Center for Health Equity Works in Progress

Tuesday, April 22\textsuperscript{nd}, 1:00pm – 2:00pm - \textit{lunch provided}
717 Delaware, Room 105
RSVP: hoff0511@umn.edu

"Body & Soul: An Implementation of the Program across the Twin Cities"

Presented by: Alfred Babington Johnson; Kola Okuyemi, MD, MPH; Sylvia Amos; Kathleen Call, PhD

Since 2011, the Stairstep Foundation and the Center for Health Equity have been implementing the Body & Soul Program in African American churches in the Twin Cities. Body & Soul seeks to increase fruit and vegetable intake among parishioners, while measuring changes in health biometrics such as blood pressure, body mass index, cholesterol, and triglyceride levels. The program was initially developed 10 years ago by the American Cancer Society for African American Churches and focuses on the connection between physical and spiritual health. The Program allows for one-on-one peer counseling sessions to assist parishioners in reaching their fruit and vegetable intake goals. Churches also hold cooking classes to teach participants recipes and cooking techniques. So far, 17 churches have completed this program and participants have shown increases in their self-reported intake of fruits and vegetables. For more information on the Body & Soul program please visit Body & Soul: Churches Impact Their Members’ Food Choices

Works in Progress is a monthly seminar series devoted to discussing minority health and health disparities research topics. The purpose of these seminars is to give researchers a forum to freely discuss their research while still in the developing or formative phases in order to exchange ideas, obtain constructive feedback, and discuss issues that may be common to various projects (e.g., study design issues, recruitment strategies). The goal is to provide an opportunity for researchers with differing backgrounds and expertise but a shared passion for reducing health disparities to sit together and discuss their work.

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