Faith-Based Physical Activity Promotion

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Targeted Population
Intervention Focus: Create fellowship among parishioners by building an exercise program

"Diverse faith-based parish members
* Men and women age 35-50 years old who are interested in expanding their fellowship and improving their health by exercising
* Spirituality and religion are often an integral part of a person’s well-being and may facilitate health behaviors and attainment of health lifestyle."

*Word of mouth
*Information on the bulletin board and in church bulletin
*Church leader (pastor) announce to parishioners

Generating interest in the program
Churches of any denomination interested in implementing a faith-based exercise program

*Remind parishioners this is a free program
*Have a variety of times that groups meet such as 6AM, 1PM, 8PM

Create a safe and convenient place to be physically active
KAL, BSB, TES, SRB

From our interventions: Individual = Male or female, age 35-50, who would like to start an exercise program
Society = Same religious beliefs
Organization = Parishioners at the same church
Community = Omaha Nebraska area
Organizational = Parishioners at the same church
Community = Omaha Nebraska area
Society = Same religious beliefs

Social Ecological Model
A Social-Ecological Model

Intervention Implementation
Churches of any denomination interested in implementing a faith-based exercise program
Generating interest in the program
"Church leader (pastor) announce to parishioners
"Information on the bulletin board and in church bulletin
"Word of mouth
"Email, text, social media sites, etc recruiting parishioners participation in the health promotion intervention

Eliminate barriers
*Have a variety of times that groups meet such as 6AM, 1PM, 8PM
*Start a corps for people needing transportation
*Remind parishioners this is a free program
*Health benefits with participation
*Create a safe and convenient place to be physically active
KAL, BSB, TES, SRB

Intervention Protocol
Deconstruct program and prepare implementation plan
- Separate program into domains
- Adaption traffic light
- Establish due-dates and responsible persons

Identify agency readiness and sponsor training
- Self-assessing readiness for implementing evidence-based health promotion and self-monitoring programs tool
- Is agency willing to provide evidence-based program and remain true to model
- Is there funding available
- Are personnel available and do they have expertise to implement the program
- Is there buy-in from senior leadership and key partners reflected in programmatic and financial support

- Train sponsors, trainers and coordinator
- Pre-post testing to gauge knowledge and understanding of the program

Monitor fidelity
- Standardized checklists derived from the evidence based program

Track participant outcomes and program results
- Effectiveness
- Desired Outcomes
- Satisfaction
- Evaluate instructors and coordinator

Intended Outcomes
Health promotion and physical activity interventions conducted in faith settings have shown promise in promoting healthier lifestyle in Americans.

Primary Outcomes: Develop a physical activity program attended by middle aged parishioners to explore their fitness needs. Provide a venue for churchgoers to meet others to form ongoing meaningful relationships. Frequency of physical activity, percentage meeting recommendations.

Secondary Outcomes: Review health outcomes and risk factor status (e.g. cardiovascular disease, body mass index (BMI), energy expenditure). Measures of other health behaviors (e.g. sedentary behavior, dietary patterns, or smoking).

Intermediate Outcomes (e.g. knowledge and attitudes). Any adverse outcomes that are reported (e.g. unintended changes in other risk factors, opportunity cost, and injuries).

How and When Intervention will be Implemented
* All interventions to be implemented under the supervision of a parish nurse or “Master Trainer”
* Nurse would then recruit additional healthcare professionals or “trainers” based on interest and expertise
* Program endorsed and supported by clergy/priest/pastor/pastor’s wife
* Allocate funding from annual budget in parish strategic plan

Implementation plan:
1. Use pre-program surveys to measure level of physical activity of potential participants
2. Evaluation assessment to be completed by parish nurse, trained volunteer, or healthcare professional
3. Motivational interviewing

Implementation Action Plan: Create Walking Map
1. Identify a safe, accessible place to walk and measure route distance
2. Mark distance along the route with permission. Use points of interest as markers if unable to mark with paint
3. Place strategic marks along the route
4. Post maps strategically in the community and church such as bulletin boards, web sites and local businesses
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6. Plan a kick-off event to promote awareness. Encourage groups to sign up and hold each other accountable
7. Provide activity logs to track distance, intensity and participation

How and When Intervention will be Implemented
* Provide participants with incentives, such as monthly raffles and award prizes.
* Send out weekly motivational texts and emails.

Benefits of Exercise
1. Exercise controls weight
2. Exercise combats health conditions and diseases
3. Exercise improves mood
4. Exercise boosts energy
5. Exercise promotes better sleep
6. Exercise puts the spark back into your intimate life
7. Exercise can be fun

Red Light: No change can be made
Yellow Light: Change can be made with caution
Green Light: Change can be freely made