

Fairfield Behavioral Health Services Hosts CDC Again!

Fairfield Behavioral Health Services hosted representatives from the Center for Disease Control (CDC-Atlanta GA) on Wednesday, November 18, 2015. The purpose for the visit was to provide overview of the organization and tour the county since the new FAN (Faith Activity and Nutrition) project has started along with USC Prevention Research Center staff, two local pastors and partners of the Fairfield Community Coordinating Council.

FAN, or “Faith, Activity, and Nutrition,” is a faith-based program to help church leaders create a healthier church environment. In September of 2014, the USC Prevention Research Center (USC PRC) received funding from the Centers for Disease Control and Prevention to provide the program in a larger number of churches. In the first phase of this study, the USC PRC partners with Fairfield Behavioral Health Services and Fairfield Community Health Partners (now Fairfield Community Coordinating Council) to offer the program to churches in Fairfield County. The goals of FAN are to help church members become stronger in health by increasing physical activity and eating a healthier diet.

How Will Churches Benefit from FAN?

A person who is physically stronger can be more active in church life. FAN trained Community Health Advisors (Cheryl Goodwin and Bessie Gladden) who then provide churches with:

- **Training** to help churches create a church environment that supports being more physically active and eating healthier.
A committee from each church meet for training and develop a plan to increase physical activity and healthy eating that best meets the needs of the church members. The training includes helping cooks or those responsible for planning menus make healthy and tasty choices for their members.
- **Monthly support** (via brief telephone contacts) to help churches overcome obstacles to making change.
- **Materials** to post and to share with members, including church bulletin inserts, posters, and other materials to support physical activity and healthy eating. **Tools** church leaders can use to support FAN, including a pedometer and recipes.
- **Financial support.** FAN churches who complete all study requirements will receive:
A stipend of \$300 or \$500 to help cover FAN program expenses. A plan for how these funds will be used must be approved by FAN staff and USC PRC.

FAN in Fairfield County consists of a **county-wide dissemination and implementation study of an evidence-based intervention targeting church policy, systems, and environmental change.** All churches in Fairfield County, SC (N=133) were invited to participate; 60 churches enrolled; with 40 to receive training this year and 20 next year. As of November 14, 2015, 31 churches, 120 people have been trained with two more training dates to occur by November 21st.

Thank you CDC and USC PRC for funding this project for South Carolina and starting in Fairfield County! For more information about FAN or any other services please visit our website or Facebook page. www.fairfieldbhs.org.



Left to right back row: Cheryl Goodwin (FBHS), Colleen Shaw (CDC), Sonya Byrd-Elleby (USC PRC) and Kathy Brewer (Upper Midlands Rural Health Care Network/Fairfield Community Coordinating Council) **Left to right front row:** Vernon Kennedy Sr. (FBHS), Dr. Kimberly Leeks (CDC), Dr. Sara Wilcox (USC Prevention Research Center), Dr. Andy Kaczynski (USC Prevention Research Center), Rev. Ricky Gibson (Pastor of Browns Chapel Baptist Church/FAN Pastor Advisor), Rev. Henry Spann, (Pastor of White Oak Baptist Church #1/FAN Pastor Advisor), Sandy Kammermann (John A. Martin Primary Health Care Center/Fairfield Community Coordinating Council) and Deborah Kinnard (USC Prevention Research Center)