



Bridge to Doctorate Meeting Minutes

October 8, 2018

Facilitator: Shelby Frances Brewer

Minute Taker: Godwin Dzidotor

Duration: 10:30 am – 12:00 noon.

Presentation

Topic: It is well.

Project: Health Intervention Targeted Towards Christian African Americans.

- Develop and distribute health risk questionnaires.
- Results use in developing weight loss intervention plan and protocols for 6.5 million members in The Church of God in Christ.

Hypothesis:

- Implementing the 5 domains of social support can impact weight loss in African Americans.

Population: 6.5 million members; 4.3 million lives in the United States

Sample: Minority African Americans – The Church of God in Christ.

- Participants: 18 – 80 years
Locations: Connecticut, New York and Massachusetts.

Statistics:

- African Americans are two times more likely to be obese compared to Whites.
- Approximately 36.5 percent of the African American adults are obese of which 77 percent are women.
- Fifty two percent more than other race and ethnicity.

Methodology:

Strategy: Top down approach in implementing intervention.

- Study data considers health risk and support through influence by social support and feasibility of changes in African Americans in The Church of God Church.
- Twelve weeks weight loss program: August 2019 to November 2019.

Protocols:

- Data analysis through surveys.
- Descriptive analysis base on implementing structures.
- Pearson correlation.
- Timeline for intervention development.

Activities:

- Meal plan execution protocols.
- Zumba
- Yoga

Overall goal:

Social support through church



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Limitations: Lack of control groups (outside communities).

Professional Development

Bag activity

10 minutes for questions.

30 seconds answering questions.

Concluding remarks: Bag activity will be implemented during every meeting.

Upcoming meeting: October 22, 2018.

Facilitator: Roman Mays

Minute taker: Pierre Dens Fils

Attendees:

Kevin Rivera

Jessica Maita

Cristian Aviles Martin

Brandon Williams

Shelby Brewer

Godwin Dzidotor

Victor Calle

Pierre Fils

Aida Ghiaei

Brandi Mendes

Roman Mays

Steven J. Toro