

Design of a Church Based Dietary Intervention Using CBPR Methods

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Learning Objectives

- Discuss how community-based participatory research can be used in the development of hands-on, church-based dietary interventions
- Recognize the importance of engaging community members in the research process for better program applicability

Study Purpose

Use CBPR methods in an African American, faith-based setting to promote and encourage nutrition behavior change



Background

- Dietary factors are believed to account for over 30% of cancer deaths
- Influences of nutrition behavior are multi-factorial and heavily influenced by social networks – family, friends, church and culture

Background

Faith-Based Dietary Interventions:

- North Carolina Black Churches United for Better Health (BCUBH)
- Eat for Life (EFL)
- Body and Soul
 - Real-world implementation of BCUBH & EFL



Methods: Focus Group

- Intervention church catering committee members were recruited to participate in a focus group
- The focus group was conducted by a trained moderator with a note taker present.
- The session was audiotaped, transcribed verbatim and emergent themes identified
- Coding was completed by four independent raters



Methods: Focus Group

- How did you learn to cook?
- How does cooking make you feel?
- Have you ever tried to change the foods you prepare?
- What types of changes do you think would make the foods currently served at the church healthier?
- What would you like to learn from the cooking classes?
- How do you feel the classes should be set up?
- How adventurous do you want to be with cooking different foods and recipes?
- Would you like to set a personal goal or a church goal to reach, using the skills learned in the class?
- How do you feel about teaching the information you learn to others within your church and at other churches?
- How will you be able to use the tips from class with the foods you prepare at home?
- Is there anything else you would like to tell me?

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Methods: Class Development

- Based on the themes identified, the class manual, recipes and educational classes were developed
- Development of cooking classes was overseen by an advisory panel of church members and community leaders

Results: Focus Group

- Classes focused on skill development & meal preparation
- Guest speakers
- Overcome barriers to motivate the congregation
- Stress healthy eating tastes good through recipes & taste testing

Results: Class Development

- Hands-on cooking of healthy recipes with healthy products



Results: Class Development

- Dietitians and culinary experts were brought in to discuss:
 - Food safety
 - Nutrition and health
 - Mediterranean cooking and foods in the Bible
 - Gardening





Results: Class Development

- The class manual provided recipes and educational material
- The class provided a venue for testing recipes for taste appeal
 - An evaluation of class and the food prepared was completed by each participant
- Healthy breakfast recipes were provided (instructors and participants), tested in class and implemented in the church's Sunday breakfast buffet

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Results: Class Development

- Resources were provided to use in educating congregation members
 - Advisory panel for the project
 - Educational handouts in manual
 - Speakers
 - Handouts provided by speakers
 - Connections fostered with the Nursing Ministry

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Results: Class Attendance

- 12 participants
 - 2 dropped after class 1 due to child care issues
 - The pastor’s wife and an associate pastor became “honorary” members of the class
- 7 participants (15 or more classes)
- 5 participants (10-14 classes)
- Pastor visited at 6 classes
- Nursing Ministry (4 members) visited 1 class

Conclusion

- The focus group, community advisory panel and class evaluations were vital in creating an acceptable curriculum
- Focus group themes were successfully integrated into the class curriculum
- Enthusiasm and participation remained high throughout the intervention cycle

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Summary

This pilot project found African Americans in a faith-based setting felt focusing on the taste of foods, hands-on learning, guest speakers, and overcoming barriers in the congregation was most important in a class aimed at changing nutrition behaviors.

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