Claim More™: Empowering African American Women to Make Healthy Choices

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Overview
The purpose of this endeavor was to design and examine the feasibility of a culturally appropriate and faith-based healthy eating program for African American women at risk for developing diabetes. A twelve week faith-based program, from two different churches, utilized a community-based approach that engaged 30 women from two churches to complete the program in conjunction with lay health educators from those settings. The program included the following aims established by the participants that included setting healthy eating goals, attendance at weekly educational classes, and establishment of daily text messages reminders associated with the program’s goals. Outcomes included frequent engagement in the program demonstrated by high levels of social support as demonstrated by improved healthy eating habits.

Learner Outcomes:
At the conclusion of this activity, learners will be able to:
1. Explain the purpose of the faith-based project among African American women.
2. Identify the impact of the faith-based interactions on health eating habits.
3. Examine the impact of the lay health educators on the project.
4. Discuss the implications of social media on the success of this project.
5. Characterize the benefits to participants that can be gained through the use of culturally appropriate faith-based interventions associated with women at increased risk for diabetes.

Contact Hours 2

Requirements for Successful Completion
Requirements for successful completion includes: read the entire article, score 70% or better on posttest, complete the online evaluation form.

Conflict of Interest
The planners and faculty have declared no conflicts of interest related to this activity.

Commercial Support
There is no commercial support or sponsorship for this activity

Expiration Date of Contact Hours
Posttest must be completed on or before February 29, 2020

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