

Title of Intervention	Health-e-AME Faith-Based Physical Activity Initiative	
Website	http://www.health-e-ame.com/	
Intervention Strategies	Supportive Relationships and Group Education	
Purpose	To increase physical activity in AME congregations	
Populations	African-American, African Methodist Episcopal Church members	
Settings	Faith-Based	
Partners	7th Episcopal District of the African Methodist Episcopal Church, Medical University of South Carolina (MUSC)	
Intervention Description	<p>Three action based programs were developed to meet the various needs of the congregations. The programs were promoted and messaged through sermons, bulletin inserts, and other church media and activities. The 3 programs include:</p> <p>1) Praise Aerobics - varying intensity physical activity set to gospel music.</p> <p>2) Chair exercises - physical activity for individuals with medical restrictions or conditions making moderate-intensity forms of exercise inappropriate. This program was also set to gospel music.</p> <p>3) Walking programs and contests. An 8 week program titled "8 Steps to Fitness" was developed to teach behavior change. Each session was designed to incorporate scripture, sharing, and 20-30 minutes of group exercise.</p>	
Theory	Social Ecology, Tran theoretical (stages of change)	
Resources required	Staff/Volunteers:	One volunteer from each congregation
	Training:	Half day training and internet resources
	Technology:	CD/Tape player
	Space:	Not Mentioned
	Budget:	Grant from Centers for Disease Control
	Intervention:	Facilitators guide
	Evaluation:	Computer assisted telephone survey.
Evaluation	Design:	Randomized design with delayed intervention control group
	Methods and Measures:	Computer assisted telephone surveys were conducted to collect base-line data and measure change in physical activity levels, attitudes, and beliefs. Follow-up surveys were conducted at 1 and 2 year follow-up.
Outcomes	Short term impact:	Participants in training self-reported increased levels of physical activity and improved dietary habits.
	Long term impact:	Not measured
Maintenance	Not Mentioned	
Lessons Learned	Church leader support is critical. Shorter mini-trainings are more feasible for staff and trainees.	

Citation(s)	Wilcox, Sara, Lken, Marilyn, Anderson, Thaje, Bopp, Melissa, Bryant, Deborah, Carter, Rickey, Gethers, Octavia, Jordan, Jeannette, McClorin, Lottie, O'Rourke, Kathleen, Parrott, Allen, Swinton, Rosetta, and Yancey, Antoinette. (2006) The Health-e-AME Faith-Based Physical Activity Initiative: Description and Baseline Findings. Health Promotion Practice. Vol. 8(1):69-78.
Current Program Status	Health-e-AME has named the Physical Activity portion of their program FAN (Faith, Activity, Nutrition). Additional information on this program is available at their website: www.health-e-ame.com