

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 multifactorial and heavily influenced by social networks – family, friends, church and culture





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?



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



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



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



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

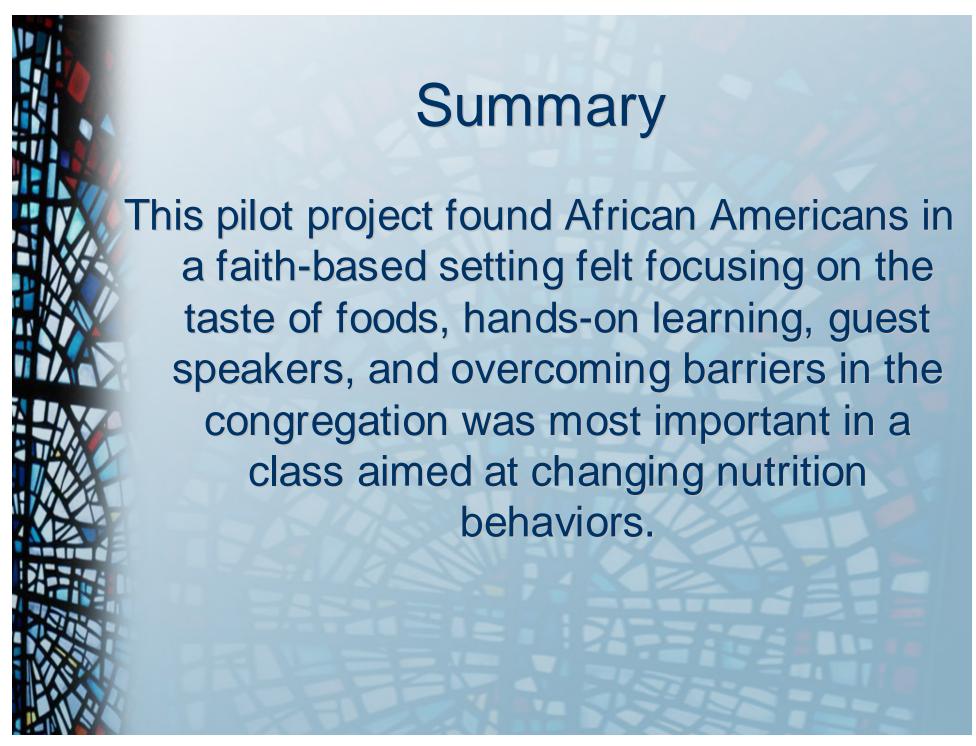


Conclusion

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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