Program Description: SNAP-Ed educators worked with fathers to develop tailored programs on nutrition, cooking, physical activity and mental flourishing across urban and rural areas. In the Rondo neighborhood (predominantly African American community in an urban setting), trust and understanding needed to developed before planning. Eighteen fathers met twice with a trusted SNAP-Ed educator to share their lived experiences around being the best protectors and providers, while experiencing marginalization.

Evaluation Methods: PhotoVoice - fathers took pictures that represented what living healthy means to them and shared photos and added their stories of health. Focus Groups - fathers were brought together to discuss challenges and successes in promoting family health.

Results: Men and fathers reported learning new cooking skills, eating more fruit and vegetables, and being more physically active with their children. In the Rondo neighborhood, the men created a meaningful narrative on what it means to be a man and a father. The men felt a sense of brotherhood.

Conclusion: When programs are tailored to their concerns and their experiences, men and fathers want to engage in nutrition, health, physical activity, and mental flourishing.

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Engaging Faith-Based Organizations to Promote Nutrition Education

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Objective: The program, Faithfully Fit, built capacity and conducted formative assessments at five faith-based organizations (FBOs) in Washington, DC to inform sustainable nutrition education programming led by certified health ministers.

Use of Theory: The conceptual framework we used was community engagement process in which we employed a collaborative strategy between our institution and FBO to impact programs and practices to influence the health practices of FBO and their communities.

Target Audience: Five FBO partners were recruited with two congregation members from each FBO completing a health minister certificate program. All the FBO are in under-resourced communities in DC. A series of health assessments were conducted to assess each FBO’s capacity to implement evidence-based lifestyle change programs that are responsive to congregation members’ health needs.

Program Description: The health minister certificate is a 10-hour online program that introduces participants to health behaviors linked to chronic conditions and behavior change theories to promote the adoption of healthful lifestyle choices.

Evaluation Methods: Process evaluation of the health minister certificate program and formative assessment of the FBOs parishioners.

Results: There is a need and opportunity for programming to support older adults in managing weight, high blood pressure, and arthritis. Training of health ministers is a first step to building capacity within places of worship to be places of nutrition education. Health ministers represent a significant opportunity to deliver programming that can improve health outcomes.

Conclusion: Community-led programming is becoming an important venue for engaging with individuals where they live, learn, and worship especially in under-resourced neighborhoods. Nutrition educators might consider how to engage FBO in their community to expand their reach and impact.

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Withdrawn