




EPICCC

ENGAGING PARTNERS IN CARING COMMUNITIES

**FAITH, ACTIVITY AND
NUTRITION PROGRAM (FAN)**

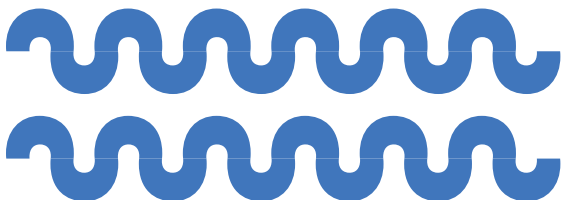
FAITH, ACTIVITY AND NUTRITION PROGRAM (FAN)

FAN is a church-wide program focused on fun activities to increase physical activity and healthy eating. The program includes increased physical activity, encouraging people to eat more fruits and vegetables, making changes in church practices to be more health friendly, and sending health related messages in the usual church ways – such as the bulletin, sermons, etc. FAN was developed in partnership with Black churches in South Carolina and the National Institutes of Health (who provided the money to develop the program).

The "evidence" showed increases in physical activities as well as more fruit and vegetables eaten by church congregants. Current funding from the Centers for Disease Control (CDC) lets this program be offered at no cost to churches for the leader training. Evaluation forms for the program are required to keep funding available.

WEBSITE(S):

prevention.sph.sc.edu/projects/fantraining.htm



Health Conditions addressed by the program:

- Obesity
- High blood pressure
- Diabetes (high blood sugar)
- Heart disease
- Stroke
- Arthritis
- Cancer

Methods to address Health Condition(s):

1. Healthy eating
 - Reduced fat
 - Increased fruit consumption
 - Increased vegetable consumption
 - Modify food preparation habits
 - Healthy portion sizes
2. Physical activity

Participants of the program

- Adults
- Congregation policy – Healthy Church Environment
- 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. web-based individual education
- d. coaching
- e. whole congregation system change
- f. peer-to-peer support/ buddy system

Length of time and number of sessions:

- 12 months
- 8 self-paced online lessons of 45-60 minutes each

Resources and tools included in the program

Downloadable Program session outline and session materials

- Website: facilitators have training provided on-line with other church facilitators
- Program session outline and session materials
- Slides
- Videos
- Handouts
- Posters and advertisements
- Guidance for identifying community resources
- Online support or education
- Self-assessment tools

Costs (of the Church)

- Printing materials , dependent upon what church decides to do

Additional Information

- a. Facilitator training required (FREE); 8 self-paced online lessons of 45-60 minutes each
- b. Pastor approval for church participation
- c. FAN Coordinator identified as training contact and program coordination
- d. Church must form a committee
- e. Pastor and FAN Coordinator must complete surveys before training begins and 12 months later (evaluation of FAN program itself and not the church)

Evaluation

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