Faith, Activity & Nutrition in the South Carolina Conference

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  S.C. Conference of the UMC

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Presentation Overview

- Overview of FAN
- UMC-USC partnership
- How to find partners in your Conference
- Small group discussions & sharing
- Q&A

Church committees enjoy an active break using “Gospel Lift Off” during the April 2017 Columbia District Training
Overview of FAN

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”

_III John 1:2_
Primary Goal of FAN

- Help create a healthy church environment for physical activity (PA) & healthy eating (HE)
  - PA: 150+ minutes/week, moderate-intensity
  - HE: ↑ fruits, vegetables, whole grains
    ↓ fat, sodium

- Focus on 4 primary strategies to reach all members
Background of FAN

- Developed & evaluated in partnership with 7th Episcopal District of the AME Church (NIH grant: 2006-2012)
  - 74 churches participated
  - Increased fruit & vegetable intake and leisure-time physical activity in members
  - Indexed in NCI’s Research Tested Intervention Programs (RTIPs) rtips.cancer.gov/rtips/index.do

- Opportunity to study FAN’s dissemination with CDC grant (2014-2019)
Promote healthy church environment

- Increase opportunities & programs
- Create healthy church guidelines (policies)
- Engage, support pastor
- Get the message out

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”

III John 1:2 (NKJV)
Strategy 1: Increase opportunities

- Physical Activity
  - Opportunities before, during & after worship service and church events/meetings
  - PA programs
  - Links to community

- Healthy Eating
  - Fruits, vegetables, whole grains, low sodium, low-fat foods with meals and snacks
  - Modify church favorites
  - Flavor through spices, herbs, seasonings
Promote healthy church environment

- Increase opportunities & programs
- **Create healthy church guidelines (policies)**
- Engage, support pastor
- Get the message out

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*III John 1:2 (NKJV)*
Strategy 2: Create healthy guidelines (policies)

PA examples
- All church meetings lasting more than 45 minutes will include an active break
- VBS will include at least one 30-minute active game

HE examples
- Water will be served as the main beverage at all church events
- Fruit will be included at all church events at which food is served
Promote healthy church environment

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*III John 1:2 (NKJV)*

- Increase opportunities & programs
- Create healthy church guidelines (policies)
- **Engage, support pastor**
- Get the message out
Strategy 3: Enlist pastor support & support pastor’s health

- Share info & messages with the pastor that he/she can share
- Engage pastor in planning FAN activities
- Encourage & support pastor’s engagement in health-promoting activities
  - Monthly pastor activity
  - Other activities: e.g., fruit baskets instead of cakes at holidays
Promote healthy church environment

- Increase opportunities & programs
- Create healthy church guidelines (policies)
- Engage, support pastor
- Get the message out

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Strategy 4: Get the message out

- Use existing church channels to share accurate and relevant health information
  - Bulletin inserts
  - Bulletin boards
  - Church announcements
  - Social media
  - Health moments during worship services
  - Integrate health messages into sermons, Bible studies
Training Community Health Advisers

- Pre-training self-paced modules
- In-person training (USC staff)
- Post-training self-paced modules
- Quarterly booster calls

CHAs Rev. Kim Eanes (Rock Hill District) and Courtney Nelson (Hartsville District)
What FAN entails for churches

1. Church creates FAN committee (3-5 people)

2. Committee attends in-person training
   - Active breaks
   - Healthy lunch & food demo/tasting
   - Resources

3. Church submits FAN Program Plan

4. Church holds kick-off event

5. Church committee meets regularly to plan activities

6. Church receives 12 brief monthly calls to support program implementation
   - FAN coordinator: 8 calls
   - Pastor: 4 calls
Assessment & planning process

- Assess current activities (for the 4 strategies)
- Select ways to add, enhance, expand
- Interactive workbook with ideas & resources
- Begin FAN program plan
Other resources

- 12 months of materials
  - Scripture-based bulletin insert
  - FAN monthly newsletter
    - Recipe, info, pastor activity
  - Handouts
  - Gospel Lift Off CDs
  - Directions for leading PA breaks & food demo
  - Flash drive

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**FAN Monthly**

Welcome FAN Committee!

As you may recall from Committee training, you can use FAN materials as a tool to improve your health and the health of your church family. We want to help you to help your church maintain the best physical activity and healthy eating program possible.

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**Problem Solve: Overcome Your Obstacles!**

“And David said to his son Solomon, ‘Be strong and of good courage, and do it; do not fear nor be dismayed, for the Lord God—my God—will be with you. He will not leave you nor forsake you, until you have finished all the work for the service of the house of the Lord.’” (1 Chronicles 28:20 (NKJV)

Many times the unexpected will get in the way of making healthy choices. Problem-solving involves identifying these barriers (problems) and planning how to overcome and maintain a physically active and healthful eating lifestyle. Change is not easy. When barriers stand in your way such as lack of time, plan ahead; if fast food is too tempting, pack your own snacks and lunch; if you know it will be too hot outside for your comfort, plan indoor activity or be active during a cooler part of the day. Have faith to overcome. For every problem there is a solution. Find ways around your personal barriers. Make healthy choices one step at a time.

Questions about the FAN Program? Please contact your church FAN Coordinator.
Conference activities & learnings

“I came that they may have life, and have it abundantly.”

John 10:10
Community Health Advisers (CHAs)

- 17 CHAs from across the S.C. Conference delivered FAN trainings

CHA Courtney Nelson (Hartsville District) talks about strategies to reduce fat during the April 2017 Columbia District FAN training.

CHA Wendy Cotham (Spartanburg District), John Bernhardt (USC), and CHA Carmen Alexander (Spartanburg District)
Churches reached

- 21 trainings
- 106 church committees (115 churches)
- All 12 districts represented!
- Churches will be supported over next 12 months by phone, email
FAN Church Spotlights

Church Spotlight
First United Methodist Church
Rev. Thomas Holmes, Pastor
Healthy Activity Nutrition

Start Slow and Grow!

Ms. Barbara Martin, FAN Coordinator at First United Methodist Church, and her team members, Susan Chase, one volunteer, Sarah Mcclellan, Bobbie Dow, and Rev. Julie Beall, have remained flexible when making healthy changes for their church, Topeka, First United Methodist Church attended a FAN learning event later this summer. They planned to attend training in October. But Hurricane Matthew had other plans. No need to worry—members of the FAN Committee adjusted their schedule, attended training a couple weeks later, completed their FAN Program Plan — hosted their kick-off event before the year ended. In addition, their pastor, Rev. Julie Beall, is a strong advocate for healthy eating and stated, "They have admitted that the FAN program was a way to start making healthy changes in the community."

Last summer, as part of the FAN evaluation, church members completed surveys after attending the training. After reviewing the church summary report and reading about the high numbers of clients who were overweight, had hypertension, or were high cholesterol, Ms. Martin shared with the pastor the need for the program. The FAN Committee introduced church members to support people and a team to help during their 1st Sunday breakfast. Now, many church members regularly participate in the program.

In addition, the church provided incentives as a process for church members to increase physical activity. Signs encouraging members to lose weight and be physically active in short duration throughout the day.

Congratulations to First United Methodist Church for your success and commitment to the health and well-being of your members!

prevention.sph.sc.edu/projects/fanumc.htm
What UMC churches are saying

- Committee is excited and so is the pastor!
- The entire church is very excited about the FAN Program.
- Working hard to make FAN a part of their church structure and not just a program…already planning for program sustainability and making the program part of the church culture.
- Church members are tracking their physical activity this summer …weekly goal for the congregation…Right now about half of the church is participating. They have around 500 members.
- Everyone is wearing pedometer – including the pastor. Everyone is doing their part!
- Anniversary celebration…still had fried chicken, but everyone liked the baked variety!
- Fruit served at a recent gathering – no fruit leftovers!
“...FAN opens a door of opportunity for better health. Many uninsured and unemployed here use the hospital like a doctor’s office. They don’t have a regular doctor. FAN provides information that any church member can pick up and use and get out to the community. Having FAN in churches gives people support and encouragement in a nonthreatening way. With improved health, members will be better able to serve, do more outreach, and be more active in sharing the good news.”

– Ms. Josephine (Joey) Beckham
FAN coordinator, Bethel UMC, Winnsboro, S.C.
“In the same way, though there are many of us, we are one body in Christ, and individually we belong to each other. We have different gifts that are consistent with God’s grace that has been given to us.”

*Romans 12:5-6*
Using FAN as a launch for our Abundant Health Initiative

“I will never forget your commandments, for you have used them to restore my joy and health.”

Psalms 119:93
Next steps

- Challenge participating churches to take the next step
- Encourage new participants in FAN
- Maintain connection with FAN CHAs
- Explore Pan-Methodist partnerships

The 12 districts of the South Carolina Conference of the United Methodist Church.
How can your church partner to offer evidence-based programs?

“I will never forget your commandments, for you have used them to restore my joy and health.”

Psalms 119:93
See partners handout

- All FAN materials will be freely available after May 2018 (considering training options)
- NCI’s Research Tested Intervention Programs (RTIPs) – Faith-based is a category
- CDC-funded Prevention Research Centers
- Universities: schools, departments & units most likely to have overlapping goals
- State & local health departments
- Cooperative Extension System
- Local coalitions (city, county, state)
- National PA Plan – Faith-based sector
Discussion

- What possibilities for partnership do you see in your annual conference?
- What is your next step for the Abundant Health Initiative when you return home?
Be a FAN for your health

Increase your faith, be more physically active, and eat more fruits and vegetables.

May you "prosper in all things and be in health, just as your soul prospers"

III John 1:2 (New King James Version)

Thank you!