

Implementation Protocol

Faith in Action/Fe en Acción

A faith-based, promotora-led, physical activity program

I. Program Administration

a. Project Manager

- i. Oversee all aspects of the project, including purchasing supplies, recruiting and training staff, and monitoring of budgets and timelines
- ii. Communicate with all partners: church leaders, community members, and project staff
- iii. Lead regular team meetings to assess progress and determine steps to overcome barriers
- iv. Coordinate meetings with investigative team to discuss progress and incorporate input
- v. Meet with church and community leaders regularly to communicate progress and elicit feedback

b. Physical Activity Specialist

- i. Conduct training of promotoras for physical activity intervention
- ii. Complete regular observational assessments of physical activity classes to ensure fidelity
- iii. Provide feedback for promotoras on implementation of classes
- iv. Assist in recruitment of participants to the program
- v. Meet regularly with promotoras (weekly/monthly) to answer questions, provide encouragement, and collect administrative paperwork
- vi. *Qualifications: Group fitness/personal training certification (AFAA, ACE, NASM, ACSM); bilingual (English/Spanish); experience in faith-based settings*

c. Promotoras (Community Health Workers)

- i. Participate in training and abide by all study protocols
- ii. Lead 2-3 physical activity classes per week at the church or in surrounding community
- iii. Recruit participants to the program through church bulletins, announcements, and word of mouth
- iv. Call participants to encourage them to attend classes.
- v. Conduct motivational interviews to help participants meet physical activity goals
- vi. Report all adverse events to Project Manager

- vii. *Qualifications: member of participating church for minimum of 2 years; experience leading small groups (i.e. Bible study, marriage classes, etc.) healthy and willing to lead 2-3 physical activity classes per week; bilingual (English/Spanish)*

d. Evaluation Staff

- i. Conduct measures at baseline and follow-up
 - 1. Anthropometrics (height, weight, waist circumference)
 - 2. Fitness (3-minute step test)
 - 3. Accelerometer (1 week wear; ActiGraph GTX)
 - 4. Questionnaire (demographics, behavioral strategies, religiosity, etc)
- ii. Manage all data and participant follow-up
- iii. Oversee data analysis
- iv. *Qualifications: bilingual (English/Spanish); experience with community-based data collection; familiar with accelerometer data collection and analysis*

II. Program Delivery

For additional information on modifying materials, refer to the appropriate modules for program adaptation from “Putting Public Health Evidence in Action.”

<http://cpcrn.org/pub/evidence-in-action/>

- a. **Program Materials** *(all listed materials can be viewed on the RTIPs products page and requested from the program developer)*
 - i. **Promotora training manual (English/Spanish):** This 284-page manual guides a facilitator (i.e. Physical Activity Specialist) through twelve 2-hour session. Each session includes physical activity exercises and opportunities for promotoras to practice their skills.
 - ii. **Participant health handouts (English/Spanish):** These 14 handouts were developed by project staff and connect faith-based values with health promotion concepts. Promotoras review one handout at each physical activity class. Participants are given hard copies to take with them. Handouts are included within the training manual.
 - iii. **Administrative forms (English/Spanish):** Promotoras complete Weekly Reports, Call Logs, Attendance Sheets, and other administrative paperwork throughout the program to ensure intervention fidelity. These forms are submitted to program staff and data collected as process evaluation data. Forms are included within the training manual.

b. Program Implementation

- i. Step 1:** The Project Manager works with faith-based institutions (e.g. Catholic Diocese) and groups (e.g. pastor alliances) to recruit interested churches.
- ii. Step 2:** The Project Manager partners with church leaders to identify, recruit, and hire promotoras at each participating church.
- iii. Step 3:** Physical Activity Specialist conducts training (12 sessions, 2 hours each) over the course of several weeks. Project Manager works with Evaluation staff to recruit, screen and enroll participants.
- iv. Step 4:** Baseline measures are conducted on all participants prior to the start of the program in that church.
- v. Step 5:** At the start of the program, an orientation event called “Family Night” (Noche Familiar) is held at the church for all enrolled participants and their families. Program staff provide a healthy dinner, presentations on the importance of physical activity for mental health and nutrition, introduce promotoras, and encourage participants to attend physical activity classes starting that week.
- vi. Step 6:** Once certified, promotoras lead 2-3 physical activity classes per week. In each church, a variety of classes (walking groups, cardio dance, and strength training) are offered at different times on various days (weekdays/weekends, mornings/evenings) to encourage participation. Promotoras call enrolled study participants inviting them to classes.
- vii. Step 7:** Promotoras conduct motivational interviewing calls every 3-4 months to encourage participants to increase physical activity.
- viii. Step 8:** Physical Activity Specialist leads booster training sessions with promotoras throughout the program to maintain fidelity.

III. Program Evaluation

a. Eligibility criteria

- i.** Female
- ii.** Self-identify as Latina
- iii.** 18-65 years
- iv.** Attend church at least 4 times per month for any reason
- v.** Live within 15 minutes’ driving distance of the church
- vi.** Have access to reliable transportation to get to the church

- vii. Plan on attending the church for the next 24 months
- viii. Not attend other churches enrolled in the study
- ix. Not have a condition preventing them from being active
- x. Inactive, engaging in less than 250 minutes of accelerometer-assess MVPA

b. Measures (baseline, 12 months, 24 months)

- i. Accelerometer-assessed physical activity
- ii. Self-reported physical activity
- iii. Anthropometric measures (weight, height, waist circumference)
- iv. Behavioral strategies for physical activity
- v. Social support for exercise
- vi. Health conditions
- vii. Demographics
- viii. Religiosity
- ix. Fruit, vegetable, fat, and beverage consumption
- x. Church and neighborhood cohesion
- xi. Acculturation
- xii. Perceived built environment
- xiii. Place attachment
- xiv. Park use
- xv. Depression
- xvi. Sleep

c. Procedures

- i. Participants completed two measurement appointments at each time point.
 1. Informed consent, emergency contact form, anthropometrics, fitness test, accelerometer (7-day wear), schedule next appointment
 2. Collect accelerometer and belt, administer survey, give \$25 incentive