

# **PRC SuccessStory USC FAN Program**

(SPEECH)

[00:00:00.00] [AUDIO]

(DESCRIPTION)

[00:00:00.00] Centers for Disease Control and Prevention logo appears.

[00:00:05.54] Text: A Prevention Research Centers (PRC) pathway to practice success story.

[00:00:11.85] Text: Taking faith, activity, and nutrition online for better health. University of South Carolina Prevention Research Center.

(SPEECH)

[00:00:19.42] INTERVIEWER: CDC Prevention Research Centers work with communities across the US to research and test strategies that work to prevent chronic disease and improve health. PRCs and communities collaborate throughout the research process to study how to put effective, appropriate and sustainable public health programs and strategies into action to help communities, especially those experiencing health disparities.

(DESCRIPTION)

[00:00:47.20] People of various ages gather in a garden. A woman goes over nutrition facts. A man has his blood pressure taken by a medical professional.

(SPEECH)

[00:00:54.68] The University of South Carolina Prevention Research Center and their partners created the Faith, Activity, and Nutrition, or FAN program. FAN works closely with mostly Black and African American churches to improve health among their members. The program helps church committees learn how to create a church environment that is more supportive of physical activity and healthy eating, leading to lower risk of conditions like type 2 diabetes and high blood pressure.

[00:01:27.51] Some churches have found ways to include more movement as part of their worship services or during meetings, while others have begun adding more fruits, vegetables, and whole grains to their event meals and snacks. As FAN became successful in the Southeast, more churches wanted to join the program.

[00:01:46.71] To help more communities, the PRC created an online training program that had self-paced modules, a discussion board, and access to program materials and resources that churches could use,

(DESCRIPTION)

[00:01:59.45] Program materials and resources include a FAN flyer, reliable handouts for members, bulletin inserts, and a guide for program implementation.

(SPEECH)

[00:02:08.26] Like healthy recipes and monthly newsletters to ensure success.

(DESCRIPTION)

[00:02:12.61] Two people look at FAN Monthly together on a tablet.

(SPEECH)

[00:02:15.01] They worked with many partners to test the online version and make sure it was as effective as in person. As a result, over 100 churches from 17 different denominations across 23 states enrolled in the online training program.

[00:02:32.29] The PRC has shared their process for converting the FAN training to an online format as a model for others to learn how to effectively take their own health programs online.

(DESCRIPTION)

[00:02:43.40] PubMed article, "A process for converting an in-person training to increase church capacity to implement physical and healthy eating practices and policies to an online format" by S. Wilcox et al.

(SPEECH)

[00:02:53.99] The PRC is also providing technical assistance to a national faith and health organization to continue offering the online training when the PRC grant ends.

(DESCRIPTION)

[00:03:04.89] A person works out at home. People have an in-person meeting. A person uses an app to plan for healthy eating.

(SPEECH)

[00:03:10.92] The FAN program is an example of how CDC PRCs are creating pathways to practice, providing practical solutions that public health professionals can easily use and adapt to suit their community's unique needs.

(DESCRIPTION)

[00:03:26.51] The FAN program offers resources and activities like a monthly recipe contest, FAN Program Plan, and instructions on setting SMART goals.

(SPEECH)

[00:03:34.59] To find out more about the University of South Carolina PRC and CDC Prevention Research Centers, visit [www.cdc.gov/prevention-research-centers/](http://www.cdc.gov/prevention-research-centers/)