***SUPPLEMENTAL DIGITAL CONTENT***

for

The Role of the Faith Community Nurse in Weight Management

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**ABSTRACT:** Over two-thirds of U.S. adults are overweight or obese, and most view long-term behavior change as unachievable. Faith community nurses (FCNs) are ideally positioned to help people learn strategies for successful weight management. This article discusses the role of faith and the use of the 5A’s Model in lifestyle medication.

**KEY WORDS:** 5 A’s Model; faith community nursing; obesity; overweight; weight management

**SIDEBAR 2:**

*Teaching Undergraduate Nursing Students About*

*Faith Community Nursing and Obesity Interventions*

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It is challenging to design assignments in undergraduate nursing research courses that meet the American Association of Colleges of Nursing (AACN) goals at the appropriate levels. The AACN states: “Baccalaureate programs prepare nurses with a basic understanding of the processes of research. [BSN] Graduates can understand and apply research findings from nursing and other disciplines in their clinical practice. They understand the basic elements of evidence-based practice, can work with others to identify potential research problems, and can collaborate on research teams” (http://www.aacnnursing.org/Portals/42/News/Position-Statements/Nursing-Research.pdf).

At Belhaven University School of Nursing, we chose a focused research proposal that allows students to exercise creativity while developing an understanding of the research process. It was ideal for us to focus on a pressing problem in Mississippi: obesity. We selected the FCN role to educate students about the role, give them opportunity to imagine themselves as FCNs, and emphasize the health promotion role of the nurse. An intervention is required which limits the research designs that can be selected. By choosing their own faith community, the student can imagine themselves as the FCN in the place where they are known. This is not required; students can create an ideal faith community of their own making. This is the student assignment:

*Research Proposal Paper: The “Healthy Church Intervention Study”*

*Description: You are a Faith Community Nurse (FCN). As part of your interest in health promotion, you want to help your members address overweight and obesity issues. There are few previous studies available of an intervention to address weight reduction in a faith-based setting. You are concerned because you know the obesity rate in Mississippi is 35.1%, the third highest obesity rate in the U.S.*

*Guidelines: The Research Proposal is 25% of your course grade.*

* *You will be writing as a Faith Community Nurse (FCN) in the Primary Investigator/ Nurse Researcher Role.*
* *Choose a faith community setting—it can be the church you attend, a composite church developed from multiple places you know or have known, or a completely fictitious setting.*
* *Your outcome variable (that you measure) is change in BMI. You will need to pre-test and post-test your participants.*
* *You must do an intervention study, so your research design will be an experiment or a quasi-experiment.*
* *You must do an ethical study. Consider your faith community members and what would work for your setting when you chose your study design.*

*• You should choose the strongest research design that will work in your setting.*

* *You must decide if you will have a control group and, if you do, what intervention or non-intervention to do with your control group.*
* *You may choose to do the entire faith community membership or you may pick a group within the community: elders; teens; pregnant women, young families; men’s group, menopausal women, a Sunday School class, etc.*
* *You may propose any intervention that relates to obesity: knowledge-based classes, exercise, cooking classes, environmental issues such as changing after-church fellowship foodstuffs, etc. Be creative!*

*• Be sure your intervention has sufficient intensity and duration to make a difference.*

*Grading Rubric:*

* *Introduction (25 points): Include the 4 sources you have been given for your Introduction, and find, use, and cite an additional 3-4 articles that are specific to your population and/or to your intervention. Be sure you make a good case for why the study is needed: Does the review of the literature found in the introduction support the need for the study? Does the review seem thorough and up-to-date? Is the review well organized? Is the development of ideas clear? Avoid travelogue—a description of places you have visited while on a journey, place by place. If you do a travelogue through the articles, you gave a summation of each source and article instead of talking to the issue and using the article to support your points.*
* *Specific Aims and Hypotheses (15 points): Use one paragraph to describe the specific aim of this study, and at least one directional hypothesis reflecting that you expect the intervention to reduce the intervention group’s BMI.*
* *Setting (10 points): Provide a complete and thorough description, including denomination, size, location, pastoral staff, organization, and characteristics of members. Each church is unique and has its own culture; your description should be complete enough to convey a sense of the kind of place that it is. Many students cite the church website in developing this section or use their own personal knowledge.*
* *Methods (25 points): Identify a research design and draw a figure of how it will work –follow the models used in class. How will participants be identified and assigned for the intervention group(s) (randomized or other)? Describe how the study will be carried out. Be thorough in what you are planning to do. This section describes future activities; pre and post measurement of BMI will go here. Plans for data analysis and ethical considerations goes in this section.*
* *Threats to validity and reliability (10 points); A thorough discussion of threats inherent in the design, and potential threats that have been identified and addressed.*
* *Standard Belhaven University School of Nursing Writing Rubric (20 points): 10 points for technical writing, 10 points for APA format.*