

FINE, FIT & FABULOUS NUTRITION AND FITNESS PROGRAM GETS RESULTS

Bronx-Queens Coalition to Prevent and Control Diabetes makes it happen

Public Health Problem

- Racial and ethnic minorities living in the southwest Bronx face huge disparities in health outcomes and rates of disease.
- A higher percentage of residents, compared to other parts of New York City or the state, are obese, have diabetes, are getting little or no physical activity and live in an environment where fruits, vegetables and low fat milk products are difficult to buy due to the proliferation of corner stores and fast food restaurants that sell mostly high-fat, high-calorie foods.
- Community-based programs that support behavior changes related to physical activity, healthy eating, and reaching a healthy weight can help prevent the serious complications of diabetes such as amputation and vision impairment.

Program

- The Fine, Fit & Fabulous Nutrition and Fitness faith-based program is a twelve-week, spiritually-based support group program created by a Bronx-Queens Coalition to Prevent and Control Diabetes member who serves as a health coordinator for her church as part of the Bronx Racial & Ethnic Approaches to Community Health (REACH) initiative.
- Primarily female participants actively engage in fitness instruction, group discussions, role-playing and educational sessions on weight management with emphasis on nutrition and portion control as part of the program curriculum.
- Participants receive the curriculum, exercise mat, pedometer, Fine, Fit & Fabulous T-shirt, sweat bands, and refrigerator magnets that remind participants to “Dump the Junk” as well as marked plates and cups for learning portion control.
- Participants set nutrition and fitness goals, are assigned a “buddy,” and are encouraged to anchor goals to their spiritual/religious values for motivation and sustained commitment.
- Four churches are implementing the program, reaching over one hundred people.

Impact

- The Fine, Fit & Fabulous program yields “graduates” who are more empowered, educated and motivated to maintain healthy lifestyles to better manage or help prevent diabetes. As one said in a letter to the program, “I learned to be more disciplined, exert more self-control to resist temptations more...I will continue with my program.”
- Results from two completed groups show that participants, many of whom have diabetes or are at high risk for developing it, gained nutrition knowledge and many have lost weight.
- Program “graduates” will be trained to implement the program in additional church locations.
- The program is being adapted for use among Spanish-speaking congregations.

Contacts

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