APPENDIX C
OLD DOMINION UNIVERSITY
HUMAN SUBJECT RESEARCH REVIEW APPLICATION FORM

<table>
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<tr>
<th>Responsible Project Investigator (RPI)</th>
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<tr>
<td>First Name: Mary Ann</td>
</tr>
<tr>
<td>Telephone: (757) 683-5093</td>
</tr>
<tr>
<td>Office Address: 2130 Health Sciences Building, ODU School of Nursing</td>
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<tr>
<td>City: Norfolk</td>
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<td>Department: School of Nursing</td>
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Complete Title of Research Project: Faith, Fellowship, & Fitness: A Collaborative Culturally Tailored Physical Activity Program

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<th>Code Name (one word):</th>
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<tr>
<td>Fitness</td>
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**Investigators**

If more investigators exist than lines provide, please attach a separate list.

**Investigator(s):** Individuals who are directly responsible for any of the following: the project's design, implementation, consent process, data collection, and/or data analysis.

| First Name: Brian | Middle Initial: M | Last Name: Jones |
| Telephone: 757.477.7051 | Fax Number: N/A | Email: bjone059@odu.edu |
| Office Address: N/A |
| City: N/A | State: N/A | Zip: N/A |
| Department: School of Nursing | College: Health Sciences |

Affiliation: __Faculty ___Graduate Student X Undergraduate Student ___Staff ___Other

| First Name: Heather | Middle Initial: A. | Last Name: Englestad |
| Telephone: 434.825.1158 | Fax Number: N/A | Email: hengl001@odu.edu |
| Office Address: N/A |
| City: N/A | State: N/A | Zip: N/A |
| Department: School of Nursing | College: Health Sciences |

Affiliation: __Faculty ___Graduate Student X Undergraduate Student ___Staff ___Other

List all information for additional investigators on attachment and check here: X (See Attachment #1)
### Type of Research

1. This study is being conducted as part of (check all that apply):
   - [ ] Faculty Research
   - [ ] Non-Thesis Graduate Student Research
   - [ ] Doctoral Dissertation
   - [X] Honors or Individual Problems Project
   - [ ] Masters Thesis
   - [ ] Other Nursing Honors Undergraduate Independent Study

### Funding

2. How is the research project funded?
   - [X] Research is not funded (go to 3)
   - [ ] Research is funded (go to 2a)
   - [ ] Funding decision is pending (funding decision has not been made) (go to 2a)

2a. What is the type of funding source? (Check all that apply)
   - [ ] Federal Grant or Contract
     - Agency Proposal Number: ________________________________
     - Grant Start Date (MM/DD/YY): ________________
     - Grant End Date (MM/DD/YY): ________________
   - [ ] State or Municipal Grant or Contract
   - [ ] Private Foundation
   - [ ] Corporate contract
   - [ ] Other (specify): ______________________________________

2b. Who is the point of contact at the funding source?
   - Name: ________________________________
   - Mailing Address: ________________________________
   - Telephone: ________________________________
   - Email: ________________________________

### Research Dates

3a. Date you wish to start research (MM/DD/YY): 01/25/2010
3b. Date you plan to end research (MM/DD/YY): 01/24/2011 (End date for data collection and analysis)

Note: Protocols are approved for a maximum of 1 year. If a proposed project is intended to last beyond the approval period, continuing review and reapproval are necessary.

### Research Location

4. Where will the experiment be conducted? (Check all that apply)
   - [ ] On Campus (Building and Room Number)
   - [X] Off-Campus (Street Address) One to three local churches, in the Hampton Roads region. Recruitment of specific churches will begin after IRB approval.
Human Subjects Review

5. Has this project been reviewed by any other committee (university, governmental, private sector) for the protection of human research subjects?
   - X Yes
   - __No (If no, go to 6)

5a. If yes, is ODU conducting the “primary” review?
   - X Yes
   - __No (If no, go to 5b)

5b. Who is conducting the primary review? The College of Health Sciences IRB reviewed this study in November 2009 and concluded it did not meet exempt status criteria. They recommended we resubmit to the University IRB. Thus the Old Dominion University Institutional Review Board (IRB) will be conducting the “primary” review.

Study Purpose

6. Describe the rationale for the research project.
Routine physical activity can help reduce weight, prevent cardiovascular disease, decrease diabetes risk, improve bone and muscle strength, and enhance a person’s emotional well being (Centers for Disease Control and Prevention [CDC], 2009). Unfortunately, a lower percentage of African-Americans meet recommended CDC physical activity guidelines compared to Caucasians and Hispanics (CDC, 2007). The Faith, Fellowship, & Fitness program is a collaborative, culturally tailored, faith-based intervention to assist leadership and members of African-American churches to plan, implement, and maintain a program of increased physical activity. The purpose of the proposed study is to determine if implementation of the Faith, Fellowship, & Fitness program results in increased physical activity of African-American congregants. The study also seeks to identify the barriers and facilitators of physical activity in members of predominantly African American churches.
Subjects

7. What will be the maximum number of subjects in the study? 700
7a. Indicate the approximate number of: Males 350 Females 350

7b. What is the age of subjects? (Check all that apply)
  __Children (1-17 years old)
  X Adults (18-65 years old)
  X Elderly (64-years and older)

7c. Will students be enrolled in the study? (Check all that apply) No
  __Undergraduate students(dept)*
  ___Advanced students (dept)

*If students are under 18 years old, parental consent must be obtained

7d. Provide rationale for the choice of subjects. Enumerate any additional defining characteristics, including age, of the subject population. (e.g., symptomatology, history, socio-economic status).
Unfortunately, only 40.4% of African Americans meet recommended CDC physical activity guidelines compared to 51.7% of Caucasians and 42.1% of Hispanics (CDC, 2007). The African American population is experiencing health disparities in most of the major health disease issues seen today. The incidence of diabetes in the African American population is twice that of the non-Hispanic population. The death rates associated with heart disease and stroke are 30% and 41% higher, respectively, for African Americans than for Caucasians (CDC, 2008). In addition, only 27.5% of the African American population is neither overweight nor obese as compared to 37.5% Caucasian and 33.2% Hispanic (CDC, 2008). These statistics show the African American population has a greater incidence of chronic disease as compared to other ethnic groups. This knowledge coupled with the lower physical activity participation rates of African Americans provided the rationale for developing and testing a physical activity intervention program focused on the African American population.

Vulnerable Subjects

8. Are research subjects being used whose ability to give informed voluntary consent may be in question? (e.g., children, persons with AIDS, mentally disabled, psychiatric patients, prisoners.)
  __Yes (If yes, explain the procedures to be employed to enroll them and to ensure their protection).
  X No

8b. What type of vulnerable subjects are being enrolled? (Check all that apply)
  __Critically Ill Patients
  __Mentally Disabled or Cognitively Impaired Individuals
  _Prisoners
  ___Physically Handicapped
  X Pregnant Women
  ___Children
  X Other___________________

Comment:
No vulnerable populations will be sought out; however, pregnant women may be in the congregation and therefore may fill out a church member survey. Since participation in any church activities by pregnant women is totally voluntary, they will be included in the attendance numbers of the physical activity events. It is not anticipated that there will be any additional risks to pregnant women.
Recruitment

9. How will participants be recruited? (Please submit a copy of the sign-up sheet, newspaper advertisement, or any other protocol or procedure which will be used to recruit subjects.) (See Research Protocol Appendix A)

- Internet
- Newspaper/radio/television advertising
- X Posters/brochures/letters
- X Other: Letters mailed to churches and parish nurses association

Comments: Recruitment of participating churches will be completed through email, networking, or a faith-based community organization such as a parish nurses association. Potentially interested churches whose members are primarily African American will be sent a letter requesting participation and providing information about the study (see Research Protocol Appendix A in Attachment 2). Once a church agrees to participate, the church leadership will assist the researchers in identifying an appropriate time and place to distribute the pre- and post-test surveys. The church leaders and/or the researchers will make a brief verbal announcement explaining the study and recruiting volunteers to complete the survey. The announcement will include the following information which will also be at the beginning of the survey:

A group of Old Dominion University Nursing Students are doing a research study to test ways of making physical activity more fun. By filling out this survey, you will help us find out if our blueprint for action helps your church plan activities that are fun and help you get more exercise. Because you will not put your name on the survey, no one will know how you answered the questions. If there is any question you do not wish to answer, just leave it blank. Answering these questions and giving the form back to us tells us it is OK with you if we use your ideas to help your church leaders plan activities. It also means that you agree to let us use your answers to see if our set of resources helps your church leaders. There are about 20 questions and it should take you 20 minutes or less to answer them all. Please only fill out and return this survey if you are 18 years old or older and are willing to let us use your answers for our research study.

Inclusion and Exclusion Criteria

10. Are subjects equitably chosen for participation in the study? (no one group is excluded without justification)

- X Yes
- _No (If no, specify criteria and justify in detail below.)

10a. Does the study require special evaluation and screening of potential subjects to determine their appropriateness for inclusion in the study?

- X Yes (If yes, briefly elaborate on the screening process and attach the screening questionnaire.)
- _No

For the study subjects filling out the survey (see Research Protocol Appendix B), the inclusion criteria are that the subjects must be over the age of eighteen years and attending the service at the church at which the surveys are being handed out and collected. The inclusion criteria for the churches are that they must be predominantly African American churches willing and interested in being part of the research study. Inclusion criteria for the church leaders and pastors are any persons that the pastor of the church deems to be church leaders. and or pastors and that the pastor considers as part of the leadership of the church.
11. Describe the experimental procedures that will be followed. (Include a succinct, but comprehensive statement of the methodology relating to the human subjects. You are encouraged to include a discussion of statistical procedures used to determine the sample size.)

Study Methodology
This study is a pilot study which has a quasi-experimental, pre-test, post-test design. The study will consist of two phases. In phase I, African American churches will be recruited with the letter included as Appendix A of the Research Protocol. Church leaders and members will complete pre-test surveys (see Research Protocol Appendix B). Information gathered from the surveys will be presented to the church leaders. After review of the survey data, a follow-up meeting will be held with church leaders and researchers. Church leaders will then decide if they would like to participate in phase II. In Phase II, the intervention, consisting of a blueprint for action and set of resources (see Research Protocol Appendix C) to be used by the church leadership, will be implemented. After the four month implementation period a post-test survey will be completed by volunteer members of the congregation and the church leadership (see Research Protocol Appendix B).

Study Setting, Sample Size, and Sampling Procedure
The proposed study setting is one or more Hampton Roads, urban, African American churches. The study will utilize a convenience sample of one or more churches and its’ church leaders and church members. Once a church agrees to participate, the intervention will be implemented by the church leadership and will be open to all church members over the age of eighteen years. Since this is a pilot study no statistical procedures were used to determine the sample size.

11a. Will any aversive or painful procedures be employed (e.g., shock, the threat of shock or punishment, experimentally induced stress?)
   __Yes (If yes, specify and justify in detail below.)
   X No

11b. Will the deliberate deception of research participants be involved as part of the experimental procedure?
   __Yes (If yes, explain the nature of the deception, why it is necessary, any possible risks that may result from the deception, and the nature of the debriefing with specific reference to the deception.)
   X No

Attach copies of the following items:
X Research Protocol(s)
X Questionnaire
X Copies of any instructions or debriefings given
N/A If the research is part of a research proposal submitted for federal, state or external funding, submit a copy of the FULL proposal
## Compensation

**12. How much time will be required of each subject?**
It will require time from both church members and church leaders. In phase I, Church members will be asked to fill-out a questionnaire with about 20 questions taking approximately 20 minutes to complete. Church leaders will need to meet before and after the questionnaire is handed out, which may take up to an hour or more each meeting. In phase II, church members will be asked to fill-out a second questionnaire with about 3 questions taking approximately five minutes to complete. Church leaders will also need to meet for another hour or more four months later at the end of the intervention. Church leaders will also plan and assist in carrying-out the chosen exercise programs. Time for planning will depend on the number of activities they hold and will be entirely determined by the church leaders. Church leaders and members may voluntarily withdraw from the study at anytime without question.

### 12a. Will research subjects receive course credit for participating in the study?
- **Yes** (If yes, please explain in comments section.)
- **X No**

Comments:

### 12b. Are there any other forms of compensation that may be used? (e.g. Money)
- **Yes** (If yes, please explain in comments section.)
- **X No**

Comments:

### 12c. Are there any penalties for subjects who do not show up for a research session?
- **Yes** (If yes, please explain in comments section.)
- **X No**

Comments:
13. Do you intend to obtain informed consent from subjects?

__ Yes (please answer question 13a)
_X No (please complete Appendix F: Request for Waiver of Consent Form)

13a. Describe the procedures that will be used to obtain Informed Consent and attach the Informed Consent Document (follow the guidelines for preparation of the University Informed Consent Form).

Note: Subjects MUST be given a description of the procedures and rationale for the study to the extent possible. The benefits and ANY risks associated with participating in the study MUST be enumerated. The subjects MUST be informed of their right to terminate the experiment at any time. If there is no risk associated with the study and participants’ signature on the informed consent sheet is the only identifying information about the name of the subject, then the subjects’ signature may not be necessary.

The surveys handed out to the congregation will have information about the project and will explain that filling out and returning the survey is considered the granting of informed consent (see Research Protocol Appendix B). Researchers will only collect surveys from subjects aged eighteen years or older. Since the participants’ signature on the informed consent sheet would be the only identifying information permission for waiver of consent form is being requested. In lieu of the consent form, the following statement will be included in the beginning of the survey of church members:

A group of Old Dominion University Nursing Students are doing a research study to test ways of making physical activity more fun. By filling out this survey, you will help us find out if our blueprint for action helps your church plan activities that are fun and help you get more exercise. Because you will not put your name on the survey, no one will know how you answered the questions. If there is any question you do not wish to answer, just leave it blank. Answering these questions and giving the form back to us tells us it is OK with you if we use your ideas to help your church leaders plan activities. It also means that you agree to let us use your answers to see if our set of resources helps your church leaders. There are about 20 questions and it should take you 20 minutes or less to answer them all. Please only fill out and return this survey if you are 18 years old or older and are willing to let us use your answers for our research study.

The Physical Activity Event log will include the following statement:

A group of Old Dominion University Nursing Students are doing a research study to test ways of helping churches make physical activity more fun for their members. By filling out this form and using our blueprint for action, you will help us find out if they help your church plan activities that help your congregation get more exercise. Do not put your name or the churches name on the form. There is a number pre-printed on the form in order to assist in maintaining the confidentiality of the participating church’s identity. If there is any question you do not wish to answer or information you do not which to provide, just leave the section blank. Answering these questions and giving the form back to us that you agree to participate in the research study. It should take you 20 minutes or less to complete the form.

Although our blueprint for action may not be as helpful as we hope, the Church should benefit by obtaining some information on how to help increase the physical activity levels of their congregation. If our blueprint for action does work, the Church will also successfully start one or more physical activity programs that church members will enjoy. The project will also aid in the education of the nursing students carrying out the study, and assist in finding methods to increase physical activity among African-American churches in the future.

The above information will also be explained as appropriate at the one hour meeting with the church leaders which will be held to determine the leaders perception of the feasibility of the blueprint for action.
A request for Waiver of Consent Form is included with this application as attachment #3.
### Risks

14. What are potential risks of the research? (Check all that apply)
- __ physical harm
- __ psychological harm
- X Release of confidential information
- __Other_______________________________

14a. Describe any potential risks to subjects for the activities proposed and describe the steps that will be taken to minimize the risks. Include any risks to the subject’s physical well being, privacy, dignity, emotions, employability, and criminal and legal status. A detailed, comparative statement of the risk (harm or likelihood) must also be described in the consent form.

In order to minimize risks to confidentiality, a code will be used to link the collected data to each specific church. In addition, identifiable information received by the researchers from the church will be stored in a locked container and electronic data will be kept in password protected files. These precautions should be effective in protecting the identities of the subjects from discovery. There are no anticipated adverse effects of a medical or professional nature to the subjects.

Please attach the following (if you have developed them)
- __The script by the experimenter to disclose potential harm and likelihood (risk) prior to the subject’s choice to participate.

### Benefits

15. Assess the potential benefits that may accrue to the individual subject as well as to others as a result of the proposed study. Do the potential benefits justify the possible risks involved? Although you may mention general benefits to society, such speculative benefits should not be presented to a subject as a direct benefit for informed consent.

The church(es) involved should benefit by obtaining information on how to increase the physical activity levels of their congregation. If the program does work as expected, the church(es) involved will successfully start one or more physical activity programs that church members will enjoy. The project will also aid in the education of the nursing students carrying out the study, and assist in finding methods to increase physical activity among African-American churches in the future. The time that church members and leaders would spend implementing the program is reasonable considering the benefits of exercise they might receive as well as the knowledge that they are helping others. Ultimately, if congregation members increased their levels of physical activity through this intervention than their risk for developing various chronic diseases will be decreased.
Protection of Anonymity

16. Describe in detail the procedures for protecting the anonymity (meaning that no one will ever be able to know the names) of the research subjects. If anonymity is impossible, then describe in detail the procedures for safeguarding data and confidential records. These procedures relate to how well you reduce the risk that a subject may be exposed or associated with the data.

In order to minimize risks to confidentiality, a code will be used to link the collected data to each specific church. In addition, identifiable information received by the researchers from the church will be stored in a locked container and electronic data will be kept in password protected files. These precautions should be effective in protecting the identities of the subjects from discovery. The survey’s distributed only ask for age and ethnicity. They do not ask for name, social security number, address, or phone number (See Research Protocol Appendix B).

Data will be stored as paper documents in a secure and locked container in a nursing faculty's office in the Health Sciences Building at Old Dominion University, Norfolk, Virginia. Electronic data will be placed on a password protected on a computer belonging to the ODU School of Nursing. The data will be destroyed five years after the completion of the project.

Drugs or Devices

17. Will any drugs, devices, or chemical biological agents be used with the subjects?
   __Yes (If yes, please attach Appendix G: Drugs, Agents, and Devices Form)
   X No

Biological Materials

18. Will this research involve the collection, analysis, or banking of human biological materials (cells, tissues, fluids, DNA?)
   __Yes (If yes, please attach Appendix H: Biological Materials Form)
   X No

Training

19. Briefly explain the nature of the training and supervision of anyone who is involved in the actual data collection, research design, or in conducting the research. This information should be sufficient for the IRB to determine that the RPI and investigators possess the necessary skills or qualifications to conduct the study.

Dr. Mary Ann Notarianni is a full-time faculty member in the School of Nursing. She is a Registered Nurse, Licensed Nurse Practitioner, and has a Doctorate in Nursing Science. Doctor Notarianni is the faculty mentor for this research study and will supervise the activities of the undergraduate student researchers.

Brian Jones, Emily Melnick, Faith Muller, and Heather Englestad are senior undergraduate nursing students. Each has completed a Nursing Research Science course, N363, with Doctor Notarianni as their instructor. Each student has also completed the National Institutes of Health web-based training course, “Protecting Human Research Participants” (See Attachment #4 for certification numbers of all researchers including Dr. Notarianni).
Human Subjects and HIPPA Training

20. A. The RPI must document completion of NIH Training. (Attach a copy of the RPI’s NIH Certificate for Human Participants Protections Education for Research Teams.) Date RPI completed NIH Training: (See Attachment #3) N/A

B. RPI’s who propose studies with patient populations must document HIPPA training by accessing the NIH booklet entitled “Protecting Personal Health Information in Research: Understanding the HIPPA Privacy Rule” at: http://privacyruleandresearch.nih.gov/pr_02.asp. and must submit an attachment to the review application stating that the material has been read and will be adhered to in the proposed research. The attachment must include the date the material was read, which must be within the 12 months prior to the application. (If you are submitting this attachment with your application the RPI must initial here:________________)

PLEASE NOTE:

♦ You may begin research when the University Human Subjects Review Board gives you final WRITTEN notice of its approval.
♦ You MUST inform the committee of ANY adverse event, changes in the method, personnel, funding, or procedure.
♦ At any time the committee reserves the right to re-review a research project, to request additional information, to monitor the research for compliance, to inspect the data and consent forms, to interview subjects that have participated in the research, and if necessary to terminate a research investigation.

Responsible Project Investigator (Must be original signature) Date
## Attachment #1

### Additional Investigators Contact Information

<table>
<thead>
<tr>
<th>First Name</th>
<th>Middle Initial</th>
<th>Last Name</th>
<th>Telephone</th>
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<tbody>
<tr>
<td>Emily</td>
<td>K</td>
<td>Melnick</td>
<td>585.507.1249</td>
<td>N/A</td>
<td><a href="mailto:emeln001@odu.edu">emeln001@odu.edu</a></td>
</tr>
<tr>
<td>Faith</td>
<td>E</td>
<td>Muller</td>
<td>757.641.3982</td>
<td>N/A</td>
<td><a href="mailto:fmull001@odu.edu">fmull001@odu.edu</a></td>
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Faith, Fellowship, & Fitness: A Collaborative Culturally Tailored Physical Activity Program

Heather Englestad, Brian Jones, Emily Melnick, Faith Muller, Mary Ann Notarianni, PhD, RN

January 11, 2010

Background

The chronic diseases cancer, stroke, heart disease, obesity, and diabetes, account for 70% of all deaths in the U.S. and more than 75% of the $2 trillion costs associated with medical care. Chronic diseases are the most preventable diseases, though they are the most common causes of death and disability in the U.S. (CDC, 2009a). Routine physical activity, about 2.5 hours per week, can help reduce weight, prevent cardiovascular disease, decrease the likelihood of diabetes, improve bone and muscle strength, and enhance a person’s emotional well being (CDC, 2009b). Unfortunately, only 40.4% of African Americans meet recommended CDC physical activity guidelines compared to 51.7% of Caucasians and 42.1% of Hispanics (CDC, 2007).

The African American population is experiencing health disparities in most of the major health disease issues seen today. The incidence of diabetes in the African American population is twice that of the non-Hispanic population. The death rates associated with heart disease and stroke are 30% and 41% higher, respectively, for African Americans than for Caucasians (CDC, 2008a). In addition, only 27.5% of the African American population is neither overweight nor obese as compared to 37.5% Caucasian and 33.2% Hispanic (CDC, 2008b). These statistics show the African American population has a greater incidence of chronic disease as compared to other ethnic groups. This knowledge coupled with the lower physical activity participation rates of African Americans shows the importance of developing a physical activity intervention program focused on the African American population.

Purpose

The purpose of the proposed study is to determine if a collaborative, culturally tailored, faith-based intervention located in a church environment can increase the physical activity participation rates of African American church members. Because the study participants potentially could have a low level of health literacy, our communications with them will include an easier to understand version of the purpose. The following purpose will be included in communications with the study participants: the purpose of the study is to test our set of resources and blueprint for action to determine if they will help African American churches increase the activity level of congregation members by increasing the number of and participation in church sponsored physical activity events. The study also seeks to identify the barriers and facilitators of physical activity in members of predominantly African American churches.
Review of Literature

The church environment provides an opportunity to improve health in the African American population. Churches have been a source of education, advocacy, and social networking in the African American community working collaboratively with health care organizations to increase the wellbeing of their members (Pearson, Atwood, & Yates, 2002). Churches are often in the center of activity in the African American community providing accessibility (McCoy, 1998). They have space for group activities and volunteers trainable for little cost. Church leaders promote values of service and caring that serve as positive influences on lifestyle changes. The faith-based community welcomes families providing opportunity for all family members to participate in programs. In addition, interventions conducted in the church can incorporate cultural and spiritual values, which have been shown to be positive influences on behavioral change (Pearson et al.).

An increasingly popular approach to designing health promotion interventions is community-based participatory research (CBPR). CBPR involves the community in developing and carrying out the intervention and helps increase motivation, participation, credibility in the community and sustainability over time. Campbell et al. (2007) evaluated thirteen studies and found CBPR to be a potentially effective technique for promoting positive health behavior change with African Americans. The researchers emphasize the importance of not using one intervention for all churches as culture and interest in health differ among churches (Campbell et al., 2007).

Researchers Kim et al. (2008) created a CBPR program titled, *The WORD (Wholeness, Oneness, Righteousness, Deliverance)*, which demonstrated the importance of obtaining input from participants to guide the intervention design. The study took place in a rural African American community where a team of researchers and church members created and conducted an assessment to determine the community’s main concern, which was body weight. Data from focus groups then guided the design of the intervention. Study results demonstrated that an approach incorporating church members and leaders in the design and implementation of the intervention could successfully change health related behaviors (Kim et al., 2008).

Wilcox et al. (2006) also investigated an individually tailored intervention. Their study evaluated the *Health-e-AME Physical Activity* program for churchgoing African Americans. They applied the Transtheoretical Change model to ensure that interventions were tailored to each participant’s stage of change. For example, those in the pre-contemplation stage might listen to benefits of physical activity during a sermon, or those in the active or maintenance stages of change might participate in an aerobic exercise program (Wilcox et al., 2006). Another study of the *Health-e-AME program* by researchers Baruth, Wilcox, Laken, Bopp, & Saunders (2008) surveyed health directors and found that, “pastors are the guiding force in African American churches… [And] are well-suited for organizing and invigorating change in health disparity efforts” (p. 305). Active involvement of church leaders at the pulpit and in the intervention activities is important. Another study of the *Health-e-AME program* conducted by Bopp et al. found that church members would continue participating in physical activity only as long as the church offered the service (2007).
Finally, the successful *Body & Soul* program developed by the U.S. Department of Health and Human Services (DOHHS) (n.d.) has been used in African American churches for over ten years to improve the eating habits of church members. The program contains four principles that address the topics mentioned in previous paragraphs and can be easily adapted for a physical activity program: Leadership Commitment & Involvement, Culturally Tailored Church Activities, Availability of Church Resources, and Congregation Support & Motivation (DOHHS, n.d.). The Faith, Fellowship, and Fitness program was developed using these principles and is designed for implementation within an African American, faith-based environment where it can be tailored to the interests of the participants.

Research Questions and Hypotheses

The goal of the Faith, Fellowship, and Fitness program is to utilize African American church members’ values and beliefs in faith and fellowship to increase their level of physical activity within the context of a church-based, culturally tailored, fitness program. The proposed study is designed to test three hypotheses:

1. African American church congregation members participating in the Faith, Fellowship, and Fitness Program, a collaborative, culturally tailored, faith-based intervention, will increase their amount of time spent performing physical activity exercises.

2. There will be at least a 50% increase in the number of physical activity promotion events held by the church of an African American congregation using the Faith, Fellowship, and Fitness Program.

3. African American church congregation members participating in the Faith, Fellowship, and Fitness Program will increase their level of exercise related self-efficacy.

In addition to studying the above hypotheses, the proposed study seeks to answer the following research questions:

1. What are the perceived barriers to physical activity reported by members of primarily African American churches?

2. What are the perceived facilitators of physical activity reported by members of primarily African American churches?

3. What are the self reported preferences for physical activity reported by members of primarily African American churches?

4. Is there a positive relationship between church leadership participation in exercise activity events and congregation members’ participation when utilizing the Faith, Fellowship, and Fitness Program, a collaborative, culturally tailored, faith-based intervention?

5. Is the Faith, Fellowship, & Fitness Program feasible for the church leadership to implement & maintain over time?

Methodology

*Study Design*

The study is a pilot study and has a quasi-experimental, pre-test, post-test design. The study will consist of two phases. In phase I, African American churches will be recruited with the letter included as Appendix A. Church leaders and members will
complete pre-test surveys (see Appendix B). Information gathered from the surveys will be presented to the church leaders. After review of the survey data, a follow-up meeting will be held with church leaders and researchers to discuss the results of the survey and to explain phase II. Church leaders will then decide if they would like to participate in phase II. The intervention which consists of a blueprint for action and set of resources (see Appendix C) to be used by the church leadership, will be implemented in phase II if the leadership decides to participate. After the four month implementation period a post-test survey will be completed by volunteer members of the congregation and the church leadership (see Appendix B). A meeting lasting approximately an hour will also be held to at the end of phase II in order to seek information on the leader’s perception of the feasibility of the blueprint for action.

Study Setting, Sample Size, and Sampling Procedure

The proposed study setting is one or more Hampton Roads, urban, African American churches. The study will utilize a convenience sample of one or more churches and its’ church leaders and church members. Recruitment will be completed through email, networking, or a faith-based community organization such as a parish nurses association. Potentially interested churches will be sent a letter requesting participation and providing information about the study (see Appendix A). Once a church agrees to participate, the intervention will be implemented by the church leadership and will be open to all church members over the age of eighteen years.

Data Collection Methods and Procedures

Data from the proposed study will be collected through several self-report surveys, a physical activity events log, and two follow-up meetings with church leadership, one scheduled after collection of the survey data and one scheduled four months after the implementation of the intervention. In phase I, an anonymous self-report survey (see Appendix B) will be distributed to church members by the church leadership. Part A of the survey will be distributed to church members once, during phase I, and will be used by the church leadership, in phase II to assist in customizing the intervention to the church congregation. In addition, the researchers will also use some questions from Part A of the survey to describe the population. Part B of the survey will be distributed to church members twice, during phase I and phase II. It is used to collect data on the amount of physical exercise completed by church members and data on the exercise related self-efficacy of the church members. In phase I, after the collection of the survey data, the research team will meet with the church leadership to collect qualitative data on the church leadership’s perception of the usefulness of the information to customize an intervention for the church congregation. The research team will take notes during the discussion to analyze and create a summary report of the feedback. The identity of the Church and the attendees at this meeting will not be recorded in the notes or the summary report. Sample questions to be used by the researchers can be found in Appendix B. The church leadership will have the option to continue to phase II after completing phase I.

In phase II, a self-report survey or resource guide completed by church leaders (see Appendix B) provides the number of physical activity events held by the church over the four months prior to the implementation of the intervention. Additionally, the church leadership will complete a physical activity events log during the four-month intervention (see Appendix B). After the four-
month period of the intervention a meeting between the church leadership and the researchers will collect qualitative data on the church leadership’s perception of the feasibility of the intervention for the church. The research team will take notes during the discussion to analyze and create a summary report of the feedback. The identity of the Church and the attendees at this meeting will not be recorded in the notes or the summary report. Sample questions to be used by the researchers can be found in Appendix B.

Data Storage and Analysis Procedures

Data will be stored as paper documents in a secure and locked container in the office of an ODU School of Nursing Faculty and electronically on password protected computer. The researchers will conduct data analysis by comparing the pre-test and post-test church-member survey results. For phase I, descriptive statistics will be used to describe the sample that participates in the study and to answer the study questions. For phase II, inferential statistics, including a t-test, will be used to analyze the data obtained from the surveys to summarize and report any changes measured in the three dependent variables of church members’ time spent performing physical activity, number of physical activity events held by the church, and the self-efficacy of church members.

References


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Appendix A

Church Participation Request Letter

Dear _____,

Would your church like to help its members improve their health? Since routine physical activity can prevent heart attacks, strokes, high blood pressure, high blood sugar and can even enhance emotional well being, it is a good place to start. A group of nursing students at Old Dominion University has developed a set of resources and a blueprint for action that you may find useful in assisting your congregation to increase their activity levels.
We are writing to ask your help with a research study we are doing to see if our blueprint for action and resource information really works. The purpose of the study is to test our process and resources to determine if they will help African American churches increase the activity level of congregation members by increasing the number of and participation in church sponsored events. Your participation of course is voluntary, but if you wish to help us you and/or any interested Church leaders will need to:

- Respond to this letter telling us you are interested.
- You may also call or email Brian Jones (757) 477-7051 or bjon059@odu.edu Heather Englestad at (434) 825-1158 or heng001@odu.edu with any questions you may have before deciding if you can help. If you decide to be part of our study you will need to:
  - Meet with the nursing students who will explain the process and resources.
  - Complete a survey and have a meeting to discuss the results of the survey.
  - Have a questionnaire completed by church members. We will provide the questionnaire.
  - Meet to evaluate the questionnaires and decide if you would like to continue to Phase II.
  - Meet with ODU nursing students and tell them if the information gathered from the questionnaire is helpful in designing a physical activity program.

Phase I Steps:
- Choose physical activity programs based on the results of those questionnaires.
- Plan and assist in carrying out the physical activity programs.
- Use the process for 4 months then have a second questionnaire completed by church members. We will also provide this questionnaire.
- Make a list of physical activity events held by the Church before using the process and during the first 4 months of using the process. Share this list with the ODU nursing students.
- Meet again with the ODU nursing students after 4 months to tell them whether or not the process and resources were helpful and to share any ideas you have about making the process better.

Although our blueprint for action may not be as helpful as we hope, the Church should benefit by obtaining some information on how to help increase the physical activity levels of their congregation. If our blueprint for action does work, the Church will also successfully start one or more physical activity programs that church members will enjoy. The project will also aid in the education of the nursing students carrying out the study, and assist in finding methods to increase physical activity among African-American churches in the future.

There are no physical risks to participating in this study; however, it will require time from both church members and church leaders. Church members will be asked to fill-out a questionnaire with about 20 questions. Church leaders will need to meet before and after the questionnaire is handed out, which may take up to an hour or more each meeting. Church leaders will also plan and assist in carrying-out the chosen exercise programs. Church leaders and members may voluntarily withdraw from the study at anytime without question.

The amount of money required for participation in this study is minimal. Copies of the questionnaires will be supplied by the research team. Any equipment needed for the chosen exercise programs (sporting equipment, exercise mats, jump ropes, workout videos, etc) will be at the expense of the church and are not required, as many physical activity programs do not require any equipment.

All identifiable information will be kept confidential and will be disclosed only with your permission. The questionnaires completed by church members will not have their name on them so no one will know how they answered the questions. The questionnaire will also explain that filling out and returning the questionnaire is considered giving consent for participation in our study. The directions on the questionnaire will also explain that they do not need to answer any question they do not want to answer. When sharing the results of this study through discussion or publication, no information will be included that will reveal the church’s identity or the identity of its members or leaders. The identity of church leaders communicating with the ODU nursing students will be kept confidential and be known only by the four bachelor-level nursing students conducting the study and their instructor who are:

Heather Englestad,
Brian Jones,
Emily Melnick,
Faith Muller and
Mary Ann Notarianni, RN, PhD (Instructor)

Any questions you might have or requests for further information regarding any part of this study or if you think your church might be interested in participating in this research project, the next step is to contact Brian Jones (757) 477-7051 or
bjone059@odu.edu Heather Englestad at (434) 825-1158 or hengl001@odu.edu. We look forward to working with your church on this project.

Sincerely,

Appendix B

Data Collection Surveys

Pre and Post-tests

Faith, Fellowship, & Fitness Survey of church members

Help your church help you!

A group of Old Dominion University Nursing Students are doing a research study to test ways of making physical activity more fun. By filling out this survey, you will help us find out if our blueprint for action helps your church plan activities that are fun and help
you get more exercise. Because you will not put your name on the survey, no one will know how you answered the questions. If there is any question you do not wish to answer, just leave it blank. Answering these questions and giving the form back to us tells us it is OK with you if we use your ideas to help your church leaders plan activities. It also means that you agree to let us use your answers to see if our set of resources helps your church leaders. There are about 20 questions and it should take you 20 minutes or less to answer them all. Please only fill out and return this survey if you are 18 years old or older and are willing to let us use your answers for our research study.

Be a part of making your community healthier and happier!

If you have questions about this survey or the study please contact Emily Melnick at (585) 507-1249

Part A. (to be completed as a pre-test during phase I only)

Physical activity/Exercise is any activity that increases your heart rate, makes you breathe harder than normal, and lasts at least 30 minutes. It does not have to be painful or a planned exercise. Some examples of physical activity are heavy house cleaning, walking, gardening, jogging, or any activity that makes you sweat.

1. According to the above definition of Physical Activity: (Check the box that best describes you)
   A. I think there are better ways than physical activity to remain healthy.
   B. I think physical activity is important, and I probably need to do it.
   C. I am interested in looking for ways to engage in physical activity.
   D. I’ve recently started including more physical activity into my life.
   E. I include physical activity in my life regularly.

2. In the past, I have:
   A. Participated in a physical activity program, and it was successful
   B. Participated in a physical activity program, but it was not successful
   C. Not participated in a physical activity program

3. I participate in church activities (any activity, service, or class):
   A. Once a month or less
   B. Once a week
   C. More than once a week

4. I am _______ years old.

5. I am
   Female
   Male

6. The highest level of education I have is:
   A. Middle school
   B. High school
   C. Some college
   D. Bachelor’s degree or beyond

7. My family members have had: (Check all that apply)
   A. Diabetes (High Sugar)
   B. High blood pressure
   C. Cancer
   D. Obesity
   E. Heart disease
   F. Other ___________________
8. I would be willing to spend the following amount of money, in the next four months, to participate in a physical activity program:
   A. $0
   B. $1-20
   C. $21-40
   D. $41-60
   E. $61-80
   F. $81-100
   G. $101+

9. I don’t exercise more because:
   *(Check all that apply)*
   A. My neighborhood isn’t safe (crime, traffic, dogs)
   B. No transportation to gym or park
   C. Bad weather
   D. I have no one to exercise with
   E. I have no time to exercise
   F. I have no babysitter
   G. I’m not sure how to exercise
   H. I have health problems that stop me from exercising
   I. Other (please explain) ________________________________

10a. I want to exercise more because:
   *(Check all that apply)*
   A. I want to be a positive influence on my family and friends
   B. I want to meet other people who like to exercise
   C. I like to set goals and work toward achieving them
   D. I think exercising will improve my health
   E. Other ________________________________

10b. While I exercise, I feel:
   A. Good about myself
   B. Annoyed and regret starting it
   C. Like I’m struggling but push myself to finish
   D. Other ________________________________

11. I have someone who would exercise with me:
   A. Yes.
   B. No.
   C. Maybe, I’d have to talk them into it

12. My family and friends think exercising is:
   A. Important
   B. Not important
   C. We have never talked about exercising

13. I have access to safe places to walk:
   A. Yes
   B. No

14. I have the necessary clothing and shoes to walk or exercise in:
   A. Yes
   B. No

15. I have access to a gym, or other facility that allows me to work out:
   A. Yes
   B. No

16. My job or daily routine is physically demanding of me:
17. I would make the following commitment to a church program that engaged me in some kind of physical activity:
   A. I would be very committed
   B. I would attempt to commit if it’s an activity I enjoyed
   C. I would probably not commit

18. If my church started an exercise program, I would attend:
   A. More than once a week
   B. Once a week
   C. Once a month
   D. Maybe one time
   E. I wouldn’t attend

19. These activities get in the way of me finding time to do physical activity:
   (Check all that apply)
   A. Taking care of children
   B. Work schedule
   C. Caring for elders
   D. Household activities
   E. Nothing. I have time to exercise.
   F. Other_____________________________

20. My thoughts regarding my self-control are:
   A. I have good self-control
   B. I have some self-control
   C. I have no self-control

21. I would like to have the following physical activity program(s) available at my church: (Check all that apply)
   A. Steady-Paced Walking Programs
   B. Biking
   C. Gardening
   D. Tennis
   E. Sports Teams
   F. Dancing (ballroom or line)
   G. Canoeing
   H. Skateboarding
   I. Martial Arts
   J. Hiking
   K. Jumping Rope
   L. Aerobic Dance Class
   M. A Physically Active Community Service Project
   N. Swimming
   O. Race Walking
   P. Step Dance
   Q. “Buddy” or Group Programs
   R. Exercise Programs with Prizes
   S. Other_____________________________

22. The following ethnicity best describes me:
   A. African American
   B. American Indian
   C. Asian
   D. Caucasian
   E. Hispanic or Latino
23. I have children living with me:
   A. Yes
   B. No

*If no, please continue to Part B of the survey. If yes, please fill out the questions on the next page. If your spouse is also filling out the survey, please select only one of you to fill out this portion.*

A. The age group(s) of the child(ren) living with me are:
   *(Check all that apply)*
   a) 0-3 Number of children in this age group: ____
   b) 4-5 Number of children in this age group: ____
   c) 6-11 Number of children in this age group: ____
   d) 12-18 Number of children in this age group: ____

B. The child(ren) living with me would be interested in the following programs:
   *(Check all that apply)*
   a) Sports Teams (Such as: Basketball, Football, Cheerleading, Baseball, Swimming, Ultimate Frisbee, etc.) Specify which one(s):
   ________________________________
   b) Playground Activity Time
   c) Adventure Trips (Including Hiking, Canoeing, Camping, etc.)
   d) Step Team
   e) Karate or other Martial Art
   f) Skateboarding, In-Line Skating
   g) Jump Roping
   h) Grounds Keeping/Gardening (Around the church or for elderly community members)
   i) Community Service Group (Construction Work, Cleaning, etc. for the community and those in need)
   j) Other: _____________________________

C. I would be willing to pay the following amount of money, in the next four months, for the child(ren) living with me to participate in a physical activity program:
   a) $0
   b) $1-20
   c) $21-40
   d) $41-60
   e) $61-80
   f) $81-100
   g) $101+

D. I am willing for the child(ren) living with me to be involved in a physical activity program:
   a) 1 hour a week
   b) 2 hours a week
   c) 3 hours a week
   d) 4 hours a week
   e) 5 hours a week
   f) 6+ hours a week
Part B. (used for pre and post-test during Phase I and Phase II)

1. Check every box that applies to you:

   A. I participated in a physical activity program before and did very well
   B. My friend, spouse, and/or relative did a physical activity program and did well
   C. A celebrity I am aware of and/or one of my role models did a physical activity program and succeeded, so I can too
   D. I have at least one person in my life who tells me that I am able to do a physical activity program
   E. I can do all things through Christ who strengthens me, including a physical activity program
   F. When I am tired after exercising, I feel good
   G. When I am in pain after I exercise, I am encouraged because I know I have worked hard

2. Check the following activities you perform on a weekly basis. Next to the activity, write how many hours per week you spend doing this activity.

   A. Walking Hours/week: _______
   B. Lifting weights Hours/week: _______
   C. Participating on a sports team Hours/week: _______ (House-cleaning that makes you sweat)
   D. Biking Hours/week: _______
   E. Heavy house cleaning Hours/week: _______ (House-cleaning that makes you sweat)
   F. Gardening Hours/week: _______
   G. Playing with children Hours/week: _______ (Playing that wears you out and makes you sweat)
   H. Dancing Hours/week: _______
   I. Jogging Hours/week: _______
   J. Swimming Hours/week: _______
   K. Group Aerobic exercise Hours/week: _______
   L. Other: ___________________ Hours/week: _______

If you have children living with you, please fill out the question on the next page.

If you don’t have children living with you, you are done with the survey. Thank you for your time and input!

3. How much time do(es) the child(ren) living with you spend doing physical activity (such as recess, gym, playing outside, participating in an organized sport, or playing an interactive video game such as Dance, Dance Revolution or Wii Fit) during the day?

   A. 0.5 hours
   B. 1 hour
   C. 2 hours
   D. 3 hours
   E. 4 hours
   F. 5 hours

You have finished the survey. Thank you for your time and input!

(D’Amico & Barbarito, 2007; Bandura, 1994; Bastable, 2008; Office of Disease Prevention and Health Promotion, 2008a; U.S. Census Bureau, 2004; Kim et al., 2008; Northrup, Cottrell, & Wittberg, 2008)
1. How was your experience working with the Faith, Fellowship, and Fitness program survey?

2. What was the most helpful information gathered from the survey?

3. Is the information gathered from the survey helpful in designing and implementing a physical activity program?

4. Was there anything about the survey that you would change?

5. Is there anything else that you would like to add/say?

<table>
<thead>
<tr>
<th>Physical Activity Event &amp; Date</th>
<th>Describe Leadership Participation and/or Promotion of Event (Include number of church leaders present at event)</th>
<th>Number of Participants</th>
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</table>

A group of Old Dominion University Nursing Students are doing a research study to test ways of helping churches make physical activity more fun for their members. By filling out this form and using our blueprint for action, you will help us find out if they help your church plan activities that help your congregation get more exercise. Do not put your name or the churches name on the form. There is a number pre-printed on the form in order to assist in maintaining the confidentiality of the participating church’s identity. If there is any question you do not wish to answer or information you do not which to provide, just leave the section blank. Answering these questions and giving the form back to us that you agree to participate in the research study. It should take you 20 minutes or less to complete the form.

Although our blueprint for action may not be as helpful as we hope, the Church should benefit by obtaining some information on how to help increase the physical activity levels of their congregation. If our blueprint for action does work, the Church will also successfully start one or more physical activity programs that church members will enjoy. The project will also aid in the education of the nursing students carrying out the study, and assist in finding methods to increase physical activity among African-American churches in the future.
Sample Questions for Feedback Meeting With Church Leaders Post-test only during Phase II

6. How was your experience working with the Faith, Fellowship, and Fitness program?

7. What was your favorite part of the program?

8. Was there anything about the program that you would change?

9. How would you do it differently in the future?

10. Is there anything else that you would like to add/say?
Appendix C

Intervention Blueprint for Action and Resources for Church Leaders

Faith, Fellowship, & Fitness Program Blueprint for action

Overview
The Faith, Fellowship, & Fitness Program, adapted from the Body & Soul nutritional program, is designed to promote exercise within your church. The program is a blueprint of how to get congregation members exercising by providing a supportive environment grounded in faith. The program breaks down barriers to exercise such as time constraints, lack of knowledge, and no social support through four guiding principles:

+ Pastoral Leadership
+ Church Environment that Supports Exercise
+ Involves Congregation Members
+ Educational Activities

(DOHHS, n.d.)

Why Physical Activity?
African Americans are at high risk for diseases such as high blood pressure, stroke, heart disease, cancer, and diabetes (Office of Minority Health and Health Disparities, 2009). Regular physical activity has been shown to decrease the risk for these diseases, making exercise important to the health and well-being of African Americans (DOHHS, 2001).

Program Benefits
The Physical Activity Program will enhance congregation members’ health by providing benefits such as:

+ Building Fellowship among Church Members
+ Personal Empowerment to make Positive Change through Faith
+ Understanding the Importance of Exercise to Health
+ Fun Family Activities
+ Stronger Muscles, Bones, and Joints
+ Less Arthritis Pain
+ Weight Control and Weight Loss
+ Better Sleep
+ Improved Confidence
+ Increased Mood and Mental Well-Being

(DOHHS, 2001; DOHHS, 2009)

Getting Started
To begin your journey towards increasing physical activity in your congregation, follow the Blueprint for the Faith, Fellowship, & Fitness Program outlined below. Contact Dr. Mary Ann Notarianni at 757-683-5093 with any questions about the Faith, Fellowship, & Fitness Program.

Blueprint for Faith, Fellowship, & Fitness Program

PHASE I

Step 1: Kick-Off Meeting
Church Leaders meet with Faith, Fellowship, & Fitness Program developers to discuss the program, ask questions, and go over the Blueprint for the program. (see Sample Agenda)

Step 2: Survey Members
Church Leaders survey to congregation members to determine members’ current physical activity levels, physical activity interests, barriers to exercising, and current knowledge about the importance of physical activity. Church leaders will meet with researchers to discuss their feelings about the survey tool.

PHASE II

Step 3: Complete Physical Activity Resource Guide & Select Activities

Church leaders analyze the results from survey to determine congregation members’ needs and interests in physical activity using the survey evaluation. In addition, church leaders complete the physical activity resource guide to determine the available tools for the Church to build the program. Church leaders use the available tools identified from the physical activity resource guide to build an activity or activities to meet the needs and interests of the congregation members identified from the survey. Sample activities to jump start brainstorming are provided as an additional tool.

In addition, Church leaders select Activity Promotion Techniques to encourage member participation. (Sample Activity Promotion Techniques are provided in Resource guide).

Step 4: Begin Activities

Church leaders inform members of activities and promote participation in physical activities. Participation of members is tracked in a log to measure success of the activity.

Step 5: Progress Check

Church leaders can also re-evaluate available tools to continue building the program through completing the Physical Activity Resource Guide. Church leaders will make changes to activities or continue the current activities based upon the evaluation and the tools available to the church.

Step 6: Follow-Up Meeting

Church leaders will meet again with Faith, Fellowship, & Fitness program developers to give their feedback of the program. The church leaders will discuss their experience with the program and give their suggestions for the program to the program developers.

At this time, the church leaders will give the program developers any of the information they have not yet turned in (such as the re-completed survey [see Appendix B, Part B] and the log of physical events held at the church [see Appendix B]).
Blue print for action: Kickoff Meeting Sample Agenda

I. Introductions (Program Developers, Church Leaders, & Church Members)

II. Overview of Church & Interest in Faith, Fellowship, & Fitness Program (Church Leaders)

III. Overview of Faith, Fellowship, & Fitness Program (Program Developers)

IV. Review of Program Blueprint and Supporting Materials (Program Developers)

V. Questions and Answers (All Meeting Participants)
Examples of Physical Activity Resource Guides for Church Leaders

This guide will help you determine if you have the resources needed to implement a physical activity program in your church. Simply follow the instructions below to find out if your church is ready to get active and healthy!

**Instructions:**
This guide has two columns. The left column contains a list of questions or tools to consider using before implementing a physical activity program. The right column contains an empty toolbox that you will fill up as you answer questions.

If you answer “yes” to a question, simply put an X in your toolbox or move your tool into the toolbox.

If you answer “no” to a question, simply skip to the next question.

When you get to the end, look through your toolbox and see all the tools you have with which to build a physical activity program. Remember, you can build a program with only your hands, some sweat, and lots of creativity. Do not be discouraged if you have only one tool in your toolbox.

<table>
<thead>
<tr>
<th>Questions or Tools to Use</th>
<th>My Toolbox</th>
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</thead>
<tbody>
<tr>
<td>This column will contain the tools you have to build a Physical Activity Program. Simply</td>
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</tr>
<tr>
<td>put an X in this column if you answer “yes” to a question, or move your tool into the</td>
<td></td>
</tr>
<tr>
<td>toolbox column.</td>
<td></td>
</tr>
</tbody>
</table>

### Church Leadership

1. Will your pastor help to develop, implement, and promote the benefits of this program?
2. Will your pastor integrate positive health behavioral topics into sermons?
3. Will your pastor actively participate in exercise programs and lead by example?
4. Will the pastor’s spouse actively participate alongside the pastor and demonstrate that positive health behaviors are a family function?
5. Do your church leaders have the time, motivation, and commitment to implement this program and maintain its benefits on-going?
6. Does your congregation have a nurse, physician, or other health-care professional to act as project leader, counselor, and/or mentor?
7. Does your church have members that are currently physically active and are willing to act as mentors, counselors, and/or facilitators of this program? List their names and contact information.
8. In the past 4 months, how many events have you sponsored to promote, educate, and/or motivate physical activity participation in your congregation?

### Financial

9. How much money can you budget?  
   (Note, this can be done with $0)  
   One-Time $ / Annual On-Going $  
   $0 / $0  
   $100 / $100  
   $500 / $500  
   $1000 / $1000  
   $Other / $Other
<table>
<thead>
<tr>
<th>Physical Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>10. Do you have space in your church to exercise and provide classes? Where?</td>
</tr>
<tr>
<td>11. Do you have space in your church for exercise equipment? Where?</td>
</tr>
<tr>
<td>12. Does your church currently have any exercise or sports equipment? List all that</td>
</tr>
<tr>
<td>you have. (Treadmills, weights, basketballs, soccer balls, etc.)</td>
</tr>
<tr>
<td>13. Do you have a playground on the premises or within walking distance?</td>
</tr>
<tr>
<td>14. Do you have a basketball court on the premises or within walking distance?</td>
</tr>
<tr>
<td>15. Do you have parks, walking trails, hiking trails, or bicycle paths nearby?</td>
</tr>
<tr>
<td>Where?</td>
</tr>
<tr>
<td>16. Is it safe to exercise in the area around your church?</td>
</tr>
</tbody>
</table>

Review your toolbox. Do you have the tools to create a walking program, bicycling program, or get youth onto the basketball court and away from the television? Now that you have identified the tools you have in your church to implement a physical activity program, continue on to your evaluation of the congregation member survey (see Appendix A) to help you identify the barriers, enablers, and interests towards physical activity of the members in your church.

Examples of Activity Promotion Techniques

- **Fact Sheets & Newsletters:** Promote upcoming physical activity events and provide information about the benefits of physical activity and the risks of inactivity. See newsletter example below:
2008 Physical Activity Guidelines for Americans
Be Active Your Way: A Fact Sheet for Adults

Finding out what kind and how much physical activity you need

How do I do it?
It's your choice. Pick an activity that's easy to fit into your life. Do at least 10 minutes of physical activity at a time. Choose aerobic activities that work for you. These make your heart beat faster and can make your heart, lungs, and blood vessels stronger and more fit. Also, do strengthening activities which make your muscles do more work than usual.

Why should I be physically active?
Physical activity can make you feel stronger and more alive. It is a fun way to be with your family or friends. It also helps you improve your health.

How many times a week should I be physically active?
It is up to you, but it is better to spread your activity throughout the week and to be active at least 3 days a week.

How do I build up more physical activity?
Do a little more each time. Once you feel comfortable, do it more often. Then you can trade activities at a moderate level for vigorous ones that take more effort. You can do moderate and vigorous activities in the same week.

How much physical activity do I need to do?

This chart tells you about the activities that are important for you to do. Do both aerobic activities and strengthening activities. Each offers important health benefits. And remember, some physical activity is better than none!

<table>
<thead>
<tr>
<th>Aerobic Activities</th>
<th>Moderate Level, do at least 2 hours and 30 minutes a week</th>
<th>Vigorous Level, do at least 1 hour and 15 minutes a week</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Slowly build up the amount of time you do physical activities. The more time you spend, the more health benefits you gain. Aim for twice the amount of activity in the box above.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Do at least 10 minutes at a time.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• You can combine moderate and vigorous activities.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Muscle Strengthening Activities

Do these at least 2 days a week.

• Include all the major muscle groups such as legs, hips, back, chest, stomach, shoulders, and arms.
• Exercises for each muscle group should be repeated 8 to 12 times per session.

Be Active, Healthy, and Happy!
### How can I tell an activity at a moderate level from a vigorous one?

Vigorous activities take more effort than moderate ones. Here are just a few moderate and vigorous aerobic physical activities. Do these for **10 minutes or more** at a time.

<table>
<thead>
<tr>
<th>Moderate Activities</th>
<th>Vigorous Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>(I can talk while I do them, but I can’t sing)</td>
<td>(I can only say a few words without stopping to catch my breath.)</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>• Ballroom and line dancing</td>
<td>• Aerobic dance</td>
</tr>
<tr>
<td>• Biking on level ground or with few hills</td>
<td>• Biking faster than 10 miles per hour</td>
</tr>
<tr>
<td>• Canoeing</td>
<td>• Fast dancing</td>
</tr>
<tr>
<td>• General gardening (raking, trimming shrubs)</td>
<td>• Heavy gardening (digging, hoeing)</td>
</tr>
<tr>
<td>• Sports where you catch and throw (baseball, softball, volleyball)</td>
<td>• Hiking uphill</td>
</tr>
<tr>
<td>• Tennis (doubles)</td>
<td>• Jumping rope</td>
</tr>
<tr>
<td>• Using your manual wheelchair</td>
<td>• Martial arts (such as karate)</td>
</tr>
<tr>
<td>• Using hand cyclers—also called ergometers</td>
<td>• Race walking, jogging, or running</td>
</tr>
<tr>
<td>• Walking briskly</td>
<td>• Sports with a lot of running (basketball, hockey, soccer)</td>
</tr>
<tr>
<td>• Water aerobics</td>
<td>• Swimming fast or swimming laps</td>
</tr>
<tr>
<td></td>
<td>• Tennis (singles)</td>
</tr>
</tbody>
</table>

For more information, visit [www.healthfinder.gov/getactive](http://www.healthfinder.gov/getactive)

**Be active your way by choosing activities you enjoy!**
+ Flyers: Distribute informational flyers about upcoming events and opportunities to participate in physical activity or flyers that contain information on how to become more active. See flyer example below:

![Flyer Example](image)

Event: ____________________________

Place: __________________________

Date: ____________________________ Time: ____________________________

www.health.gov/paguidelines

+ Announcement Boards: Include information about upcoming events, post pictures and success stories from past events, provide educational tidbits on the benefits of physical activity, and put up tips to add physical activity to one’s lifestyle.
Challenge Events: Organize a friendly competition for congregation members to participate in, and kick off the competition with a group walk or other physical activity event.

Health Fair: Organize a health fair to raise awareness of health issues to church members and to promote interest in the physical activity events at the church. Activities at the health fair can include: vendors from community-health representatives, screenings for high blood pressure, high cholesterol, diabetes, etc, informational booth about the benefits of physical activity, BMI testing, and informational pamphlets on maintaining a healthy lifestyle such as preventative health measures, nutrition, safety tips, and/or stress reduction.

Physical Activity Messages during Sermons: Church leaders can encourage church members to participate in physical activity events by including messages about physical activity during sermons. This raises awareness of the importance of physical activity to church members who may not currently participate or be aware of the benefits of physical activity.

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"Beloved, I wish above all things that thou mayest prosper and be in health..." - III John 2
Church Leadership Participation: Church leaders can serve as positive role models for the church members by participating in physical activity events. Photos and written descriptions of church leader participation in events can be displayed on bulletin boards or in newsletters.

**Weekly Church Newsletter**

(Office of Disease Prevention and Health Promotion, 2008b; Kim et al., 2008; Wilcox et al., 2006)

Examples of Helpful websites

Exercise: How to get started by FamilyDoctor.org at  http://familydoctor.org/online/famdocen/home/healthy/physical/basics/015.html

Small steps to improve activity and health at  http://www.smallstep.gov/
Blueprint for action: Evaluate and analyze the survey responses: to be done by Church Leaders in Phase II

This sheet is provided to help you score the results of your church members' surveys. When scoring each question from each survey, place a tally mark next to the answer that the church member chose. Total the tallies in the appropriate box. Below the boxes are explanations of the questions and suggested activities depending on the responses your church members gave.

Part A. Finding the Best Program for Your Church Members

1. Members' readiness to engage in physical activity (Place a tally in the box the respondent checked on the survey)

<table>
<thead>
<tr>
<th></th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Not ready</td>
<td></td>
</tr>
<tr>
<td>B. Needs to be motivated</td>
<td></td>
</tr>
<tr>
<td>C. Needs an opportunity</td>
<td></td>
</tr>
<tr>
<td>D. Needs encouragement to continue</td>
<td></td>
</tr>
<tr>
<td>E. Would make a good role model</td>
<td></td>
</tr>
</tbody>
</table>

This question tells you if members are ready to start a physical activity program. Look at what the majority of your church members respond, and use the guidelines below to help decide how to promote physical activity in your church. Usually, a combination of several strategies is the most successful.

Members who selected “A” are not ready to participate in a physical activity program and will benefit best from seeing the success of others, so make the progress of your program known!

Members who selected “B” realize exercise is important but pay more attention to the costs of exercise (time, exhaustion) as opposed to the benefits (good health, feeling good). These members need educational information about the benefits of physical activity and repeated encouragement to participate in the program.

Members who selected “C” intend on engaging in physical activity in the next year and are the people who are ready to start exercising now. Just provide them the option to exercise and they will likely give it a try.

Members who selected “D” have recently begun exercising. They have a high risk of quitting because of the initial challenges of making this lifestyle change. Goal setting and lots of encouragement and praise are needed to prevent these members from quitting.

Members who selected “E” already include physical activity into their everyday routines. These people would be ideal role models and motivators for others.

2. Members' past success with physical activity programs (Put a tally in the box each person checked on the survey)

<table>
<thead>
<tr>
<th></th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Successful</td>
<td></td>
</tr>
<tr>
<td>B. Not successful</td>
<td></td>
</tr>
<tr>
<td>C. Not Attempted</td>
<td></td>
</tr>
</tbody>
</table>

This question measures respondents' past experience with physical activity, which will influence their decision to try another physical activity program. If the majority of your church answered “A”, they’ve had good experiences with exercise programs and will be more likely to participate in another exercise program. If more respondents answered “B” or “C”, church members will likely need sources of motivation to participate in a physical activity program. Get creative and think of different ways you can promote activity! Appendix B has several helpful suggestions.

3. Members' current participation in church activities (Put a tally in the box the respondent checked on the survey)
This question measures how often respondents are currently willing and able to participate in any church program. If church members already attend a lot of activities, consider incorporating physical activity into existing church programs. For example, instead of having Bible discussions in a classroom, have them while walking.

4. **Age range of church members**
   (Place a tally in the age range that your church member falls into)

<table>
<thead>
<tr>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. &lt; 20</td>
</tr>
<tr>
<td>B. 21-30</td>
</tr>
<tr>
<td>C. 31-40</td>
</tr>
<tr>
<td>D. 41-50</td>
</tr>
<tr>
<td>E. 51-60</td>
</tr>
<tr>
<td>F. Over 60</td>
</tr>
</tbody>
</table>

The age of your church members will influence what type of exercise they need. For example, members over 50 will benefit from stretching and walking programs while members under 30 will enjoy activities that are more vigorous.

5. **Health conditions of church members**
   (Place a tally next to ALL the options the respondent selected; write in any remarks in “F”)

<table>
<thead>
<tr>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Diabetes</td>
</tr>
<tr>
<td>B. High Blood Pressure</td>
</tr>
<tr>
<td>C. Cancer</td>
</tr>
<tr>
<td>D. Obesity</td>
</tr>
<tr>
<td>E. Heart Disease</td>
</tr>
<tr>
<td>F. Other</td>
</tr>
</tbody>
</table>

Knowing what health conditions they are at risk for will influence your church members’ decision to engage in health promoting activities. Consider the responses to this question when choosing educational material to post throughout your church. Post educational materials that link physical activity to decreasing the risk of contracting the specific health conditions of church members’ families. Post them in bulletins and on bulletin boards to show your church members the benefits of engaging in physical activity.

6. **Level of education of church members** (Place a tally in the box the respondent checked on the survey)

<table>
<thead>
<tr>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Middle School</td>
</tr>
<tr>
<td>B. High School</td>
</tr>
<tr>
<td>C. Some College</td>
</tr>
<tr>
<td>D. Bachelor’s Degree or Beyond</td>
</tr>
</tbody>
</table>

This question measures the level of education your church members have. The higher the level of education, the more likely the person will be aware of the benefits of physical activity. Consider where the majority of responses fall in this question when choosing what type of health-promoting information to post throughout your church. For example, if the majority of your church has a bachelor’s degree or beyond, detailed articles about health promotion can be used. If most members have a high school diploma or less, detailed information will be complicating and overwhelming. For them, simple bullet points will be
7. **Amount of money church members will be willing to spend on physical activity in a 4-month period**
   (Place a tally in the box the respondent checked on the survey)

<table>
<thead>
<tr>
<th></th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. $0</td>
<td></td>
</tr>
<tr>
<td>B. $1-20</td>
<td></td>
</tr>
<tr>
<td>C. $21-40</td>
<td></td>
</tr>
<tr>
<td>D. $41-60</td>
<td></td>
</tr>
<tr>
<td>E. $61-80</td>
<td></td>
</tr>
<tr>
<td>F. $81-100</td>
<td></td>
</tr>
<tr>
<td>G. $101+</td>
<td></td>
</tr>
</tbody>
</table>

The amount of money a church member is willing to spend will determine what physical activity program the church picks. Choose an activity program whose budget falls within (or lower than) the budget range of the majority of the respondents. If church members do not want to spend over a certain amount of money on an activity, consider using church funds to sponsor the activity. Also, think of creative ways to reduce costs, such as asking members to bring exercise videos from home. It’s important to enforce the idea that money spent on exercising should not be considered “leisure” money but rather money invested in good health. Members who selected “A” do not want to spend any money on physical activity. Activities 1, 8, 16, and 19 might be good for them. Members who selected “G,” do not care how much money they spend. Money is no object. Any intervention is appropriate for them.

8. **Reasons why church members can’t exercise.** (Place a tally next to ALL the options the respondent selected, and write in any additional reasons the member gave under “I”)

<table>
<thead>
<tr>
<th>Reason</th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Dangerous Environment</td>
<td></td>
</tr>
<tr>
<td>B. Transportation</td>
<td></td>
</tr>
<tr>
<td>C. Weather</td>
<td></td>
</tr>
<tr>
<td>D. Social Support</td>
<td></td>
</tr>
<tr>
<td>E. Time</td>
<td></td>
</tr>
<tr>
<td>F. Childcare</td>
<td></td>
</tr>
<tr>
<td>G. Lack of Knowledge</td>
<td></td>
</tr>
<tr>
<td>H. Health</td>
<td></td>
</tr>
<tr>
<td>I. Other</td>
<td></td>
</tr>
</tbody>
</table>

This question tells you what is preventing members from working out. These barriers will get in the way of members’ ability to participate in a physical activity program. It’s important that you brainstorm ways to overcome these barriers. For example, if weather and safety are common barriers for your church members, consider starting a program that is held indoors like activities 6, 7, 13, 17, and 23 from above.

9. **Reasons why church members want to work out.** (Place a tally next to ALL the options the respondent selected, and write in any additional reasons the member gave under “E”)

<table>
<thead>
<tr>
<th>Reason</th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Family</td>
<td></td>
</tr>
<tr>
<td>B. Friends</td>
<td></td>
</tr>
<tr>
<td>C. Goals</td>
<td></td>
</tr>
<tr>
<td>D. Health</td>
<td></td>
</tr>
<tr>
<td>E. Other</td>
<td></td>
</tr>
</tbody>
</table>

This question tells you what motivates your church members to work out. Whether or not church members will engage in a
physical activity program is determined by what benefits they think they will get from participating. Advertise the benefits of engaging in the physical activity program(s) you choose, and choose programs that provide the benefits your church members are looking for. For example, if a majority of respondents answered “A”, find a program that includes the entire family such as activities 9 and 12. If the majority of respondents answered “B”, then consider an exercise program that sets people up with “workout buddies” such as activities 1 or 6. If the majority of respondents answered “C”, have participants write out their long-term and short-term goals at the start of the program and each month encourage them to increase their goals. If the majority of respondents answered “D”, advertise the specific health benefits of the physical activity program.

10. Members’ feelings toward exercise. (Place a tally next to ALL the options the respondent selected, and write in any additional answers the member gave under “D”)

<table>
<thead>
<tr>
<th>Option</th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Good</td>
<td></td>
</tr>
<tr>
<td>B. Regretful</td>
<td></td>
</tr>
<tr>
<td>C. Struggling</td>
<td></td>
</tr>
<tr>
<td>D. Other</td>
<td></td>
</tr>
</tbody>
</table>

This question measures how respondents feel during and after exercise. Responses to this question tell you the level of motivation members have to participate in a program. Consider the responses to this question when thinking about what kind of activity your members will most likely enjoy. If the majority of responses are “A”, a moderately intense program might be attractive to some church members. If the majority of responses are “B”, a less intense program will likely have the most participation. If the majority of the responses are “C”, a program combined with lots of praise and encouragement will increase participation.

1. Availability of social support to engage in physical activity. (Put a tally in the box each person checked on the survey)

<table>
<thead>
<tr>
<th>Option</th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Present</td>
<td></td>
</tr>
<tr>
<td>B. Not Present</td>
<td></td>
</tr>
<tr>
<td>C. Possibly Present</td>
<td></td>
</tr>
</tbody>
</table>

Having supportive relationships and companions to workout with is an influential factor in people’s decision to exercise. If most respondents choose “B” or “C”, finding ways to network participants will help increase the chance of having a successful program. For example, consider having a healthy potluck once a month after the physical activity so members can socialize. Or, choose a program that has a strong social element, such as activities 3, 6, or 12 above.

2. Influences of family and friends on exercising. (Place a tally in the box the respondent checked on the survey)

<table>
<thead>
<tr>
<th>Option</th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Positive</td>
<td></td>
</tr>
<tr>
<td>B. Negative</td>
<td></td>
</tr>
<tr>
<td>C. Neutral</td>
<td></td>
</tr>
</tbody>
</table>

This question measures the attitude of the respondents’ friends and family. People who don’t have any role models for exercising are less likely to engage in physical activity. On the other hand, if friends and family believe exercising is important, they will likely expect the respondent to be active. If the majority of respondents answered “B” or “C”, consider designating someone in the church who will be available to talk privately with members and serve as their positive role model. As the church leader, that person is often you! However, you may want to consider setting up church members who have already been successful with physical activity as peer counselors to motivate other church members.

3. Safety of church members’ environment. (Place a tally in the box the respondent checked on the survey)

<table>
<thead>
<tr>
<th>Option</th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Safe to walk</td>
<td></td>
</tr>
<tr>
<td>B. Not safe to walk</td>
<td></td>
</tr>
</tbody>
</table>

Walking is an easy way to begin incorporating exercise into everyday life and is a low intensity activity that you can encourage your members to participate in alone. Unfortunately, not every neighborhood is safe enough to walk in. If the majority of your church members respond “B”, you will need to research safe outdoor places to hold a walking program.
Consider taking the time to find safe walking routes and post them in bulletins.

4. **Physical resources needed to engage in exercise.** (Place a tally in the box the respondent checked on the survey)

<table>
<thead>
<tr>
<th></th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Have appropriate clothing and shoes</td>
<td></td>
</tr>
<tr>
<td>B. Lack appropriate clothing and shoes</td>
<td></td>
</tr>
</tbody>
</table>

Although walking doesn’t require many materials, appropriate clothing and shoes are necessary. If the majority of your respondents answered “B”, encourage respondents to purchase these items. If they lack the money to purchase them, consider holding a fundraiser or purchasing some items from a second-hand store and keeping them at the church for everyone to use.

5. **Church members’ access to work out facilities.** (Place a tally in the box the respondent checked on the survey)

<table>
<thead>
<tr>
<th></th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Have Access</td>
<td></td>
</tr>
<tr>
<td>B. No Access</td>
<td></td>
</tr>
</tbody>
</table>

Access to facilities increases the chances that participants will engage in physical activity. If many of your respondents check “A”, consider an incentive program where members self-report their length of exercise and offer prizes for participants who engage in at least 30 minutes of exercise 3 times a week. If many of your respondents check “B”, then the church might consider providing work out facilities or an exercise room. In addition, the church should do programs that take place in the outdoors or at the church.

6. **The intensity and physical demands of church members’ jobs and daily routines.** (Put a tally in the box the respondent checked on the survey)

<table>
<thead>
<tr>
<th></th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Physically Demanding</td>
<td></td>
</tr>
<tr>
<td>B. Not Physically Demanding</td>
<td></td>
</tr>
</tbody>
</table>

This question measures how active members think their lifestyle is. Members who answer “A” believe physical activity is a part of their everyday life and would likely enjoy programs that focus on less intense activities such as flexibility or sports. If the majority of respondents choose “B”, you should aim to start a “cardiovascular” activity program (one that causes participants’ heart rate to increase and causes them to break a sweat). Don’t forget - it’s important to start low and slowly increase the amount of physical activity. Refer to Resource Guide for examples of moderate and vigorous programs.

17. **The likelihood that church members will commit to a physical activity program**

(Place a tally in the box the respondent checked on the survey)

<table>
<thead>
<tr>
<th></th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Very Likely</td>
<td></td>
</tr>
<tr>
<td>B. Moderately Likely</td>
<td></td>
</tr>
<tr>
<td>C. Not Likely</td>
<td></td>
</tr>
</tbody>
</table>

This question measures how likely members will commit to a physical activity program. If the majority of respondents answered “B” or “C”, then some church members may not be motivated to start a physical activity program right now. Think of ways to motivate church members to begin physical activity, such as posting bulletins about how to increase physical activity in their daily routine, referring to the importance of physical activity during church meetings, and announcing any successes members have made with their exercise goals. The goal is to take small steps in changing members’ minds about exercise.

18. **The frequency with which church members would attend a physical activity program at the church**

(Place a tally in the box the respondent checked on the survey)
A. More than 1x/week
B. 1x/week
C. 1x/month
D. Once
E. Never

This question gives you an idea of how often you should schedule your physical activity program. Remember if participation rates are good, you can always increase the frequency of meetings later!

19. **Activities that take time away from physical activity.** (Place a tally next to ALL the options the respondent selected, and write any additional reasons the member gave under “F”)

<table>
<thead>
<tr>
<th>Option</th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Caring for Children</td>
<td></td>
</tr>
<tr>
<td>B. Work</td>
<td></td>
</tr>
<tr>
<td>C. Caring for Older Persons</td>
<td></td>
</tr>
<tr>
<td>D. Household Activities</td>
<td></td>
</tr>
<tr>
<td>E. Nothing</td>
<td></td>
</tr>
<tr>
<td>F. Other</td>
<td></td>
</tr>
</tbody>
</table>

Having the time to exercise is needed to continue a physical activity program, and many times, the individual has no control over the activities that take away time from physical activity. If there is an overwhelming response to any of the above answers, investigate ways to address these issues, such as providing childcare or care for older persons during physical activity program times. You could also think of ways for members to exercise at work, such as tracking activity with a pedometer or committing to use the stairs instead of elevators.

20. **Church members’ self-control and therefore abilities to plan and achieve goals**
(Place a tally in the box the respondent checked on the survey)

<table>
<thead>
<tr>
<th>Option</th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Good self-control</td>
<td></td>
</tr>
<tr>
<td>B. Some self-control</td>
<td></td>
</tr>
<tr>
<td>C. No self-control</td>
<td></td>
</tr>
</tbody>
</table>

This question measures members’ ability to incorporate physical activity into their lifestyle. If the majority of responses were “B” or “C”, most church members will be dependent on external influences to stick to an exercise program. Provide frequent reminders, lots of encouragement, and continuous reasons for them to stay involved. Commitment without strategies or a plan will lead to nothing more than good intentions!

21. **Physical activity programs your church members are interested in** (Place a tally next to the options the respondent selected, and write any additional programs the member suggested under “S”)

<table>
<thead>
<tr>
<th>Option</th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Walking</td>
<td></td>
</tr>
<tr>
<td>B. Biking</td>
<td></td>
</tr>
<tr>
<td>C. Gardening</td>
<td></td>
</tr>
<tr>
<td>D. Tennis</td>
<td></td>
</tr>
<tr>
<td>E. Sports Teams</td>
<td></td>
</tr>
<tr>
<td>F. Dancing</td>
<td></td>
</tr>
<tr>
<td>G. Canoeing</td>
<td></td>
</tr>
<tr>
<td>H. Skateboarding</td>
<td></td>
</tr>
<tr>
<td>I. Martial Arts</td>
<td></td>
</tr>
<tr>
<td>J. Hiking</td>
<td></td>
</tr>
<tr>
<td>K. Jumping Rope</td>
<td></td>
</tr>
<tr>
<td>L. Aerobic Dance Class</td>
<td></td>
</tr>
<tr>
<td>M. Community Service Project</td>
<td></td>
</tr>
</tbody>
</table>

Revised 3/05
This question tells you what kind of activities church members would like. If answers are spread out throughout the options, look into what resources are most accessible, and then propose a few different activities to the church as choices.

**Top 7 Physical Activity Programs:**
1. __________________________
2. __________________________
3. __________________________
4. __________________________
5. __________________________
6. __________________________
7. __________________________

**Church members’ ethnicities:** (Place a tally in the box the respondent checked on the survey)

<table>
<thead>
<tr>
<th>A. African American</th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>B. American Indian</td>
<td></td>
</tr>
<tr>
<td>C. Asian</td>
<td></td>
</tr>
<tr>
<td>D. Caucasian</td>
<td></td>
</tr>
<tr>
<td>E. Hispanic or Latino</td>
<td></td>
</tr>
<tr>
<td>F. Other</td>
<td></td>
</tr>
</tbody>
</table>

This question helps the researchers describe the ethnicities of the people who fill out the survey.

3. **Children’s survey**
   A. Ages of the children. (Put a tally in the age range that your church members’ children fall into)

<table>
<thead>
<tr>
<th></th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) 0-3</td>
<td></td>
</tr>
<tr>
<td>b) 4-5</td>
<td></td>
</tr>
<tr>
<td>c) 6-11</td>
<td></td>
</tr>
<tr>
<td>d) 12-18</td>
<td></td>
</tr>
</tbody>
</table>

**Total Number of Children:**

The physical activity programs that the church implements for children will depend on the children’s age groups. For ages 0-3, simple childcare or playground time will suffice - consider activity 10. For ages 4-5, playground time and organized play times (such as races and organized sports teams) are appropriate. The age groups 6-11 and 12-18 will enjoy many of the same activities, such as sports leagues and adventure trips, but they will need to be separated due to differing skill and ability levels. See activities in the Resource Guide.

**B. Interest in specific physical activity programs**
(Place a tally next to the options the respondent selected, and write in any additional programs the member suggested in the appropriate “other” section)
Choose physical activity programs that generate the most interest.

**Top 5 Physical Activity Programs:**
1. ______________________
2. ______________________
3. ______________________
4. ______________________
5. ______________________
6. ______________________

C. Amount of money church members will be willing to spend on physical activity for their children
   (Place a tally in the box the respondent checked on the survey)

<table>
<thead>
<tr>
<th>Amount of Money</th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) $0</td>
<td></td>
</tr>
<tr>
<td>b) $1-20</td>
<td></td>
</tr>
<tr>
<td>c) $21-40</td>
<td></td>
</tr>
<tr>
<td>d) $41-60</td>
<td></td>
</tr>
<tr>
<td>e) $61-80</td>
<td></td>
</tr>
<tr>
<td>f) $81-100</td>
<td></td>
</tr>
<tr>
<td>g) $101+</td>
<td></td>
</tr>
</tbody>
</table>

The amount of money a church member is willing to spend will determine what physical activity program the church picks. Choose an activity program whose budget falls within (or lower than) the budget range of the majority of the respondents. If church members do not want to spend over a certain amount of money on an activity, consider using church funds to sponsor the activity. Also, think of creative ways to reduce costs, such as asking members to bring exercise videos from home or setting up scholarships for sports team fees. It's important to enforce the idea that money spent on exercising should not be considered “leisure” money but rather money invested in good health. Members who selected “A” do not want to spend any money on physical activity. Activities 1, 8, 10, 16, and 19 might be good for them. Members who selected “G,” do not care how much money they spend. Money is no object. Any intervention is appropriate for them.

D. Hours per week church members’ children can be involved
   (Place a tally in the box the respondent checked on the survey)

<table>
<thead>
<tr>
<th>Hours per Week</th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) 1 hour a week</td>
<td></td>
</tr>
</tbody>
</table>
Choose a physical activity program based on the amount of time parents are willing to have their children involved. The more hours parents are willing to have their children involved, the more complex the activity can be (for example, if children can spend 4 hours a week doing general gardening they will be able to do more involved projects than if they can only spend 2 hours a week). In addition, consider having activities for different age groups at the same time so that families with more than one child only have to come to the church once, instead of multiple times.

Part B. This section is mainly to help the researchers evaluate the data of the study. However, you may find some of this information helpful as well.

1. Self-efficacy of church members
   (Place a tally on the corresponding line for every box the respondent checked on the survey. If “A.” is checked, place two tally marks in mastery experiences.)

| A. Previous Positive Experience (Mastery Experience) | Total: |
| B. Peer Example (Vicarious Experience) | |
| C. Example of Role Model (Vicarious Experience) | |
| D. Verbal Encouragement (Social Persuasion) | |
| E. Divine Encouragement (Social Persuasion) | |
| F. Positive Emotions Toward Exercising (Emotional Arousal) | |
| G. Positive Emotions Toward Pain for Positive Gain (Emotional Arousal) | |

1. Add up the total number of tallies from the above rows
2. Count the total number of respondents who answered this question
3. Divide 1. by 2.

Average Level of Self-Efficacy:

Key:
0-2 = On average, church members have low self-efficacy
3-5 = On average, church members have medium self-efficacy
6-8 = On average, church members have high self-efficacy

Self-efficacy is someone’s belief that he or she can accomplish an activity. The higher a person’s self-efficacy, the more likely he or she will successfully participate in a physical activity program. The greatest way to increase self-efficacy is to have a past positive experience. Therefore, if, on average, church members have low self-efficacy, consider activities that everyone can succeed in such as a sports league that allows everyone equal playing time or a noncompetitive activity such as gardening. If church members have high self-efficacy, you may want to implement programs that are more physically demanding such as biking and more competitive sports games.

2. Current level of physical activity - Adults
   (Place the number of hours per week on the corresponding line for every activity the respondent checked on the survey.)

<table>
<thead>
<tr>
<th>Hours/Week:</th>
<th>Total Hours/Week:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Walking</td>
<td></td>
</tr>
<tr>
<td>B. Lifting Weights</td>
<td></td>
</tr>
</tbody>
</table>
### Physical Activity Survey

**C. Participating on a Sports Team**
- D. Biking
- E. Heavy House Cleaning
- F. Gardening
- G. Playing with Children
- H. Dancing
- I. Jogging
- J. Swimming
- K. Group Aerobic exercise
- L. Other

<table>
<thead>
<tr>
<th>Activity</th>
<th>Total number of hours/week:</th>
</tr>
</thead>
<tbody>
<tr>
<td>[Insert values here]</td>
<td></td>
</tr>
</tbody>
</table>

1. Add up the total number of hours/week from the above rows

<table>
<thead>
<tr>
<th>Activity</th>
<th>Total number of respondents:</th>
</tr>
</thead>
<tbody>
<tr>
<td>[Insert values here]</td>
<td></td>
</tr>
</tbody>
</table>

2. Count the total number of respondents who answered this question

<table>
<thead>
<tr>
<th>Activity</th>
<th>Average hours/week of physical activity per respondent:</th>
</tr>
</thead>
<tbody>
<tr>
<td>[Insert values here]</td>
<td></td>
</tr>
</tbody>
</table>

3. Divide 1. by 2.

**Current level of physical activity – Children** (Place a tally in the box the respondent checked on the survey)

<table>
<thead>
<tr>
<th>Hours/day</th>
<th>Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. 0.5</td>
<td></td>
</tr>
<tr>
<td>B. 1</td>
<td></td>
</tr>
<tr>
<td>C. 2</td>
<td></td>
</tr>
<tr>
<td>D. 3</td>
<td></td>
</tr>
<tr>
<td>E. 4</td>
<td></td>
</tr>
<tr>
<td>F. 5</td>
<td></td>
</tr>
</tbody>
</table>

1. Add up the total number of hours/day from the above rows

<table>
<thead>
<tr>
<th>Activity</th>
<th>Total number of hours/day:</th>
</tr>
</thead>
<tbody>
<tr>
<td>[Insert values here]</td>
<td></td>
</tr>
</tbody>
</table>

2. Count the total number of respondents who answered this question

<table>
<thead>
<tr>
<th>Activity</th>
<th>Total number of respondents:</th>
</tr>
</thead>
<tbody>
<tr>
<td>[Insert values here]</td>
<td></td>
</tr>
</tbody>
</table>

3. Divide 1. by 2.

**Average hours/day of physical activity per respondents’ children:**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Average hours/day of physical activity per respondents’ children:</th>
</tr>
</thead>
<tbody>
<tr>
<td>[Insert values here]</td>
<td></td>
</tr>
</tbody>
</table>

Total average hours/day of physical activity per respondents’ children is the average physical activity level for church members’ children: _______ hours/day.

(Craven & Hirnle, 2009; D’Amico & Barbarito, 2007; Bandura, 1994; Bastable, 2008; Upward, n.d.; Office of Disease Prevention and Health Promotion, 2008a; U.S. Census Bureau, 2004; Kim et al., 2008; Northrup, Cottrell, & Wittberg, 2008)

### Blue Print for Action/Resource Guide Examples: Suggested Church Activities

#### A. Moderate Activities (Can hold a conversation but cannot sing.)

1. Walking Group or Buddy Program (should be at a brisk pace)
2. Biking Group (on level ground or with few hills)
3. General Gardening (raking, trimming shrubs) around church property or to assist elderly church members with home upkeep.
4. Sports Teams (tee ball, baseball, softball, volleyball, cheerleading)
5. Tennis League (doubles)
6. Ballroom and Line Dancing
7. Group Exercise Session following exercise video of choice
8. Walk or Bike to Church Day
9. Canoeing Trip
10. Playground Activity Time
11. Skateboarding, In-line Skating
12. Community Service Group (construction work, cleaning, etc. for the community and those in need)

B. Vigorous Activities (Can only speak a few words at a time while performing the activity.)

13. Aerobic Dance Class
14. Advanced Biking Group (average pace faster than 10 miles per hour)
15. Hiking Retreat (uphill)
16. Jumping Rope on break during church meeting or other activity.
17. Martial Arts Class (such as karate)
18. Heavy Gardening (digging, hoeing) around church property or to assist elderly church members with home upkeep
19. Race Walking, Jogging, or Running Group or Buddy Program
20. Sports Teams (basketball, hockey, soccer, football, ultimate Frisbee)
21. Swim Team
22. Tennis League (singles)
23. Step Team

(Office of Disease Prevention and Health Promotion, 2008a; Kim et al., 2008; Northrup, Cottrell, & Wittberg, 2008)
Instructions: If you are requesting a waiver of informed consent or a waiver of the consent procedure requirement to include all or alter some or all of the elements of informed consent [45CFR46.116(d)], you must document the responses to each of the statements, citing supporting sections of the study protocol.

<table>
<thead>
<tr>
<th>Responsible Project Investigator (RPI)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1) RPI First Name</td>
<td>RPI Last Name</td>
</tr>
<tr>
<td>Mary Ann</td>
<td>Notarianni</td>
</tr>
</tbody>
</table>

2) Project Title

Faith, Fellowship, & Fitness: A Collaborative Culturally Tailored Physical Activity Program

3) The research in its entirety involves no greater than minimal risk.
   - Yes
   - No

4) The waiver of informed consent will not adversely affect the rights and welfare of the subjects.
   - Yes
   - No

5) It is not practicable to conduct the research without the waiver/alteration.
   - Yes
   - No

6) Whenever appropriate, subjects will be provided with additional pertinent information after their participation.
   - Yes
   - No
7) If you have selected the “yes” response to each of the four statements above, in order to receive the waiver, you must:

Describe the reason(s) why the waiver is necessary, and

Explain whether the entire informed consent is being waived or only certain required elements are being waived. (If so, list which ones)

We request that the requirement for a signed informed consent document be waived because a signature on the informed consent sheet is the only identifying information about the name of the participants. Participation is expected to be greater if data collection is anonymous. In lieu of a separate informed consent sheet, an informed consent statement will be included in all phases of data collection.

The following statement will be included in the beginning of the survey of church members:

A group of Old Dominion University Nursing Students are doing a research study to test ways of making physical activity more fun. By filling out this survey, you will help us find out if our blueprint for action helps your church plan activities that are fun and help you get more exercise. Because you will not put your name on the survey, no one will know how you answered the questions. If there is any question you do not wish to answer, just leave it blank. Answering these questions and giving the form back to us tells us it is OK with you if we use your ideas to help your church leaders plan activities. It also means that you agree to let us use your answers to see if our set of resources helps your church leaders. There are about 20 questions and it should take you 20 minutes or less to answer them all. Please only fill out and return this survey if you are 18 years old or older and are willing to let us use your answers for our research study.

The Physical Activity Event log will include the following statement:

A group of Old Dominion University Nursing Students are doing a research study to test ways of helping churches make physical activity more fun for their members. By filling out this form and using our blueprint for action, you will help us find out if they help your church plan activities that help your congregation get more exercise. Do not put your name or the churches name on the form. There is a number pre-printed on the form in order to assist in maintaining the confidentiality of the participating church’s identity. If there is any question you do not wish to answer or information you do not which to provide, just leave the section blank. Answering these questions and giving the form back to us that you agree to participate in the research study. It should take you 20 minutes or less to complete the form.

Although our blueprint for action may not be as helpful as we hope, the Church should benefit by obtaining some information on how to help increase the physical activity levels of their congregation. If our blueprint for action does work, the Church will also successfully start one or more physical activity programs that church members will enjoy. The project will also aid in the education of the nursing students carrying out the study, and assist in finding methods to increase physical activity among African-American churches in the future.

The above information will also be explained as appropriate at the one hour meeting with the church leaders which will be held to determine the leaders’ perception of the feasibility of the blueprint for action.

Note: If a waiver is granted under the above conditions, documentation of informed consent (i.e., signed consent form) is also waived. Even if the waiver is granted, the IRB may require other conditions. The IRB may require the researcher to provide subjects with an informed consent sheet (written summary/notification document) about the research.
Attachment #4

National Institutes of Health Protecting Human Research Certifications