

Title of Intervention and Website: Healthy Body, Healthy Spirit

Intervention Strategies: Individual Education, Campaigns and Promotions, Supportive Relationships.

Purpose of the Intervention: To increase fruit and vegetable consumption and physical activity through program delivered in Black churches

Population: African Americans adults

Setting: A set of socioeconomically diverse Black churches in the Atlanta metropolitan area; faith-based

Partners: churches, local celebrities, media creation companies

Intervention Description:

- Individual Education: A 37-page exercise manual provided background information, instruction, and skills-building information at three levels: beginner, intermediate and advanced. An exercise documentary video hosted by well-known African American local celebrities provided real life role models, narration, instructions, sermon clips and scripture. Most of the models shown in the exercise manual appear in the video with biblical themes and scripture woven throughout.
- Campaigns and Promotions: Participants received an audiocassette containing gospel music. Songs were sequenced so that their tempo matched a three-phase workout: warm up, aerobic activity, and cool down. Biblical quotes and brief sound bytes of pastor sermons relating to health were spliced between songs.
- Supportive Relationships: Motivational interviewing via telephone was used to counsel participants regarding nutrition and physical activity behavior change. Participants received 4 calls over 40 weeks.
- Other intervention components: Forgotten Miracles (18-minute video that uses biblical and spiritual themes to motivate healthy eating) and the Eat for Life Cookbook (contains recipes with at least a quarter of a serving of fruit or vegetable per serving and low in fat, information about benefits of fruits and vegetables, tips for shopping and storing produce and cooking techniques).

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: counselors
- Training: Master- or doctoral-level psychologists received approximately 16 hours of initial training and 12 hours of ongoing individual/group supervision.
- Technology: video and audio media creation capabilities
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: video, audio cassette, cookbook, physical activity booklet, semi-structured protocol for motivational interviewing phone calls, phones
- Evaluation: questionnaires

Evaluation:

- Design: pre/post
- Methods and Measures:
 - Focus groups to help shape intervention messages
 - Community Healthy Activities Model Program for Seniors (CHAMPS) Physical Activity recall to measure amount of physical activity over time
 - One question assessing amount of time spent dancing at church
 - Demographics

Outcomes:

- Short Term Impact: not measured
- Long Term Impact: At 1-year follow-up, the intervention groups showed significant changes in both fruit and vegetable intake and physical activity.

Maintenance: Not mentioned

Lessons Learned: The continued refinement and evaluation of culturally targeted interventions and telephone counseling (and motivational interviewing in particular) to modify chronic disease behaviors appears to be warranted.

Citation(s):

Resnicow K, Jackson A, Braithwaite R, Dilorio C, Blisset D, Rahotep S, et al. Healthy Body/Healthy Spirit: a church-based nutrition and physical activity intervention. *Health Educ Res* 2002;17(5):562-73.

Resnicow K, Jackson A, Blissett D, Wang T, McCarty F, Rahotep S, and Periasamy S. Results of the Healthy Body Healthy Spirit Trial. *Health Psychology*. Vol 24(4), Jul 2005, 339-348.