The Faith, Activity, and Nutrition (FAN) Dissemination and Implementation (D&I) Study: Phase 1 Adoption, Reach, Implementation, and Effectiveness

Sara Wilcox1, Ruth P. Saunders1, Andrew T. Kaczynski1, Danielle Jake-Schoffman2, Melinda Forthofer3, Deborah Kinnard1, Jessica Stucker1, Cheryl Goodwin4, Patricia A. Sharpe1, Brent Hutto1, Margaret Condrasky5, Vernon Kennedy, Sr.5, Caroline Dunn1, John Bernhart1

1University of South Carolina, Columbia, SC 2University of Massachusetts, Amherst, MA 3University of North Carolina Charlotte, Charlotte, NC
4Fairfield Behavioral Health Services, Winnnsboro, SC 5Clemson University, Clemson, SC

Background

• Faith-based organizations exist within most communities & are a trusted source of information.
• Faith-based health initiatives focused on physical activity (PA) and healthy eating (HE) have shown promising results, but most focus on individual behavior change & D&I research is limited.

Overview of FAN

• Primary goal: Help churches create healthier church environments for PA and HE
• Study design (Churches [n=59]) were randomized to be trained immediately (“early”) or after a 12-month delay (“delayed”).
• Partnership: Fairfield Community Coordinating Council & Fairfield Behavioral Health Services
• FAN intervention (delivered by Community Health Advisors):
  • Full-day training with church committees:
    • Assessment & planning process focused on 4 intervention strategies guided by structural model of health behavior (Eisen et al, JBM):
      1. Increase opportunities & programs
      2. Create healthy church guidelines (policies)
      3. Engage, support pastor
      4. Get the message out
  • Food demo & 3 PA breaks

Adoption & Reach

• Adoption = Percentage of targeted churches that attended the FAN training
• Reach = Number of people who attend worship service(s) among churches that adopt the program; and percentage of people reached as compared to the number of people in churches in the county and the church population

Flow Chart for Church Adoption & Reach of the Faith, Activity, and Nutrition Intervention

133 Active Churches in Fairfield County

59 Churches Interested (59 churches invited)

46 Unable to Ascertain Interest

50 Churches Assigned to Group

• 39 Early Churches
• 202 people from 54 Churches Trained (all completed phone interview)

Characteristics of Adopting and Non-Adopting Churches

Adopting (n=55) Non-adopting (n=77) P

<table>
<thead>
<tr>
<th>Church size</th>
<th>25-49 members</th>
<th>50-74 members</th>
<th>75+ members</th>
<th>&lt;.0001</th>
</tr>
</thead>
<tbody>
<tr>
<td>Predominant race</td>
<td>Black/African American</td>
<td>Caucasian</td>
<td>Multi-racial</td>
<td>2.6</td>
</tr>
<tr>
<td>Denomination</td>
<td>Baptist</td>
<td>Non-denom / Independent</td>
<td>Presbyterian</td>
<td>0.07</td>
</tr>
<tr>
<td>Age of congregation</td>
<td>5.5</td>
<td>6.3</td>
<td>7.6</td>
<td>&lt; .0001</td>
</tr>
<tr>
<td>Percentage 75+ members</td>
<td>23.9</td>
<td>28.2</td>
<td>&lt;.0001</td>
<td></td>
</tr>
</tbody>
</table>

Effectiveness

• University staff administered anonymous surveys after worship service between 6/2016 and 10/2016 (8-12 months after early churches were trained; before delayed churches were trained).

Conclusions & Next Steps

• Adoption, reach, and implementation were high with favorable impacts (effectiveness) on church environment and member behavior and beliefs.
• Results position FAN for broader dissemination.

Acknowledgments

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Effectiveness: Fruit & Vegetable Intake

Effectiveness: Physical Activity

Effectiveness: Self-Efficacy (Confidence)

Effectiveness: Church Environment

Implementation

• Church Coordinators interviewed at baseline and 12-months later reported whether they implemented the 4 FAN strategies/strategies (opportunities, messages, guidelines/policies, pastor support).
• Early churches had significantly greater implementation than delayed churches (except in FV opportunities).
• Effect sizes comparing early and delayed churches were large.
• Results are consistent with member reports of the church environment (see below) & replicated results from the earlier effectiveness trial.

Conclusions & Next Steps

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• Results position FAN for broader dissemination.

Phase 2 is a statewide D&I study with United Methodist Churches.

• Visit our website to read FAN Church Spotlights and learn more about the program & study:
  http://prevention.sph.sc.edu/projects/fanumc.htm

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