

Project FIT (Faith Influencing Transformation): The Good, the Bad, and the Ugly of Sunday Morning Health Screenings in African American Churches

Carole Bowe Thompson, BS
Traci Ruhland-Petty, MA
Jannette Berkley-Patton, PhD
Marcie Berman, MA; Alex Booker, BA
Delwyn Catley, PhD.; Kathy Goggin, PhD.
Marvia Jones, PhD.; Andrea Bradley-Ewing, MA



**COMMUNITY HEALTH
RESEARCH GROUP**

Presenter Disclosures

**Carole Bowe Thompson
Therese Ruhland-Petty**

- (1) The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:**

No relationships to disclose

Contextual Background

Community-Based,
Participatory Research

```
graph TD; A[Community-Based, Participatory Research] --> B[Needs Assessment]; B --> C[Intervention Development];
```

Needs
Assessment

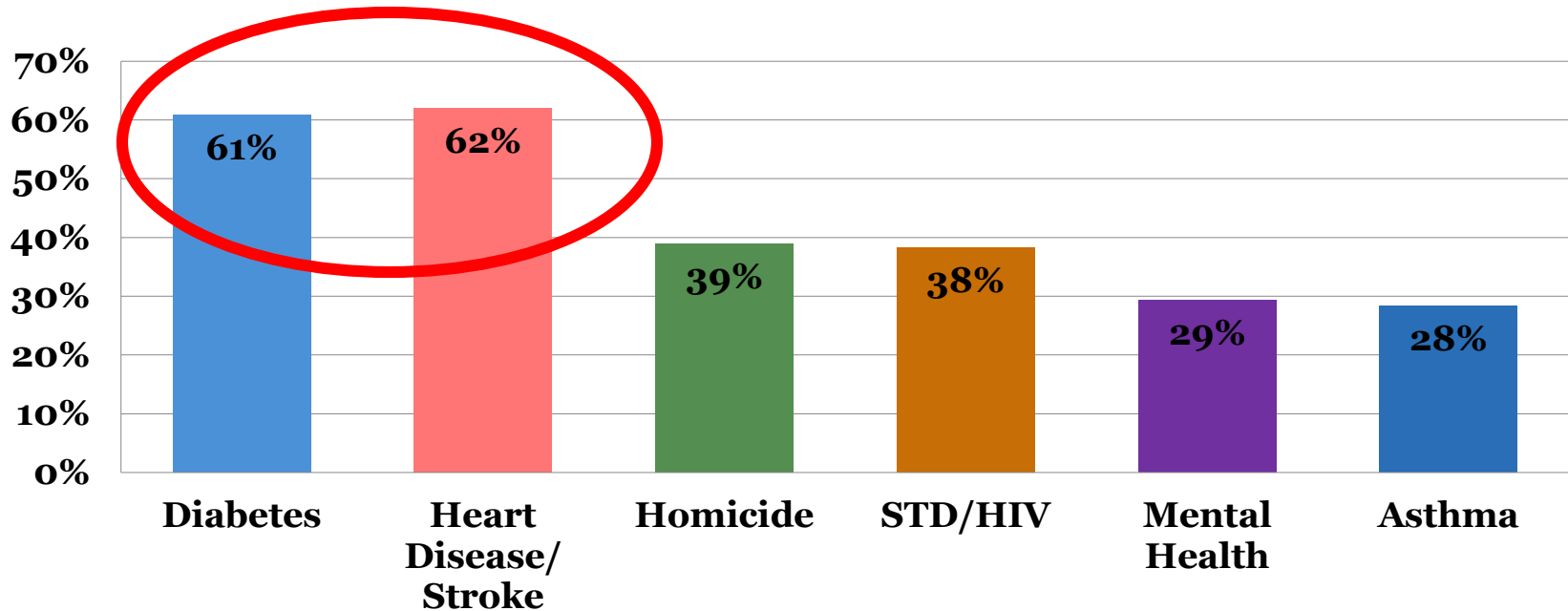
- Community Action Board
- n = 463

Intervention
Development

CAB & Needs Assessment Survey

Priority Health Disparity Interest Area

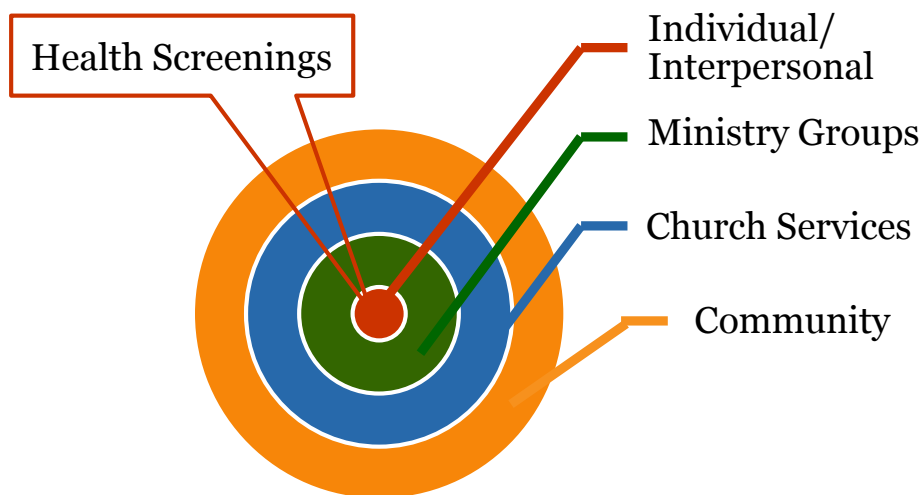
Importance of Health Disparity Priority Issues*



* Sum of top three rankings for each health disparity issue

Intervention Development: Project FIT

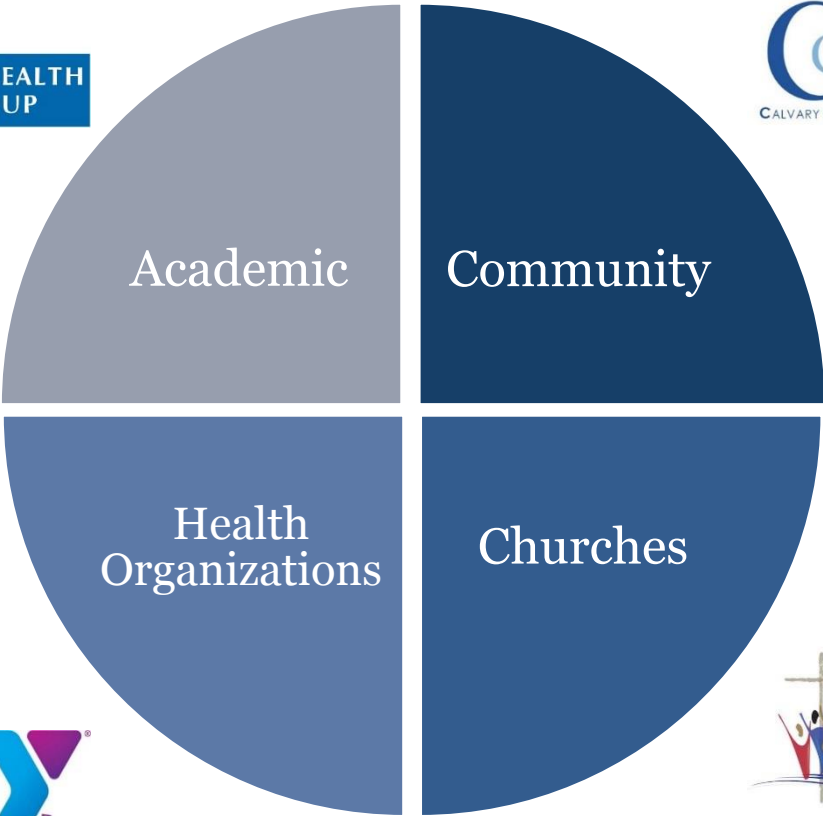
- Goal: prevent diabetes, heart disease, and stroke among African Americans through education, healthy eating, physical activity, and weight loss promotion
- Culturally and religiously tailored
- Multi-level health intervention



Coordinating Health Screenings

- Determining biometric markers/outcomes
- Garnering capacity to facilitate health screenings
- Shaping logistics of combining data collection and health screening flow on Sunday Mornings

A Special Thank You to All of Our Project FIT Partners:



KC CARE
Clinic



Screening Process

Recruitment

Sunday
Morning Survey
and Health
Screening

Referrals &
Program
Implementation

Recruitment

- Script
- Eligibility Form
- Scheduling

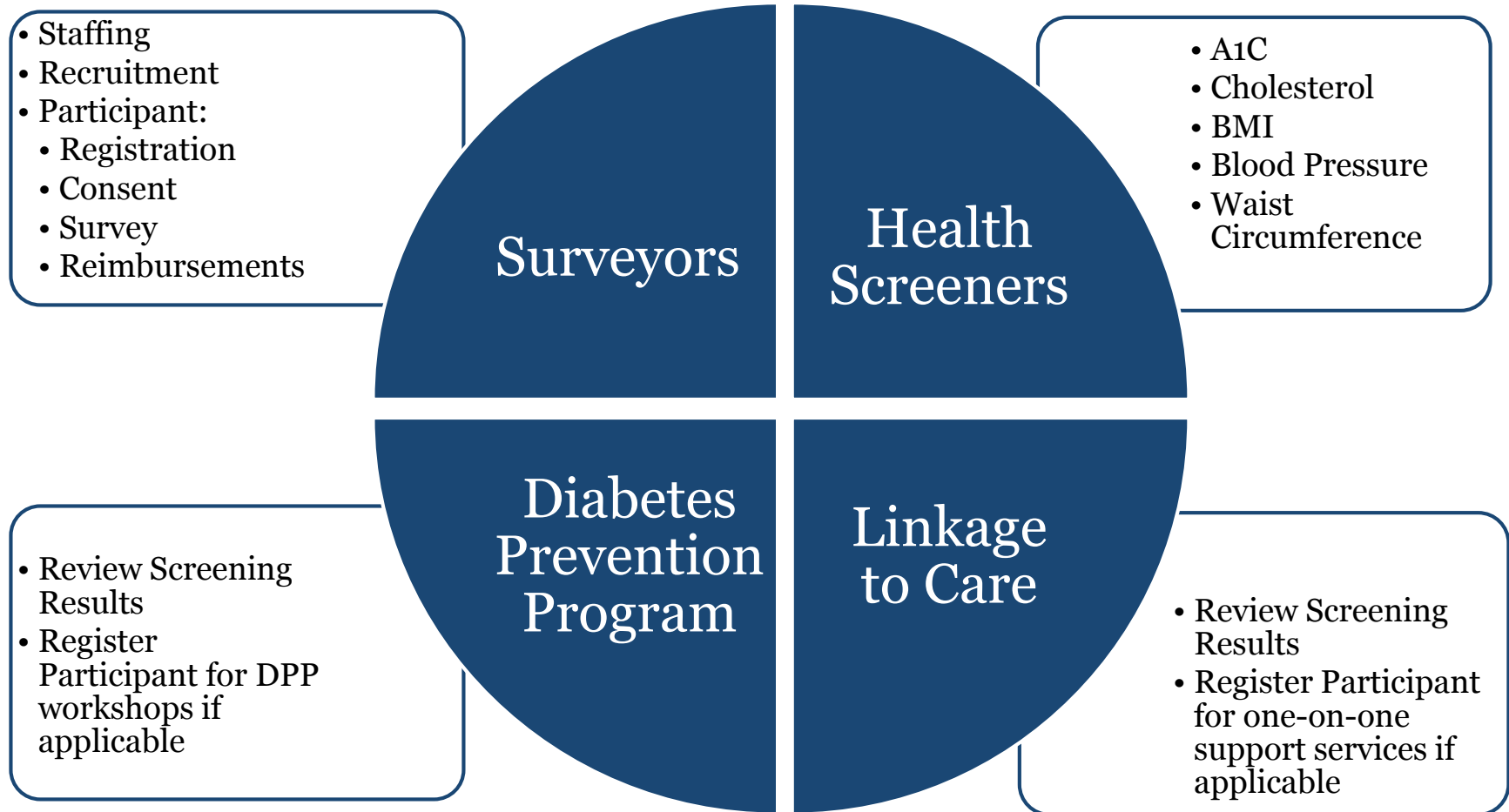
Baseline Survey and Health Screening Pre-Schedule
Survey/Screening Date: _____
Church: _____

Are you a member of a ministry group such as choir, deacon/deaconess board, usher, musician at this church?
Reserve shaded area for ministry leaders, when possible.

	8:00-9:00*	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:00
1					
2					
3					
4					
5					
6					
7					

* Shaded areas reserved for ministry leaders

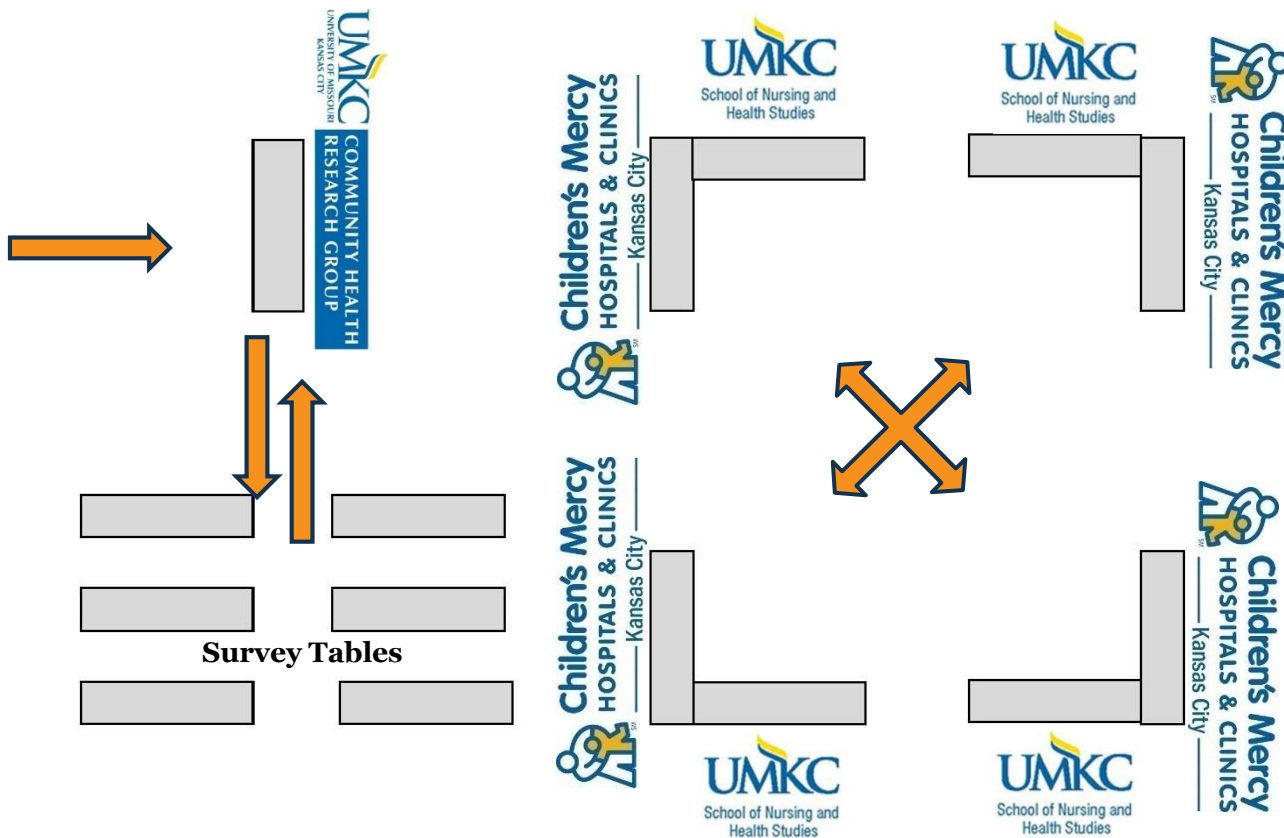
Health Screening Roles and Responsibilities



Sunday Morning Health Screening Process

Step 1: Consent
& Survey
Completion

Step 2:
Biometric
Screenings



Screening and Linkage to Care Form

Biometrics

SCREENING RESULTS			
A1C: <input type="text"/> <input type="checkbox"/> < 5.7%: Normal <input type="checkbox"/> 5.7% - 6.4%: High <input type="checkbox"/> ≥ 6.5%: Very high	BP: <input type="text"/> <input type="checkbox"/> <120/80: Normal <input type="checkbox"/> 120-139/80-89: Borderline high <input type="checkbox"/> 140-159/90-99: High <input type="checkbox"/> ≥ 160/100: Very high	Cholesterol: LDL: <input type="text"/> <input type="checkbox"/> < 100: Optimal <input type="checkbox"/> 100-129: Normal <input type="checkbox"/> 130-159: Borderline high <input type="checkbox"/> 160-189: High <input type="checkbox"/> ≥ 190: Very high	HDL: <input type="text"/> <input type="checkbox"/> < 40 (for MEN): Low <input type="checkbox"/> < 50 (for WOMEN): Low <input type="checkbox"/> ≥ 60: Optimal
Weight: <input type="text"/>	Height: <input type="text"/>	BMI: <input type="text"/>	Waist Circumference: <input type="text"/>
<input type="checkbox"/> Underweight <input type="checkbox"/> Normal	<input type="checkbox"/> Overweight <input type="checkbox"/> Obese	<input type="checkbox"/> Extreme Obesity	

Screening and Linkage to Care Form

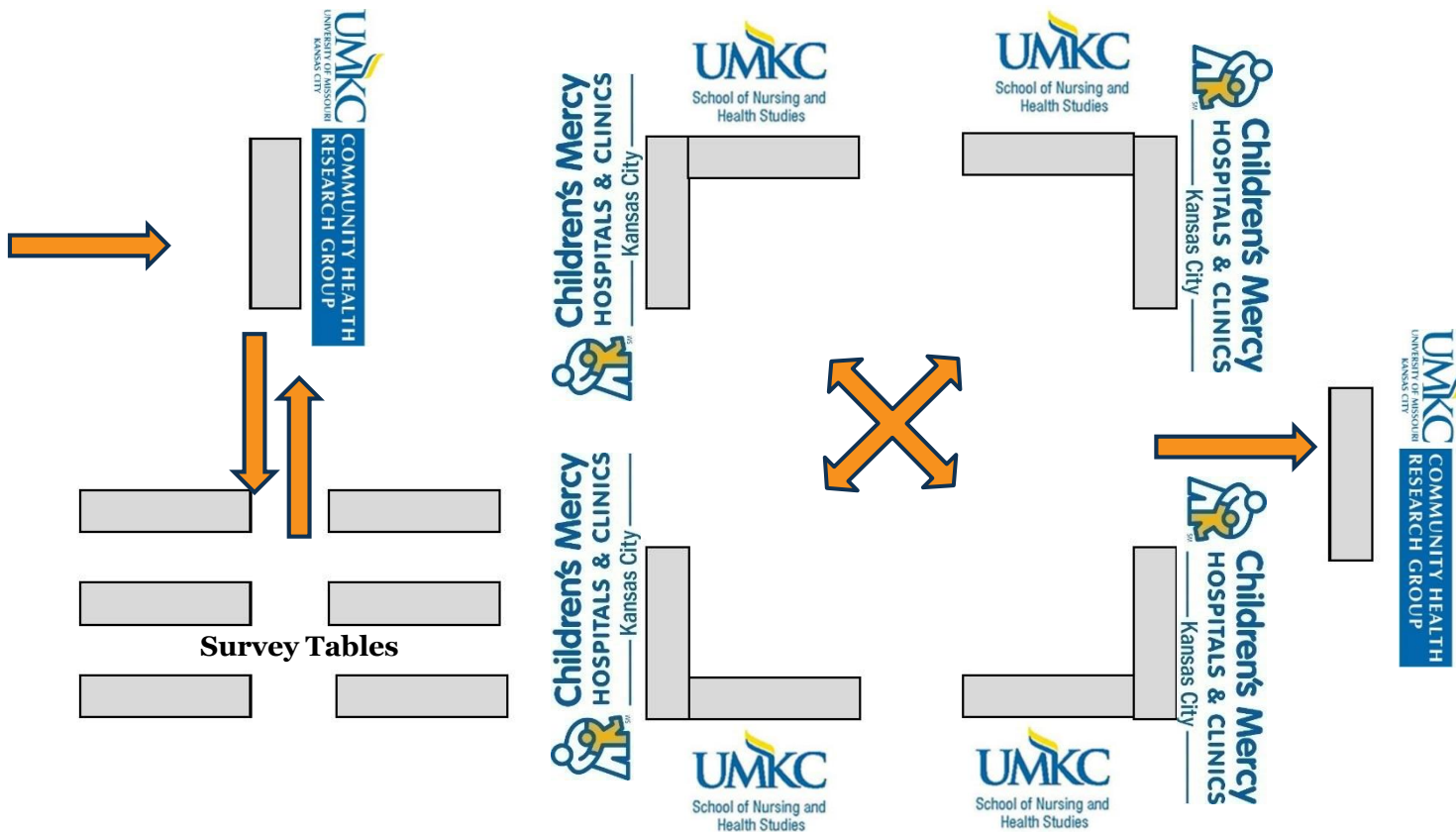
PERSONAL INFORMATION		
Name:	Phone:	
DOB:	Address:	
<input type="checkbox"/> Yes <input type="checkbox"/> No stroke <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No stroke <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No IEN): Low WOMEN): Low mal =: <input type="text"/>		

Sunday Morning Health Screening Process

Step 1: Consent & Survey Completion

Step 2: Biometric Screenings

Step 3: Health Screening Results & Reimbursement



Step 3: Results & Reimbursement

- Copy of results form
- Reimbursement
- Tool example



The Faith Influencing Transformation (FIT) project is designed to help you reduce your risk for diabetes, heart disease, and stroke by losing weight. To lose weight, you will need to increase your amount of exercise and healthy food choices. Making positive lifestyle changes is not always easy. Your family and friends in the church can be great sources of support and encouragement when making these lifestyle changes. Pledging your commitment to protect and preserve your health is the first step on the road to better health and wellness. Please read the following and make the pledge to better choices, better health, and a stronger community of faith!

I pledge to:

- ❖ Participate in learning about healthy eating and exercise at my church.
- ❖ Reduce salt and fatty foods, and include 5-9 servings of fruits and vegetables in my daily diet.
- ❖ Actively replace negative thoughts about exercise and healthy foods with positive and inspirational thoughts through prayer and support with other church and family members.
- ❖ Reaffirm and practice the planning of healthy meals and a time to exercise, even if I slip up in my transition to a healthy lifestyle.
- ❖ Set reasonable goals for myself, like losing 7% of my body weight and committing to 150 minutes of exercise per week (that's at least 30 minutes each day for 5 days a week).
- ❖ Support and encourage my church community to work towards better health and wellness together.

Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.
1 Corinthians 6:19-20 (NIV)

Through faith, I will commit to transforming my mind and actions in order to be a good steward of the physical temple God has provided to me.

Signature: _____ Date: _____

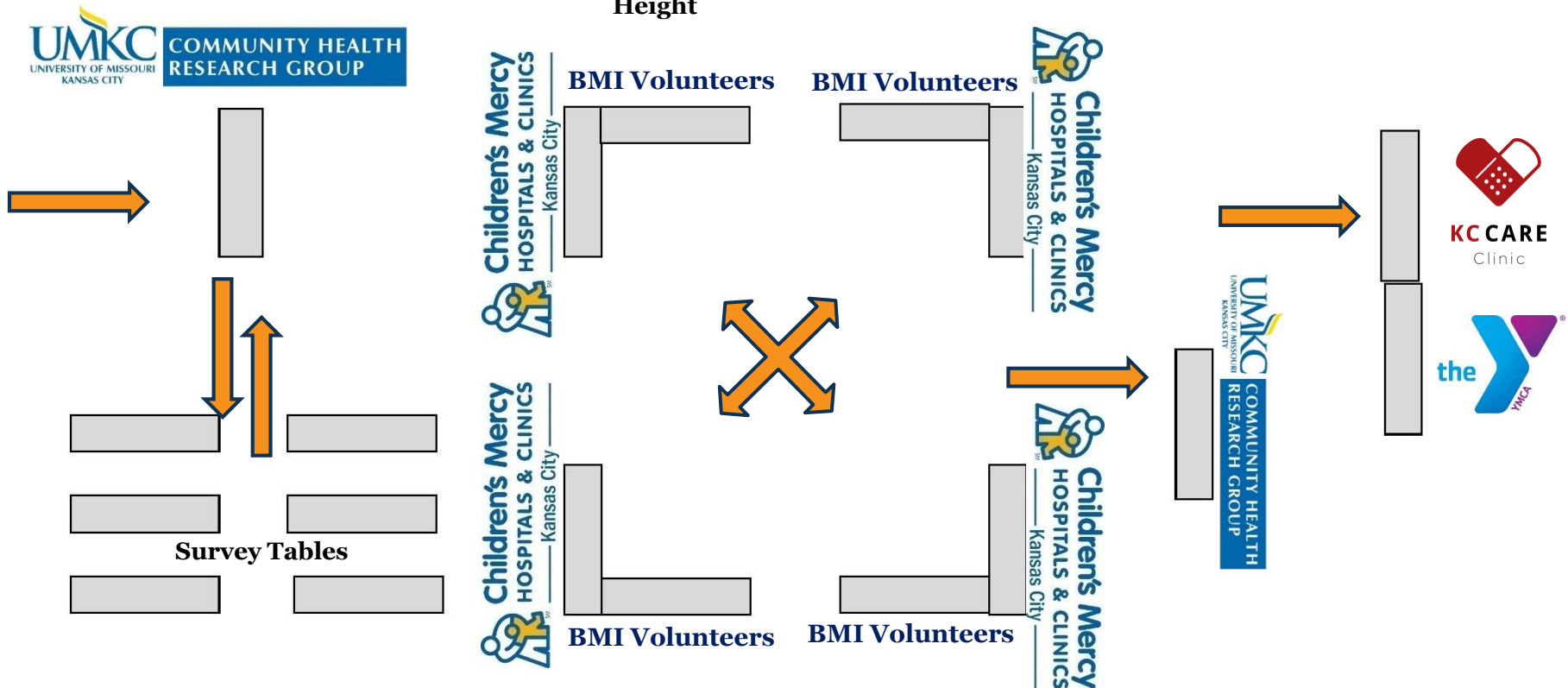
Sunday Morning Health Screening Process

Step 1: Consent & Survey Completion

Step 2: Biometric Screenings

Step 3: Health Screening Results & Reimbursement

Step 4: Referral to CHW & FIT Intensive



Sunday Mornings



What Worked Well?

- Integration with current church structure/activities
 - On-site health screenings
 - Tool development & use
- Recruitment Strategies
 - Eligibility & pre-scheduling
 - Time slots
- On-site screening procedures
 - Structured flow & roles
 - Staff communications
 - Identifiers



Challenges

- **Equipment**
 - Issues with calibration
 - Cost of supplies
- **Volunteers**
 - Training on-site
 - Recruitment & Retention
- **Systematic recording of biometrics**
 - Variability depending on dress
 - Form clarity & inconsistent recordings



Recommendations:

- **Volunteers**
 - Enhance Trainings
 - Use University students
- **Form Revisions**
 - Survey
 - Linkage to Care
 - On-site procedures flow chart
 - Q & A for participants

Next Steps

- Have applied for a U01 grant
 - “Advancing Health Disparities Interventions Through Community-Based Participatory Research (U01)”
 - Submitted to National Institute on Minority Health and Health Disparities



Thank You!