DEVELOPER
University of North Carolina at Chapel Hill, University of Michigan, Emory University, American Cancer Society and National Cancer Institute

INTENT
Body and Soul is a church-based, nutrition intervention aimed at increasing fruit and vegetable intake among African Americans adults. The intervention components consist of church-wide nutrition activities, environmental changes in churches, pastor support, and motivational peer counseling. All intervention materials are available free of charge for download via the National Cancer Institute’s RTIPs website.

OVERVIEW
Researchers and their community partners created Body and Soul by combining elements from two existing evidence-based interventions. Body and Soul integrates components of Black Churches United for Better Health, an intervention developed by researchers at the University of North Carolina at Chapel Hill, and Eat for Life, an intervention developed by researchers at Emory University. Body and Soul has five main components:

1. **Church planning committees** are responsible for planning and leading church-wide initiatives. Examples include nutrition education events (described under Church Activities), distributing self-help materials (cookbooks, motivational videos, and educational pamphlets), and recommending food policy changes, such as new guidelines about what foods are served at church functions.

2. **Pastor Support** leads to changes in policies and social norms within the church. As organizational and spiritual leaders, pastors can effectively advocate for serving fruits and vegetables at church functions, deliver inspirational messages, become role models for healthy eating habits, and publicly recognize Body & Soul participants.

3. **Church Activities** to promote healthy diets that include fruits and vegetables are essential to the intervention. Planning committees organize and carry out nutrition workshops, cooking demonstrations, movie/video screenings, tours of grocery store produce departments, taste tests, and church bulletin messages about health eating.

4. **Church Environments** that promote healthy eating help demonstrate how to easily integrate increased fruit and vegetable intake into daily life. In addition to providing healthy options at church functions, churches can create church gardens or sponsor a farmer’s market.

5. **Peer Counseling** is offered to church members who have requested one-on-one support for increasing their intake of fruits and vegetables. Peer counselor training is 12-16 hours offered through DVDs and manuals.
Intended population: Adult African American church members

Setting: Churches or community organizations

EVIDENCE REVIEW SUMMARY
Fifteen churches in California, Georgia, North Carolina, South Carolina, Delaware and Virginia were randomly assigned to a Body and Soul intervention (8) or comparison group (7). All Churches had predominantly African American membership. The primary outcome was fruit and vegetable intake, assessed by a food frequency questionnaire at baseline and at six months for both the intervention and comparison churches.

Church activities and environmental policy changes were aimed at the entire congregation and included a project kick-off event and a combination of nutritional workshops, cooking demonstrations, video screenings, etc. Policy changes included increased availability of fruits and vegetables at church meals, church functions and after school programs. Participants who voluntarily enrolled in the study received a cookbook and those who signed up for lay counseling received a minimum of two motivational interview calls from peer counselors.

At follow-up, survey respondents recruited from intervention churches had consumed more fruits and vegetables per day than survey respondents recruited from comparison church participants. More specifically, survey respondents recruited from intervention churches consumed 0.7 servings more per day based on a 2-item measure and 1.4 servings more per day based for a 17-item measure than survey respondents recruited from intervention churches.

MATERIALS
Body and Soul has been packaged for distribution. It is available for free at NCI’s Research Tested Intervention Programs (RTIPs) website. Resources available on RTIPs include:

2. Eat for Life – Participant Cookbook
3. Forgotten Miracles Video
4. Peer Counselor’s Handbook
5. Peer Counseling Coordinator’s Guide
6. Peer Counselor Training Video
7. Body and Soul Church Video
8. Program Materials
   - Worksheets and Informational Handouts
   - Award Certificate Templates
   - Bulletin Images
   - Posters
   - Fruit and Vegetable Pamphlets
   - Body and Soul PowerPoint Presentation

URL: http://rtips.cancer.gov/rtips/programDetails.do?programId=257161
ADDITIONAL INFORMATION

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PUBLICATIONS

REFERENCES
