

Development of a Toolkit to Package and Disseminate A Successful Community Intervention: The Walk by Faith Program

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Presenter Disclosures

Development of a Toolkit to Package and Disseminate a
Successful Community Intervention:
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No relationships to disclose



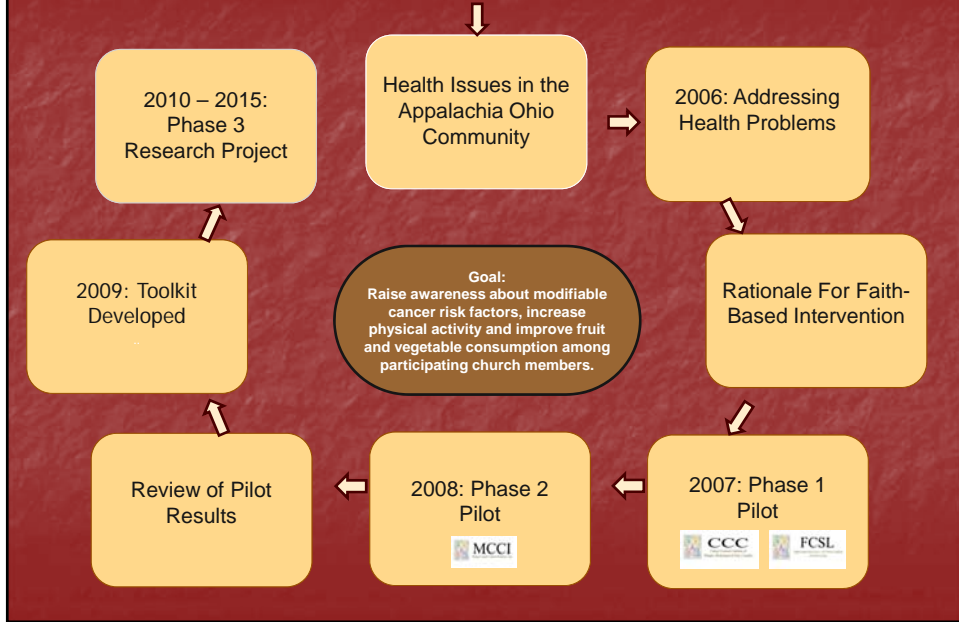
Presentation Overview

- Background
- Program Development
- Pilot Projects & Lessons Learned
- Designing a Toolkit
- Next Steps – Research Project

Appalachia Community Cancer Network (ACCN)

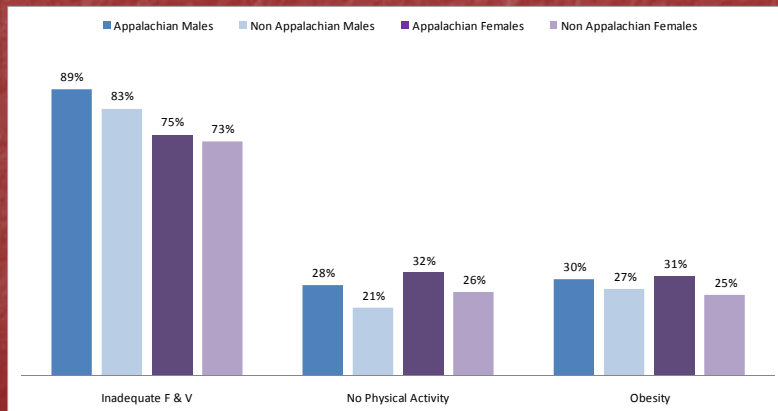
- NCI-funded research initiative through the Center to Reduce Cancer Health Disparities (5 U01 CA 114622)
- Reduce cancer health disparities in the Appalachian region through community participation in education, research and training
- Based at the University of Kentucky, ACCN serves the Appalachian region of Kentucky, Ohio, New York, Pennsylvania, Virginia and West Virginia

Program Development



Health Issues in the Appalachia Ohio Community

- Residents are at a higher risk for cancer partially due to lifestyle behaviors



Source: Appalachia Community Cancer Network, *The Cancer Burden in Appalachia*, 2009

Addressing Health Problems

- Ohio ACCN worked with OSU - College of Public Health to identify way to address community health issues.
- MPH students designed a program to utilize the strengths of church communities

Rationale for Faith-Based Intervention

- Church brings many people together, including men, women, and people from all types of employment sectors, economic status and social networks
- Churches provide a sense of social belonging and reinforcement to members

Phase 1 Pilot

- Implementation
 - Conducted in 5 churches in 4 Appalachia Ohio counties
 - Included a kick-off (educational seminar) and wrap-up event
- Lessons Learned:
 - Church navigators played an essential role
 - Participants wanted more interaction/materials throughout the 6-week program
 - Program materials did not include enough faith messages

Phase 2 Pilot

- Implementation
 - Conducted in 2 churches in 1 Appalachia Ohio county
 - Built upon the research-tested program Healthy Body, Healthy Spirits (RTIPs)
 - As suggested, participant materials included more faith messages and materials
- Lessons Learned:
 - Faith-based messages incorporated into participant materials were well received
 - Additional mid-program session and materials improved retention rate

Results of Pilot Programs

- A total of 191 participated, range in age from 6-100
- 38,314,313 steps walked
- 18.1% increase in steps walked
- 8.8% increase in water intake
- 8.5% increase in fruits and vegetable consumption
- 75.4% of participants completed the program

Designing a Toolkit

- Compiles program materials to be easily disseminated
- Provides transportable model for others to replicate or adapt in their community
- Supplies step-by-step instructions on how to implement a faith-based program
- Builds capacity for continuous learning of effective faith-based programming

Contents of Toolkit

- Background - Need for Physical Activity
- Rationale for Partnering with Faith-based community
- Program Description
- Participant Materials and Tools

Checklist to Implement the Program

✓	Activities
	Secure financial support. Expenses may include program materials, speaker fees, meeting refreshments, participant incentives and printing.
	Meet with pastors and other church leaders to explain their role
	Pastors and other church leaders will demonstrate support through church announcements during church services, groups & groups, along with participating in program.
	Church needs to provide location for kick-off, mid-program & wrap-up event.
	Design on-going communication plan and messages
	Distribution of church bulletin inserts
	Identify presenters for the program
	Provide curriculum and materials to presenters
	Hold kick-off event and educational sessions, disseminate educational materials
	Collect and analyze pre & post assessments
	Presenters will assist participants to establish realistic goals and track progress
	Provide pedometers and activity cards for participants to track steps walked
	Provide incentives and on-going encouragement for participants
	Hold Mid Program event
	Collect and track participant's progress through weekly Activity Cards
	Hold Wrap Up program event
	Review of completed post assessments.

Promotion – Church Bulletin




For six weeks, you will be encouraged to increase the amount of time that you spend walking and monitor your progress.

What to expect:

- Easy tips to take control of your health
- An opportunity to exercise by walking together
- Fun with your family and congregation!
- Chance to win a \$20 gift card!

Kick-off Event
[Insert Date & Time]

[Insert Presenter Name & Organization]
talks about what you can do to reduce your risk of developing cancer.





"... for we walk by Faith, not by sight..."
— 2 Corinthians 5:7

Dates to Remember:

Kick-off Event	[Insert date]
Keeping Motivated Session	[Insert date]
Wrap-Up/Celebration	[Insert date]


Walk by Faith
Contact:
[Insert Contact Name & Phone Number]

Brought to you by:

Pre Assessment

Participant Identification Number: _____



In order to learn more about our project participants, please circle your answers the following questions:

- How many servings of fruits and vegetables do you usually eat each day?
0 1 2 3 4 5 or more
- How many glasses (8 ounces) of water do you drink each day?
0 1 2 3 4 5 or more?
- How many minutes do you walk for exercise on an average day?
0 5 10 15 20 25 30 or more?
- How many minutes do you walk for exercise, on average, in a typical week (7 days)?
0 10-20 minutes 21-40 minutes 41-60 minutes
For 61+ minutes, list how many: _____

5. Please circle True or False to the following statements:

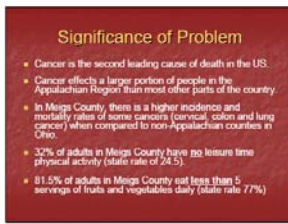
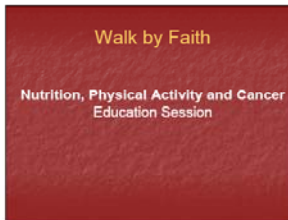
Exercise can reduce your risk for developing cancer	True or False
Obesity can increase your risk for developing cancer	True or False
Eating fruits and vegetable cannot reduce your risk for developing cancer	True or False

- Name three activities you can do every day that can help reduce your risk for cancer:

- Name three types of cancer that can be prevented by a healthy diet and exercise:

- Name three risk factors for cancer:

Presentation Materials



Activity Card

Walk by Faith Activity Card

Name: _____

Week completed: _____

Directions for your walking journal:
Write your daily total shown on the pedometer that you walk each day in the "steps" row. If you count minutes, write your total in the "minutes" row. Total your steps before you turn in your card.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
Steps								
OR								
Minutes								

Brought to you by:

"... for we walk by Faith, not by sight.."
2 Corinthians 5:7

Use this chart to keep track of the number of 8 ounce glasses of water you drink every day.

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat	total
8 Ounce glasses of water								

Use this chart to keep track of the number of fruits and vegetables that you eat everyday.

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat	total
Fruits & Veggies								

Every week:
Increase your walking
Drink plenty of water
Eat more fruits and vegetables

Don't forget
Turn in your activity card each Sunday.

Other Materials

Walk by Faith is an
at your own pace program

Should I consult a doctor before becoming physically active?

-If you are between the ages of 15 and 69, use the following checklist to find out if you should consult a doctor before you become more physically active.
-If you are over 69 years of age and are not very active, consult your doctor before you begin.

Check those items that apply to you:

- Your doctor said you have heart trouble, a heart murmur, or you have had a heart attack.
- You Frequently have pains or pressure - in the left or mid-chest area, left neck, shoulder or arm - during or right after you are active.
- In the past month, you have had chest pain?
- You often feel faint or have spells of severe dizziness.
- Your doctor said you have bone or joint problems such as arthritis.
- Your doctor is currently prescribing drugs (for example, water pills) for your blood pressure or heart condition.
- You have a medical condition not mentioned here which might need special attention (e.g. Type II diabetes.)

If you've checked one or more items, talk to your doctor before becoming physically active. If you've checked no items, you should be ready to begin. But still start slowly and progress gradually - this is the safest and easiest way to go.

*This checklist was developed using several sources, particularly the Physical Activity Readiness Questionnaire & the American Heart Association.

Other Materials

Waiver



Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Birth date: ____ / ____ / ____

As a participant of the Walk by Faith program, I understand the potential risk of participating in a walking program. I take full responsibility for my actions throughout the duration of the Walk by Faith program. I have been encouraged to talk with my physician or another healthcare professional regarding my ability to participate in this walking program.

I agree to hold the program organizers harmless, including but not limited to the [list the name of the church and all organizations involved], [Name of church], along with the sponsors, volunteers and all others affiliated with the Walk by Faith program for any circumstances or situations that may arise.

Participants' name (printed) _____

Participant's Signature _____

Today's Date: _____

This waiver is collected and maintained by the church.

Melgo County Cancer Initiative, Inc. *Walk by Faith Program*

Mid Program Handout

Growing in Faith

More time, more effort, more often

Congratulate yourself for having come this far. You have moved beyond the initial phase of establishing a physical activity routine. Now is the time to keep your enthusiasm high—don't let physical activity just be a fad. It's not something to do for a few days, weeks or months and then forget.

Increase the number of days you are physically active. Try to add one or two more days of activity so you are active "most" days of the week. Your ultimate goal is to be physically active 5 days per week or more.

Increase the amount of time you are physically active. Continue to increase the length of time you are physically active until you reach the goal of being active 30 minutes or more 5 days per week. The important thing is to set aside some time for activity and make it part of your daily routine.

Increase the intensity of your physical activity. Your physical activity program should gradually become more intense so you can obtain optimal health benefits.

"...for the joy of the Lord is your strength."
Nehemiah 8:10

* The information in this booklet was obtained from the *Healthy Body, Healthy Spirit* handbook developed by The Rollins School of Public Health, Emory University.

The *Walk by Faith* program is funded by a grant through the



Stepping into the Light

"Love the Lord your God
with all your heart and with all your soul
and with all your mind and with all your strength."
Mark 12:30



Mid Program Handout

(inside)

Keep Motivated

Just as it may be hard to start being more physically active, there will be times when it may be hard to stay physically active. We all face obstacles to being physically active. But we can find ways around our personal barriers if we have faith to overcome them.

God does not present us with challenges that we are incapable of handling. He wants you to turn to Him, to pray for guidance and strength at those times when you feel most overwhelmed. Don't hesitate to share with God those obstacles that make it difficult for you to become strong, healthy person. He wants you to be.

Get Support

Developing new habits and making lifestyle changes are often easier with the support of others. Encouragement and praise can be great motivators, especially on days when you wonder if all of your hard work is really paying off. The Bible confirms our need to rely on one another for strength and comfort, reminding us that "a cord of three strings is not quickly broken." Seek support not only from God, but also from those he has graciously brought into our life. Develop a support network of family, friends, and colleagues to accompany you along the path to a more active lifestyle. Together, you may grow stronger in strength and spirit.

"Beloved, I wish above all things
that thou mayest prosper and be in good health, even
as your soul prospereth."
III John 1:2

Moving with Faith

Taking care of ourselves through physical activity and good nutrition is a way to honor God, in whose image we were created.

While many of us want to be more physically active, the reasons why and the degree of effort that we are willing to invest varies from person to person. Though God loves us as we are, He also supports and inspires us to make changes in our lives that will help us to grow in strength and spirit. By turning to Him we are promised the strength and support we need to succeed.

For some people, engaging in physical activity provides an opportunity to not only improve physical health but to grow in spiritual faith as well. Movement in the body often brings a clearer perspective in the mind and provides a time for reflection and prayer. Time spent walking is time that may be invested in your relationship with God.

Walking can provide us an opportunity to get away from stresses and strains of our daily life. We can use our time to connect with God and get in touch with our spiritual needs. We need to remember that health is more than a general physical condition—it is the coming together of our emotional, mental, intellectual, spiritual and physical selves to be the whole people that God created us to be.

Do you 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?"
I Corinthians 6:19

Wrap-Up Program

Keep Walking by Faith

Activities you can do at work or school:

- o Take quick "stretch breaks" during long meetings.
- o Hold a "Moving Meeting" - discuss business while taking a walk with your colleagues.
- o Take the stairs instead of the elevator.
- o Replace your coffee break with a walking break.
- o Take a brisk walk before or after lunch.
- o Stretch your shoulders and neck when sitting at your desk.

Activities you can do at play:

- o Find different 10-minute walking routes.
- o Utilize local walking trails.
- o Ask friends to join you for your walks.
- o Walk to run errands, see friends, or pick up a few groceries.
- o Leave your car in a parking lot 10-minutes from your destination and walk the rest of the way.

Remember to reward yourself for making progress or maintaining your walking program!

Thank you for participating in the
Walk by Faith program!

Funding for the Walk by Faith program provided by:



Celebration Program

*"The steps of good men are directed by the Lord.
He delights in each step we take."
Psalms 37: 23*



MCCI
Meigs County Cancer Initiative, Inc.

Wrap-Up Program

(inside)

*"Beloved, I wish above all things that thou mayest prosper and be in good health, even as your soul prospereth."
III John 1:2*

Activity Goal: Maintenance

Sometimes things happen in your life that may cause dedication to your physical activity program to waver. You may stop being active because of time, injury, life changes or other physical constraints—this is natural.

If you go off course:

- = Remember how great it felt to get regular exercise: how strong your body felt, how clear your mind was, how free your spirit seemed to be.
- = Be gentle with yourself. You may not be able to start off again at your previous level of activity. Start slowly, stay dedicated, and before long you can work your way back.
- = Recapture your childlike joy of being active. Make being active fun: join a sports team; come up with a new walking route; take a special trip with family and friends to a state park or beach where "playing" comes easy.
- = Avoid becoming discouraged. Try not to get discouraged if you don't see the health benefits you had hoped to achieve. It can take a while for the benefits to be noticed.
- = By increasing the number of days you walk and the intensity that you walk, you should be able to see the results of your efforts sooner.

The information in this booklet was obtained from the Healthy Body, Health Spirit handbook developed by The Rollins School of Public Health, Emory University.

Living in Faith

Well done! The amount of physical activity you are doing really benefits your health! The key here is to keep on walking so you can continue to reap the benefits.

By choosing to be physically active, you've chosen to honor and respect God by making yourself a more effective instrument of His will.

Healthy Body, Healthy Spirit

Health involves all of you—your emotions, your relationship with your family and others, your relationship with God, and your physical condition. Strengthening and maintaining these require time and effort, but you have been blessed with the power to choose a healthy lifestyle.

Taking care of ourselves through physical activity and good nutrition is a way to honor God, in whose image we were created.

Through dedication and commitment you can continue to grow in faith and health, joining others who already benefit from a commitment to regular physical activity.

You have taken the first step by participating in the Walk by Faith program. Now continue along your journey to a healthier, more active way of life!

Post Assessment (p.1)



12-Month Post Assessment

Thank you for participating in the *Walk by Faith* program between April and June 2008. We would like to gain additional input about this program and to learn more about your current dietary habits and walking routines.

Participant Identification Number: ___/___/___ (6 digit birth date)

Please answer questions 1-4 based on your current exercise and eating habits.

- How many servings of fruits and vegetables do you usually eat each day? ___0 ___1 ___2 ___3 ___4 ___5 or more?
- How many glasses (8 ounces) of water do you drink each day? ___0 ___1 ___2 ___3 ___4 ___5 or more?
- How many minutes do you walk for exercise on an average day? ___0 ___5 ___10 ___15 ___20 ___25 ___30 or more?
- How many minutes do you walk for exercise in a typical week (7 days)? ___0 ___10-20 minutes ___21-40 minutes ___41-60 minutes ___61-90 minutes
For 91+ minutes, list how many: _____

Please answer questions 5-9 to provide us feedback on the *Walk by Faith* program

- How effective do you feel the program was in helping you to maintain or increase your steps walked in the past year? ___not at all ___a little ___some ___quite a bit ___A lot
- How helpful were the activity cards in tracking your dietary habits & walking during the program? ___not at all ___a little ___some ___quite a bit ___A lot
- Since the program concluded, how often do you monitor or keep track of your dietary habits and walking using your own system (paper or mental notes)? ___not at all ___a little ___some ___quite a bit ___A lot
- Did receiving a pedometer help you with tracking your steps walked during the 6-week program? ___not at all ___a little ___some ___quite a bit ___A lot
- Since the program concluded, how often do you use a pedometer to track your steps walked? ___not at all ___a little ___some ___quite a bit ___A lot

Post Assessment (p.2)

Instructions for questions 10-15. If you are still walking regularly for exercise, please answer questions 10-12. If you are not walking regularly for exercise, skip questions 10-12 & go to question 13. Everyone should complete questions 14 & 15.

- Some prefer to walk alone, while others prefer a walking buddy. How do you prefer to walk? ___alone ___with someone from church ___with a family member ___with a friend/neighbor
- There are many places to walk. What location are you most likely to walk? ___Community Center ___Parks ___Schools ___Neighborhood
Other: _____
- There are a variety of reasons to walk. From the list below, please rank your top 3 benefits of walking.
___Physical fitness/stamina ___other health benefits (i.e. decrease in blood pressure)
___weight loss ___reducing stress
___rejuvenated energy ___time to think/reflect
___relax/unwind ___other: _____

Skip question 13 & go to question 14

If you are not walking regularly for exercise, answer question 13.

- It can be difficult to participate in regular walking routine. From the list below, please rank your top 3 barriers.
___lack of time ___weather extremes (heat, cold, rain, snow)
___injuries/illness ___low energy
___safety concerns ___family or work obligations
___not motivated ___difficulty getting into a routine
___other: _____

14. Please describe additional ways the *Walk by Faith* program has impacted your lifestyle.

15. What changes or adjustments would you recommend for future *Walk by Faith* programs?

Thank you for your time and input!

Next Steps: Research Program

- Between 2010 – 2015, ACCN II will conduct a research project to address obesity by focusing on environmental and individual level changes
- A transdisciplinary health disparities team will partner with churches and communities in 5-state region to refine and test the previously piloted Walk by Faith program

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Meigs County Cancer Initiative

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St. Mary's Catholic Church, All Saints Church, Rocksprings
United Methodist Church & Rejoicing Life Church of God

Thank you!

Appalachia Community Cancer Network

www.accnweb.com

