



Network for a Healthy California

Objective 17 - Faith

Why Faith?

- African Americans and Latinos suffer disproportionately from many preventable and diet-related diseases such as obesity, type 2 diabetes, heart disease, and certain types of cancer.
- Over 46% of Latinos and 55% of African Americans say they attend church “at least once a week” or “almost every week.”
- Recruiting churches to participate in this program is one of the most effective ways to build transformative relationships within the African American and Latino communities.

What is the *Body and Soul* Program?

Body & Soul is an evidence-based nutrition intervention designed to increase consumption of fruits and vegetables among African Americans in church settings. African American church-goers who participated in the *Body & Soul* program decreased their percentage of calories from fat; were more motivated to eat fruits and vegetables; and had greater self-efficacy and social supports to eat fruits and vegetables compared to control participants. The components include church-wide nutrition activities, such as a kick-off event, forming a health committee, conducting at least three nutrition events, and making church-wide policy changes.

In 2008, the *Latino Campaign* conducted a pilot test using *Body & Soul* in predominantly Latino churches. The findings indicated that the intervention groups were eating more fruits, vegetables, and other healthy foods than before starting the program and increased their understanding of the importance of eating fruits and vegetables for good health. Additionally, some churches adopted healthy food policies for their church events after participating in the study. A *Latino Body & Soul* manual will be released by the *Network* later in 2013.

Does a staff person have to be religious in order to reach out to churches? No! The Faith intervention only requires that staff be respectful of general church practices and etiquette.

Is cultural competence important to administering the intervention? Yes! Staff should have a working knowledge of African American and Latino cultural practices and norms. Cross-cultural skills, an awareness of one's own cultural worldview as well as attitudes towards cultural differences, will be a big plus.

Body and Soul Resources for *African American Campaign* and *Latino Campaign*

- [Body & Soul Training Materials](#)
- [Body & Soul Support Documents](#)
- [Toolbox for Community Educators](#)
- [Soulful Recipes Cookbook](#)
- [Walkability Assessment](#)
- [African American Fact Sheet](#)
- [Latino Campaign Fact Sheet \(English\)](#)
- [Latino Campaign Fact Sheet \(Spanish\)](#)
- [Latino Campaign Cookbook \(English\)](#)
- [Latino Campaign Cookbook \(Spanish\)](#)

Recommendations for Local Health Department Scopes of Work

Funding Ranges for Local Health Departments	Church Contacts	Churches	Staffing Full-Time Equivalent	Minimum Budget Allocation
Objective 1-12+ 2 optional objectives	300-600	5-6	0.25	\$25,000
Objective 1-13+ 2 optional objectives	500-800	6-8	0.25	\$25,000
Objective 1-13+ 3 optional objectives	800-1300	7-10	0.5	\$50,000
Objectives 1-17	1000-2000	10-12	1.0	\$100,000