



F a i t h , A c t i v i t y , & N u t r i t i o n

Church Manual

Section 1:

☞ What is the Faith, Activity, and Nutrition (FAN) Program? ☞

FAN, or “Faith, Activity, and Nutrition,” is part of the AME Church (AMEC) Health Ministry. The goals of FAN are to help AMEC members become stronger in health by:

- Becoming **physically active** at a moderate intensity (e.g., brisk walking) for 30 minutes per day, at least five days per week
- Eating 2 cups of **fruit** and 2 ½ cups of **vegetables** each day
- Eating **whole grain** foods (e.g., whole wheat bread instead of white bread, brown rice and pasta instead of white rice and pasta)
- Eating **less fat**, especially saturated fat
- Eating **less sodium** (salt)



FAN is a **partnership** between the AME church, the University of South Carolina (USC), the Medical University of South Carolina (MUSC), Clemson University (CU), and Allen University. It was funded by the National Institutes of Health. The program began in the Palmetto Conference and the Columbia District, but it is now being shared with AME churches all over the state.

FAN is committed to working with AME churches to help address health disparities in South Carolina:

- The number one cause of death in SC is heart disease (CDC, 2005)
- SC has the highest stroke death rate in the entire nation (CDC, 2005)
- SC has the 9th highest rate of diabetes deaths in the nation. African Americans in SC are twice as likely to have diabetes as Whites, and are three times as likely to die from diabetes (CDC, 2005).
- Compared to Whites, African Americans develop high blood pressure earlier in life and average blood pressures are much higher (AHA, 2007)
- Nearly 7 out of every 1,000 African Americans (age 45-84) have had a stroke, compared to 4 out of 1,000 Whites (AHA, 2007)
- African Americans in SC (36.9%) are more likely to be obese than whites in South Carolina (21.5%) (CDC, 2005).

Physical activity and healthy eating habits could help to address these disparities. However, there are disparities in these behaviors as well:

- A higher number of African Americans in SC (63.8%) do not get the recommended amount of physical activity compared to Whites in SC (51.2%) (CDC, 2007; BRFSS, 2005).

- Only 20.8% of African Americans in SC eat the recommended servings of fruit and vegetables per day (CDC, 2007; BRFSS, 2005).
- Only 42.5% of African Americans in SC eat fruit and vegetables 1 or 2 times a day – less than the recommended 5 to 9 a day (CDC, 2007; BRFSS, 2005).

As part of the FAN trainings, a committee from your church will learn how to reach the FAN goals by:

- providing your church with **opportunities** to be more physically active and to eat more fruits, vegetables, whole grains, and less fat and salt.
- providing your church with **information and materials** about physical activity and healthy eating
- getting support from **Pastors** and church leaders who will ideally set **guidelines and practices** related to physical activity and healthy eating



FAN Philosophy

Health is a holistic term that includes spiritual, emotional, mental, social, and physical well-being. Our partnership goal is to promote church health. We find confirmation in the Bible and know that there is great value in good health.

"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body," *1 Corinthians 6:19-20* (New International Version, NIV). With strong physical health, church members can become stronger in spirit and more active in church life.

As in *Proverbs*, FAN aims to spread good news of healthy habits (healthy eating and physical activity) to help better your church in every aspect of health: "A cheerful look brings joy to the heart, and good news gives health to the bones," *Proverbs 14:26* (NIV).

We know that every church is different. What works in one church may not work in another. Because of this, FAN is not a step by step, black and white list of directions. What FAN looks like in your church depends on your church members and their interests, the resources in your church, and the members of your church FAN committee. The FAN training will give you suggestions and ideas, but you will be asked to choose activities that you think will work best in your church.

How Will My Church Benefit from FAN?

FAN is part of the church's health ministry. FAN will provide your committee the **training and web support** needed to help members of your church be more physically active and eat healthier. These changes will better your church member's health and well-being. A person who is physically stronger can be more active in church life.



What are FAN Expectations?

We ask your church to make the following commitments:



1. Have a committee from your church **attend a full-day FAN training** (we strongly recommend that your Pastor, Health Director or designee, and other key members of your committee attend the training). Later in the year, we plan to also offer this training online and encourage key members of your church who were not able to attend today to participate in the online training.
2. Have your church cook or lead kitchen staff complete training. **Similar to the committee training**, we offer the cook training online. We encourage key members of your church's kitchen staff to participate in the online training.
3. After the training, your committee will complete a **FAN Action Plan and Budget Proposal**. Both should be reviewed and approved by your Pastor and church board.
4. **Hold a kick-off event** at your church to let your church know about the FAN program.
5. Hold **monthly committee meetings** to plan FAN and health-related activities.
6. Use the health-e-ame website to download resources for your church's use (www.health-e-ame.com).

FAN Champion/Coordinator: You?

To succeed, FAN needs a Champion (at least one!) in every church. Maybe the Champion is your church's Health Director. Maybe that Champion is you! Or maybe the Champion is a member of your church who is a strong believer in the importance of physical activity and a healthy diet. The Champion can be anyone. He or she must be committed to the goals of the program and be an enthusiastic, creative, and reliable person.



We recommend that FAN Champions:

- Attend FAN planning committee meetings
- Speak to groups in your church about the importance of physical activity and healthy eating
- Help groups in your church plan for how to include physical activity and healthy eating in their regular meetings
- Take a key role in making sure the FAN program is put into place in your church
- Be a true advocate and champion for physical activity and healthy eating!

FAN Committee: Who?

FAN is designed to be a committee-based program. One person cannot put the program into place alone. Be creative about who is on your committee! Here are some suggestions for who you might include as members:

- **Pastor (strongly recommended)**
- **Health Director (strongly recommended, if your church has a Health Director)**
- **FAN Champion and Coordinator (strongly recommended, this could be your Health Director or someone else)**
- **Cook or Lead Kitchen Staff (strongly recommended)**
- YPD Director
- Representative from Sons of Allen
- Representative from the Women's Missionary Society
- Registered Dietician at your church
- Nurse at your church
- Fitness instructor at your church
- Anyone at your church who can be creative and motivate members to be more active and eat healthier!

These are just examples of people you might consider, but it is not necessary to include all of them. Think quality over quantity. You want people you can count on who will be committed to FAN and its goals. Committee members should be people who can motivate your church and be good role models.



There is not a mandated meeting schedule for your committee. However, our experience with other churches is that those most successful in keeping programs going have their health committee meet monthly. Frequent meetings allow an opportunity for regular check ups on how activities are going, evaluating what is working and what isn't, and planning for new activities or new spins on existing activities.

Keys to Success

We believe that there are a number of things you can do to make sure your program is a success. These “keys to success” include:

- Have a **Champion** for the program – someone who is excited about physical activity and healthy eating and is committed to the program’s success
- Have a committee that **completes the FAN trainings (you are doing that now)**
- Have your **committee meet at least once per month** to plan and coordinate activities
- Find out what will work in your church** by talking with members about their interests and needs (consider surveying members of your church to get this information from everyone)
- Involve other church members** to help with activities
- Build physical activity and healthy eating into **ongoing church events**
- Keep your **Pastor** informed and involved in the program. Let him or her know what he or she can do to support the program.

What Happens After My Committee is Trained?

We recommend you take the following steps after your committee completes training:

- Set up a committee meeting to **complete your FAN Action and Budget Plans** and **plan your kick-off event**
- Hold a kick-off event** to let everyone at your church know about the FAN program (this is strongly recommended to get the word out to all members)
- Decide whether you need to invite anyone else from your church to be on your committee
- Set a **monthly schedule for planning meetings**. Set goals for offering both physical activity and healthy eating opportunities each month



In the next sections, you will be asked to evaluate what you are currently doing to help members become more physically active and eat healthier. You will also be asked to list some ideas for activities you might want to add. In the final section, you will be asked to set goals and develop a plan for reaching them.

May you “prosper in all things and be in health, just as your soul prospers”
III John 1:2 (New King James Version)



☞ Section 2: Building FAN into Existing Events - Your Church Calendar ☞

Faith-based health programs have found that the most successful activities – the ones that get people active and eating healthier – are those that reach **everyone** in the church (adults of all ages, men and women, and people of all ability levels).



One of the best ways to reach everyone is to add opportunities for physical activity and healthy eating into existing functions, or immediately before or after these functions. By adding these opportunities to ongoing events, people don't have to make special trips to attend. You are also likely to reach more people this way.



Identify regular (i.e., weekly or monthly) functions that take place at your church. This list can include any regular church event or ministry.

Examples: Men's Day, Women's Day, Men's Club, Married Couples and Single People's Ministry, Pulpit Aid Board meetings, YPD, Urban League or 4-H meetings, health fairs, etc.

Please list the event or ministry, how often it is held, when it is held, whether food is served, and whether a break is usually taken.

Event	How Often? (e.g., weekly)	When? (e.g., 6pm Tuesday)	Who attends? (e.g., only board members)	How many attend? (e.g., 15)	Is food served? (check if yes)	Are breaks taken? (check if yes)	Notes
Bible study					<input type="checkbox"/>	<input type="checkbox"/>	
Choir practice					<input type="checkbox"/>	<input type="checkbox"/>	
Worship service (breakfasts/dinner?)					<input type="checkbox"/>	<input type="checkbox"/>	
Sons of Allen meetings					<input type="checkbox"/>	<input type="checkbox"/>	
Women's Missionary Society meetings					<input type="checkbox"/>	<input type="checkbox"/>	

Event	How Often? (e.g., weekly)	When? (e.g., 6pm Tuesday)	Who attends? (e.g., only board members)	How many attend? (e.g., 15)	Is food served? (check if yes)	Are breaks taken? (check if yes)	Notes
Steward/ Stewardess meetings					<input type="checkbox"/>	<input type="checkbox"/>	
Trustee Board meetings					<input type="checkbox"/>	<input type="checkbox"/>	
Usher Board meetings					<input type="checkbox"/>	<input type="checkbox"/>	
Lay Organization meetings					<input type="checkbox"/>	<input type="checkbox"/>	
Sunday School Board meetings					<input type="checkbox"/>	<input type="checkbox"/>	
<i>Other ministries?</i> _____					<input type="checkbox"/>	<input type="checkbox"/>	
<i>Other ministries?</i> _____					<input type="checkbox"/>	<input type="checkbox"/>	
<i>Other ministries?</i> _____					<input type="checkbox"/>	<input type="checkbox"/>	
<i>Other ministries?</i> _____					<input type="checkbox"/>	<input type="checkbox"/>	
<i>Other ministries?</i> _____					<input type="checkbox"/>	<input type="checkbox"/>	

☞ Section 3: Assessment – Opportunities for Everyone ☞

Please answer the following questions and then give some ideas for how you could reach everyone in your church.

1. Are there regular **physical activity opportunities** before, during, or after service or church events (or church meetings) that **reach all members** of your church?

- Yes** (our church has physical activity opportunities that reach all members of the church)
- Room for improvement** (there are some opportunities, but they reach a small number of people)
- No**

If you answered “no” or “room for improvement,” look back to your church calendar on pages 7-8. Where can you build in a physical activity break? What events can you include physical activity before or after?



Here are a few ideas:

- Offer **physical activity before, during, or after service** (e.g., Meet & Greet, Praise & Worship, stretching to organ music, active songs like “Lift Jesus Higher”)
- Include physical activity in **Board meetings and other church meetings** (e.g., use the 10-min physical activity CD provided during training, take a walk)
- Include physical activity in (or before or after) **church events**, such as picnics, meals, choir practice, Bible study
- Other:



If you answered “yes,” do you think there is anything more your church could add? If so, consider adding physical activity to one more church event. Use the table on the next page.

“Greater is He that is in you, than he that is in the world” I John 4:4 (King James Version)

“For we are the temple of the living God” II Corinthians 6:16 (NIV)

Physical Activity Opportunities for Everyone

Event	How Often?	When?	Who attends?	How many attend?	Are breaks taken? (If yes, please check)	How can you add physical activity to this event?
					<input type="checkbox"/>	
					<input type="checkbox"/>	
					<input type="checkbox"/>	

Take a look at the list above. Will you reach almost everyone in your church? If not, please consider additional or different ways you can reach everyone.

Remember: The goal is for most church members to become physically active at a moderate intensity (e.g., brisk walking) for 30 minutes per day, at least five days per week.

2. Are **healthy foods** (fruits, vegetables, whole grain foods, reduced fat and low sodium foods) **regularly available** to all church members at church functions that include food?

- Yes** (fruits, vegetables, whole grains, reduced fat, and low sodium foods are available at all church functions that include food)
- Room for improvement** (healthy foods are available at some but not all church functions that include food or some but not all of these healthy foods are offered)
- No**



If you answered “no” or “room for improvement,” look back to your church calendar on pages 7-8. Where can you add healthy food options to events that include meals or snacks? Could less healthy options be replaced with healthier options? You will need to work closely with your cooks or kitchen staff to plan changes.

Here are a few ideas:



- Use **menu plans** to offer healthy meals after meetings, funerals, and other church functions
- Serve **healthy snacks** after exercise
- Grow **fruits and vegetables & herb gardens**
- Host **farmer's markets** at church to showcase local produce
- Have **centerpieces** at church meals made of fruit for members to share and eat
- Use **church vans** to help older church members or those without transportation get to the grocery store to purchase fresh foods
- Hold **fruit sales** as fund raisers
- Other:

If you answered “yes,” do you think there is anything more your church could add? If so, consider including healthy foods into one more church event.

“Then God said, I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.”

Genesis 1:29 (NIV)

Healthy Food Opportunities for Everyone

Event	How Often?	When?	Who attends?	How many attend?	Is food served? (if so, please check)	How can you add healthy food choices?
					<input type="checkbox"/>	
					<input type="checkbox"/>	
					<input type="checkbox"/>	

Remember the goal is for most church members to:

- Eat **2 cups of fruit and 2 ½ cups of vegetables** each day
- Eat more **whole grain foods** (e.g., whole wheat bread instead of white bread, brown rice and pasta instead of white rice and pasta)
- Eat **less fat**, especially saturated fat
- Eat **less sodium** (salt)

3. Are there regular physical activity programs or access to physical activity at your church (e.g., walking groups, exercise to videotape, aerobic class, exercise equipment, etc) for all church members?

- Yes** (our church offers at least one physical activity program that reaches the majority of the church)
- Room for improvement** (our church offers at least one physical activity program, but it is not attended by very many people)
- No**



If you answered “no” or “room for improvement,” what type of physical activity program do you think would appeal to your church? Make sure you think about all **adult age groups** (from younger to older adults), both **men and women**, and ways to **involve youth** in the programs (as a way to also get parents and grandparents to come)?

If you answered “yes,” do most members of your church take part? If not, consider adding another program or making changes to an existing program.

Here are some ideas:

- Offer **physical activity programs** at the church (e.g., group walks, exercise to videotape, aerobic class)
- Offer **teams (leagues)** or groups such as bowling, basketball, etc.
- Have a **church garden** and involve members in planting and harvest
- Provide **exercise equipment** at churches (e.g., treadmills, bicycles)
- Other:



Use the table below to list **one or two programs** you would like to offer at your church.

Church Access to Physical Activity

Physical activity program	Can you connect it to a church event? (if so, list the event)	What age group will this program reach?	Does the program appeal to men and/or women?	Does the program involve youth (leading or participating)? (If yes, please check)
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>

Review your choices and make sure that **most people in your church** will participate. If some groups are not included (e.g., older adults), consider adding a program(s) for that group.

Remember: The goal is for most church members to become physically active at a moderate intensity (e.g., brisk walking) for 30 minutes per day, at least five days per week.



🌀 Section 4: Choose Relevant and Enjoyable Activities 🌀

You have chosen several ways you will build physical activity and healthy eating opportunities into your church events and ministries. Now it is time to make sure that what you chose will be relevant and enjoyable for your church. Review the following suggestions and check which things you would like to try. We suggest that you try or use **at least two ideas for physical activity** and **at least two ideas for healthy eating**.



- Tie health messages to **scripture**
- Discuss the importance of health, physical activity, and healthy eating in **Bible Study**
- Make opportunities **convenient** by including them into existing activities
- Make opportunities **appealing and appropriate** to all church members (consider a **brief survey** of the interests of people in your church)
 - Younger, middle-aged, and older adults
 - Men and women
 - Healthy people, as well as those with health conditions
- Involve youth** in programs as a way to engage youth in changing their eating practices and their parents' and grandparents' practices, too.
 - Have youth plan and lead physical activity breaks
 - Hold a YPD cook-off
 - Hold trainings in healthy cooking at Vacation Bible School or other events
 - Have a program (curriculum) for children about planning and gardening
- Use **contests** between churches or members (post your results!) & offer **prizes**
 - Dance contests
 - Walking contests (e.g., who can walk the most steps or most miles in a month)
 - Weight loss contests
 - Healthy recipe makeovers (e.g., best meat dish, best dessert, best salad, etc)
- Make healthy foods **full of flavor with spices** (help people become more aware of what types of spices work best with which foods)
- Have members **sample healthy foods and share recipes**
- Have members **sample different types of physical activities**
- Make sure programs **last over time** by putting new spins on activities
- Other: _____
- Other: _____



🌀 Section 5: Assessment – Information and Materials for Everyone 🌀

In addition to having actual physical activity and healthy eating opportunities and programs, it is important that you **get the message out** about physical activity and healthy eating to your church. Please answer the following questions.

1. Do **all** church members **see and hear messages about physical activity and healthy eating** during services and/or other church events or meetings?

Physical activity:

- Yes**
- Room for improvement**
- No**

Healthy eating:

- Yes**
- Room for improvement**
- No**

The following activities are **strongly recommended** as part of the FAN program:

- Pass out **bulletin inserts** (or include information in bulletins) about physical activity and healthy eating to the whole church (the FAN program will provide)
- Share **Health Moments** with physical activity and healthy eating messages with the whole church (the FAN program will provide)
- Pass out **handouts** (e.g., brochures, flyers) about healthy eating and physical activity (the FAN program will provide) to the whole church
- Create a **bulletin board** with information about physical activity and healthy eating and about opportunities to be active and eat well for the whole church to see

Here are some more ideas to help members of your church see and hear messages about physical activity and healthy eating. Please choose **one or two** that you would like to try or continue to do.

- Make **church announcements** about physical activity and healthy eating
- Have your Health Director or FAN Champion **attend church meetings** to talk about physical activity and healthy eating
- Put up **posters** about physical activity and healthy eating
- Dispel myths** about physical activity and healthy eating through training to **change attitudes** (e.g., “I’m going to die from something anyway.”)
- Provide education-based physical activity and healthy eating or cooking **classes** at church (e.g., 8 Weeks to Fitness, Clemson exchange classes, etc.)
- Host physical activity-related **fund raisers** like Walk-a-thons and involve the youth
- Host a “**Health Bowl**” with questions about physical activity, healthy eating, and diseases caused by inactivity and unhealthy diets (e.g., high blood pressure, sugar/diabetes, cancer)
- Other:

2. Does your church provide information to your **Pastor** (and Pastor's spouse) to help him/her be a **role model and supporter** of physical activity and healthy eating?

- Yes**
- Room for improvement**
- No**



The following activities are **strongly recommended** as part of the FAN program:

- Make sure that Health Directors (or Champions) have **time to talk about physical activity and healthy eating during worship services and church meetings**
- Provide messages and information about physical activity and healthy eating that Pastors can **talk about from the pulpit** (the FAN program will provide messages)
- Give your Pastor (and Pastor's spouse) a **pedometer** and encourage him/her to wear it to be a role model
- **Suggest guidelines and practices** that the Pastor can put in place at church to support physical activity and healthy eating (e.g., healthy foods must be available at every church function that has meals or snacks; physical activity breaks must be built into every meeting lasting 60 minutes or longer)

Do you have any **other ideas** for how you can support your Pastor (and spouse)?

- Other idea: _____
- Other idea: _____
- Other idea: _____

Section 6:

☞ Make Sure your Church Has the Capacity for Health Promotion ☞

Finally, to be successful, your church should have a Health Director, an active health ministry, and a FAN program Champion. Please answer the following questions.

1. Does your church have a Health Director and an active health ministry?

- Yes** (we have a Health Director and our health ministry holds regular health-related activities)
- Room for improvement** (we do not have a Health Director or we have a Health Director but do not hold regular health-related activities)
- No**

If you selected “no” or “room for improvement” please talk with your Conference or District Health Director to learn how to set up an active Health Ministry.



2. Does your church have a **physical activity and healthy eating Champion?**

Physical Activity Champion:

- Yes**
- Room for improvement**
- No**

Healthy Eating Champion:

- Yes**
- Room for improvement**
- No**

The main responsibilities of these Champions are to **include physical activity and healthy eating opportunities and messages into church activities and functions** (this person could be the Health Director or someone else; if they are not part of the health ministry now, they should be added). For example, they might attend various meetings to share information about healthy eating and physical activity and to show members how to build in a physical activity break.

If you answered “no” or “room for improvement,” who are some **possible Champions in your church** (it could be you or someone on your committee!)?

Ideas for your church Physical Activity Champion: _____

Ideas for your church Healthy Eating Champion: _____

3. Does your church have the **capacity** for promoting **physical activity and healthy eating** (e.g., dietician, certified exercise instructor, computer with internet access)?

Physical activity:

- Yes**
- Room for improvement**
- No**

Healthy eating:

- Yes**
- Room for improvement**
- No**

Here are some ideas for how to increase capacity in your church. Please select **at least one** of these ideas:

- Involve **church members** who are nutritionists, certified exercise instructors, and nurses to promote physical activity and healthy eating
- Work with the YPD and other young adults** in your church. Encourage them to help as **leaders** in promoting physical activity and healthy eating
- Send member(s) to be trained as **certified exercise instructors**
- Have at least one **computer with internet access** in the church to help members search for health information online (consider having the youth help train adults)
- Other: _____



☞ Section 7: Budget ☞

It is important for you to consider how your church supports health ministries such as FAN. Many of the suggested FAN activities require no additional funding. They rely on the dedication and time of your members. You may choose, however, to offer some activities that do require additional funds. If so, we recommend that you prepare a budget to guide your planning. Your church may already have funds devoted to health ministry. Below is a sample budget for a small church. Budget items should be related to helping church members achieve health goals:

- Become **physically active** at a moderate intensity (e.g., brisk walking) for 30 minutes per day, at least five days per week
- Eat 2 cups of **fruit and 2 ½ cups of vegetables** each day
- Eat **whole grain** foods (e.g., whole wheat bread instead of white bread, brown rice and pasta instead of white rice and pasta)
- Eat **less fat**, especially saturated fat
- Eat **less sodium** (salt)

SAMPLE BUDGET (Total: \$500)

Books/Materials (specify titles)	Description	Cost
“Lite Cuisine” by Patti Labelle	Cookbook: “starters, entrees, sides and desserts that are low on fat, sodium and sugar-but definitely high on flavor”	\$15.90
Copying/Printing (specify purpose)		
Church bulletin inserts	50 copies for 15 Sundays. (10 cents per copy)	\$75.00
Equipment/Supplies (specify)		
DVD “Sweating in the Spirit” by Donna Richardson-Joyner	Workout program for group exercise: stretching, gospel aerobics, & strength/pilates	\$15.89
CD Player	CD Boombox with AM/FM Tuner/Cassette. For exercise breaks (in church meetings)	\$42.39
Measuring cup and spoon set	Easy-to-read measuring: 4 measuring cups 5 measuring spoons	\$10.60
Other (specify)		
1 person trained (workout safety instructor)	Certification fee	\$150

Budget Proposal

Books/Materials (specify titles)	Description	Cost
Copying/Printing (specify purpose)		
Equipment/Supplies (specify)		
Other (specify)		

Total \$ _____

☞ Section 8: Next Steps ☞

1. List those members of your planning committee who completed training.
2. Who else should be recruited to participate on your FAN planning committee?
3. Set up a meeting to **complete the Planning Document (i.e., this document) and Budget Proposal** with your committee.
Date of meeting: _____ Time of meeting: _____
4. Share your Plan and Budget Proposal with your **Pastor for approval**
5. Plan and schedule your **kick-off event**
Date of your kick-off event: _____
Time of your kick-off event: _____
6. Schedule **monthly meetings** with your Committee and develop a plan and timeline for the activities you agreed to put in place.
Dates of your FAN meetings: _____
Time of your FAN meetings: _____