Methodist Episcopal (AME) church members. Although designed with the AME church in mind, the information and tools provided in the online FAN Committee and FAN Cook trainings can assist any denomination or group interested in promoting healthier behaviors and environments. FAN aims to create a healthier church body, where the majority of members see and hear health messages that encourage healthy lifestyle choices. For we believe, with strong physical health, church members can become stronger in spirit and more active in church life.

The goals of FAN are to help AME members become stronger in health by:

- Becoming **physically active** at a moderate intensity (e.g., brisk walking) for 30 minutes per day, at least five days per week
- Eating around 5 cups of **fruits and vegetables** each day
- Eating **whole grain** foods (e.g., whole wheat bread instead of white bread, brown rice and pasta instead of white rice and pasta)
- Eating **less fat**, especially saturated fat
- Eating **less sodium** (salt)

The type of activities you select to meet the FAN goals will depend on the needs and interests of your congregation or group. Determining what works best can be achieved by a diverse committee of members who are interested in health. This committee will propose and plan activities that promote healthy eating and physical activity throughout the entire congregation or group. Healthy changes to eating and activity patterns are best maintained when introduced slowly over time; therefore, FAN is designed to be put in place over the course of about 15 months. The online FAN Committee and FAN Cook trainings will take members step-by-step through the process of identifying activities that your congregation or group will find useful and enjoyable. Additionally, monthly materials and resources are provided to help support the FAN program over time.

The full online FAN Committee Training and FAN Cook Training are provided in both text and self-paced training module formats to make the FAN program available and as user-friendly to as many as possible. You may choose to view the self-paced training modules or read through each written section. It is not necessary to do both. After completing the FAN Committee and FAN Cook trainings, members will be well on the way to creating healthier environments and lifestyles.

Stay Healthy!



*Beating the heat at the farmer's market, FAN participants shop for fresh fruits.*

## Health-E-AME

Health-E-AME is a partnership between the AME Church and the University community.

May you "prosper in all things and be in health, just as your soul prospers" III John 1:2 (New King James Version)



## Research-tested Intervention Programs (RTIPs)

RTIPs - Moving Science into Programs for People

Sara Wilcox, at: [wilcox@mailbox.sc.edu](mailto:wilcox@mailbox.sc.edu) or (808) 777-4253.

[Rtips.cancer.gov/rtips/FAN/programdetails](https://rtips.cancer.gov/rtips/FAN/programdetails)

# The Faith, Activity and Nutrition (FAN) Program

### Highlights

|                         |   |
|-------------------------|---|
| <b>Program Title</b>    | The Faith, Activity and Nutrition (FAN) Program   |
| <b>Purpose</b>          | Designed to increase physical activity and fruit and vegetable consumption among adults. (2013) |
| <b>Program Focus</b>    | Awareness building, Behavior Modification, Motivation and Self-efficacy                         |
| <b>Population Focus</b> | Adults  |
| <b>Topic</b>            | Physical Activity, Diet/Nutrition   |
| <b>Age</b>              | Adults (40-65 years), Older Adults (65+ years), Young Adults (19-39 years)                      |
| <b>Gender</b>           | Female, Male  |
| <b>Race/Ethnicity</b>   | Black, not of Hispanic or Latino origin   |
| <b>Setting</b>          | Religious establishments  |
| <b>Origination</b>      | United States   |
| <b>Funded by</b>        | NHLBI (Grant number(s): R01HL083858)  |

### The Need

African Americans have a higher cancer mortality rate than Americans of any other racial group and are 31% more likely to die of stroke and 23% more likely to die of heart disease than Caucasians, according to 2005 age-adjusted death rates reported by the Centers for Disease Control and Prevention (CDC). The CDC's National Center for Chronic Disease Prevention and Health Promotion identified four modifiable health risk behaviors: lack of physical activity, poor nutrition, tobacco use and excessive alcohol consumption, as playing a major role in the development and ...

## **The Program**

The Faith, Activity, and Nutrition (FAN) Program is a 15-month, faith-based participatory intervention designed to increase physical activity and fruit and vegetable consumption and reduce blood pressure among African American church members by targeting social, cultural, and policy influences within the church. The FAN Program represents a partnership between South Carolina's 7th Episcopal District of the African Methodist Episcopal (AME) church, the University of South Carolina, the Medical University of South Carolina, Clemson University, and Allen University. ...

## **Time Required**

- 4-6 hours for the FAN Committee Training
- 4-6 hours for the FAN Cook Training
- About 11 hours for monthly meetings, each 30-45 minutes long, of the FAN Committee across 15 months (this planning can be integrated into healthy ministry meetings if they exist)
- 10-20 minutes each for 9 "core activities" in physical activity to be incorporated into existing church programs already in place (for example, 10 minutes of physical activity before, during, and after the service; 10-minute activity breaks before, during, and after choir practice; 10-minute physical ...

## **Intended Audience**

The FAN Program targets AME churches, their pastors, presiding elders, and church members.

## **Suitable Settings**

The FAN Program is implemented within AME churches.

## **Required Resources**

Materials required for implementation include:

- The FAN Program Health-E-AME website

For costs associated with this program, please contact: Sara Wilcox. (See products page on the RTIPs website for contact information).

***St. James AME Church***

***615 Green Street***

***Havre de Grace, Maryland 21078***

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**FAITH, ACTIVITY, and NUTRITION (FAN)**

**MINI-PROGRAM**

**OUTLINE**

| <u>Event</u>   | <u>Dates</u>              | <u>Time</u>  |
|--|---------------------------|--------------|
| 1. Committee Training  | Sunday, February 8, 2015  | 1:20 PM      |
| 2. Kickoff/1 <sup>st</sup> Session<br>Orientation/Registration | Sunday, February 15, 2015 | 1:20 PM      |
| 3. 2 <sup>nd</sup> Session                                     | Saturday, March 28, 2015  | 9 AM – 11AM  |
| 4. 3 <sup>rd</sup> Session                                     | Saturday, April 25, 2015  | Same         |
| 5. Health Education  | Saturday, May 2, 2015     | 10AM – 11AM  |
| 6. Health Education  | Saturday, May 9, 2015     | 1AM – 12Noon |
| 7. 4 <sup>th</sup> Session                                     | Saturday, May 30, 2015    | Same         |
| 8. 5 <sup>th</sup> Session                                     | Saturday, June 20, 2015   | Same         |
| 9. Evaluations/Reporting                                       | June 21 – 30, 2015        | TBA          |

# Biggest Loser Church Competition

**Everyone WINS!** Along with incentives, invaluable health benefits, and participation rewards for 1st, 2nd, and 3rd place at the conclusion of the challenge are:

- Overall Biggest Loser Teams
- Overall Biggest Individuals (Male and Female)

## Universal Rules

1. Everyone to weigh in on the same scale at the beginning of each FAN session. This keeps things consistent (and honest). To qualify for rewards you must have weighed in a minimal of 5 five times.
2. Winners are determined by the percent of body weight loss. The calculation is the take your actual weight (today) and subtract it form your initial weight. Then divide that number by your initial (starting) weight. Take that number and multiply it by 100 and you get your weight loss percentage.

$AW-IW/IW \times 100 = \text{weight loss percentage}$

### Example:

So if I start at 211, and I lose 5 lbs in a month and end up at 206.

That's 211-206 (5 lbs.)

Take 5 lbs. and divide it by my starting weight (211).  $5/211 = .023697$

Multiply that by 100 and you get 2.37%

All rewards will be determined by the Competition Committee.