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

**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.

**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
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