

Alliance to Reduce Obesity in DC through Faith-Based Communities

Community Advisory Board Meeting: May 6th, 2013 6pm
Plymouth Congregational United Church of Christ –Social Hall

Attendees:

- Steering Committee:
 - o Allan Johnson
 - o Lennox Graham
 - o Avis Graham
 - o Tiffany Powell-Wiley
 - o Priscilla Agyemang
 - o Kenneth Wiley
- Denia Tapscott (Howard University)
- Hazel Hiza (USDA)
- Rev. Kendrick Curry (Pennsylvania Avenue Baptist Church)
- Mary Alice Crockett (Plymouth Congregational United Church of Christ)
- Twanda Johnson (New Samaritan Baptist Church)
- Rev. Mauri Bishop (Wesley Theological Seminary)

Discussion of “State of Health” Screening and Assessment

-We need to recruit churches in Ward 8

-Non-DC residents may participate as long as they identify the church as their home-base and are willing to meet all of the program requirements

-Use of technology may cause a bias and potentially attract younger individuals and those more comfortable with technology.

- a) “State of Health” screening and assessment will determine how comfortable congregations are with technology and use this information to inform the development of easy-to-use website, and other technologic devices for the intervention.
- b) Each church will also have a liaison (church member) that will assist with technologies

-Example of engaging seniors/elderly with technology: New Samaritan Baptist Church

- a) Seniors were partnered with youth to learn basics of using technology (phones, etc.)
- b) Biggest Loser Program: seniors were highly motivated and represented a significant portion of program participants

-Time Frame:

- a) Summer months are not ideal
- b) Consider education and assistance with navigating Affordable Care Act (October 1, 2013)

Ideas for Behavioral Weight Loss Intervention

- Give participants portioned plates as part of education about portion control
- Emphasis should be placed on transforming perceptions of body size and fostering healthy ideal body weight/ image. Consider focus groups to supplement survey questions about body size perception
- Emphasis on weight maintenance is very important because weight loss is possible for most but maintenance is very challenging. More incentives can be offered during the weight maintenance period versus the weight lost period.
- It is vital that participants identify 'why' they desire weight loss and lifestyle modification

Next Steps

Advertisement of the "State of the Health"

- 1) Presentations will be made to the health ministries at the 3 churches participating in the "State of Health" and health ministry and Pastors will be encouraged to sign up.
 - o Plymouth Congregational United Church of Christ (Tentatively May 19, 2013)
 - o New Samaritan Baptist Church (Tentatively June 4, 2013)
 - o Pennsylvania Avenue Baptist Church (Tentatively TBD)
- 2) Official 'Kick-off' presentations will be made at each Church at a Sunday Service and a health-centered sermon will be preached.
 - o Information session and recruitment of the 'state of the health' will follow the service

Key components of Kick-Off Presentation

- o Brief and easy to understand
 - o Fun, interesting, informative of what is to come
 - o Describe staged approach and emphasize that the initiative is a long term investment
 - o Show a brief testimonial video of how individuals transformed their health and lives through lifestyle modification (ex. videos from New Samaritan Biggest Loser)
 - o "Know Your Numbers"
 - Provide brief definitions of terms (BMI, cholesterol, etc.) and give significance of numbers
 - This emphasis on ideal numbers helps to include those who are not visibly overweight/obese but have risk factors
- 3) 'State of Health' Screening and Assessments will begin tentatively in September 2013