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**ABSTRACT** (draft)

Obesity is a serious concern. Obesity rates have steadily increased over the past two decades, and current data suggests that more than one-third of American adults are obese. Obesity has been linked to increased risk of chronic disease, including heart disease, stroke, type 2 diabetes, and some cancers. Community programs can be used to impact health in the settings where people live, work, and play. Body & Soul is an evidence-based program developed by public and private partners shown to increase fruit and vegetable consumption among African American churches. In this article, we will share the experience of adapting a community nutrition program for a diverse cohort of houses of worship in New Jersey.

In our program, a three-phase model was developed using train the trainer strategies to disseminate healthy living messages regarding nutrition, physical activity, and chronic disease. Phase I consisted of six educational sessions delivered to representatives of houses of worship (Ambassadors) to help them plan activities for dissemination to their congregations. Phase II will include consultations between Ambassadors and faculty from a local academic institution to assist with the development of on-site physical activity programs. Phase III will consist of delivery of local produce to houses of worship for distribution to their congregants and those served by their external community programs, such as food pantries and feeding programs.

This article will highlight local, regional, and federal resources used for community engagement, participant recruitment, and program implementation. An in-depth description of tools used to evaluate Phase I progress will be provided. Lessons learned, the impact of participation in the Research to Reality Program, and advice to others interested in implementing similar programs will also be shared.

POSSIBLE FIGURES  
Logic model