EPICC

ENGAGING PARTNERS IN CARING COMMUNITIES

BODY & SOUL
PROGRAM

BODY & SOUL PROGRAM

The Body and Soul program is a combination of the best pieces from the Black Churches United for Better Health and Eat for Life programs. The program components include church-wide nutrition activities such as: a kick-off event, forming a project committee, conducting at least three nutrition events, plus one additional event involving the pastor, and making at least one policy change (e.g., establishing guidelines for the types of foods served at church functions or changing snacks served at youth camps). Additional church-wide activities include hosting guest speakers and cooking demonstrations and taste tests, and providing self-help materials such as a cookbook, video, and educational pamphlets. A Peer Counseling Training DVD product is available, however, it was not included as part of the original study. Lay church volunteers conduct at least two motivational counseling calls to members as well.

WEBSITE:

https://ebccp.cancercontrol.cancer.gov/programDetails.do?programId=257161

Health Conditions addressed by the program:

- Obesity High blood pressure
- Diabetes (high blood sugar)
- Heart disease
- Cancer
- Kidney disease
- Diabetes related blindness
- Diabetes related lower limb amputations

Methods to address Health Condition(s):

1. Healthy eating
   - Increased fruit consumption
   - Increased vegetable consumption
   - Decreased fat consumption
   - Modify food preparation habits
   - Healthy portion sizes

2. Stress management
   - Communication skills
   - Increased physical activity
   - Prayer and spiritual practices

Participants of the program

- Pastor
- Congregation policy
- Community (an impact level across congregations)

Delivery format

a. Small interactive group (8-12 individuals)
b. in-person large group (more than 12 people) educational presentations
c. coaching (peer)
d. whole congregation system change
e. peer-to-peer support/ buddy system

Length of time and number of sessions:

- Depends on what church chooses to do
- Lay counselors received 12-16 hours of training (but now training is on DVD) and conduct at least two motivational calls to approximately 5 church members; each call was roughly 15 minutes long

Resources and tools included in the program

Downloadable Program session outline and session materials

- Slides
- Videos
- Handouts (to be printed)
- Posters and advertisements
- Website for other resources

Costs

dependent upon what implementation team decide to do church wide

Evaluation

- Evaluation forms for after the program is done
- Rating of satisfaction, knowledge, and/or confidence gained

Additional Information

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