

## SISTERS, WELCOME TO SISTERTALK!

Thank you for joining in SisterTalk, a program designed to help African American and Black women learn how to eat better, lose weight, and become more physically active in order to improve your quality of life.

### SisterTalk is a program that will show you:

- A new, more confident, more in control you!
- How to eat to lose weight.
- Ways to draw on your faith in creating life-style changes.
- Easy ways to get more physical activity.
- Food preparation skills for quick, healthy meals.
- How you can make changes that fit your life and last a lifetime.
- How to get support and encouragement from friends and family.

### SisterTalk will:

- NOT give you a diet to follow.
- NOT tell you what to eat or not to eat.
- NOT expect you to follow a plan that interferes with your life.
- NOT expect you to rearrange your life in order to be more active.
- NOT ask you to buy anything.
- NOT ask you to make changes that you will not be able to continue after the program ends.

We hope that you will enjoy your time with SisterTalk and that you find these resources practical and helpful. Remember that changing your eating and activity habits is a process, and you will experience both successes and challenges. Celebrate your successes, and even if you slip, keep at it. You are now on the road to your best body — you can do it!

**"For I know the plans I have for you" says the Lord. "Plans for good and not for evil, to give you a future and a hope." Jeremiah 29:11**

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SisterTalk is a faith-based educational and support program designed specifically for African American and Black women who want to attain a healthier lifestyle. By using the program, you can become educated about how to make better food choices and how to be more informed consumers. SisterTalk can also teach you how to cook healthy, good-tasting food, without giving up favorite foods. This program was designed specifically for African American and Black Christian women. The faith components of this program support Christian women in drawing upon faith in God to help with changes for healthier living. SisterTalk is sustainable and flexible to work in many ways over time in the church.

## History and Development of SisterTalk

SisterTalk is based on SisterTalk Hartford, a faith-based, healthy-lifestyle weight loss program, funded by the Donaghue Foundation. SisterTalk Hartford was developed and tested collaboratively by UConn Health researchers, hospital advisors and the leadership and volunteers of twelve African American Churches in Hartford, Connecticut. SisterTalk Hartford was created from a partnership between these twelve African American and Black churches, Saint Francis Hospital, UConn Health, and Brown University. This unique program combines the strengths of formative research, development, and cultural tailoring by nutrition and weight loss experts at Brown University with spiritual materials developed in partnership with the church community.

The program has since been updated and tailored to African American and Black women in New York City. UConn Health, in partnership with EmblemHealth and seven founding churches in Harlem and Cambria Heights including The Greater Allen Cathedral of New York, reviewed, rewrote and re-filmed the original footage to make it appropriate for women in New York City. The Greater Allen Cathedral of New York has been and continues to be a leading church and is now the primary church working to spread the program across the churches.

### Participation Criteria for the Original Study

To ensure the scientific validity and safety of the original study, women meeting the following guidelines were eligible to participate:

- ⊕ African American and Black women at least 18 years old, with a Body Mass Index (BMI) of at least 25, who planned to attend the program at a participating church.

- ⊕ Women were told they should not participate if they had any of the following conditions:
- Insulin dependent diabetes
  - A heart attack requiring hospitalization in the past 2 years
  - Ever had a stroke
  - Uncontrolled high blood pressure (hypertension)
  - Congestive heart failure (CHF)
  - Were pregnant or nursing
  - An eating disorder like anorexia or bulimia
  - Existing dietary restrictions from their health care provider that would conflict with the information in the program
  - Unable to participate in mild exercise such as walking or exercising in a chair

### **Current Participation Criteria**

Because of these original participation criteria, SisterTalk Hartford has been proven effective only for women who meet the eligibility criteria. However, many women with the health conditions listed above may find the SisterTalk program beneficial. **We strongly encourage all women who participate to do so under the guidance of their medical provider.** A participating church might choose to draw on relevant church resources and members (such as nurses and doctors) to provide medical guidance and advice to participating women. In your materials we have provided you with a waiver developed to be personalized by your church. The waiver can help explain participation, and provides language that releases the church from responsibility for program participants' health status. We encourage use of this waiver with guidance from church leadership.

### **Results from the original study showed the following:**

1. African American and Black women participating in SisterTalk sessions were 2.6 times more likely to lose weight than similar women who were not participating.
2. Women who participated in the second round of SisterTalk were as likely to lose weight as women in the first round.
3. More than half (55%) of the women attending sessions lost weight and another 8% did not gain weight for the duration of the program.
4. The effects of the healthy lifestyle program were long-term — 66% of women who lost weight maintained this loss or continued to lose weight up to 11 months after completion of program.

5. The SisterTalk Hartford program was continued by 67% of the participating churches, suggesting that it is an acceptable and appropriate healthy lifestyle program for community churches.
6. Participants were very satisfied with the program – 90% of women rated the program 8 or higher on a 10 point satisfaction scale.
7. Participants enjoyed the group support and sisterhood of the sessions as much as they appreciated the weight loss. As one woman said, **"It is not what we lost, but what we gained."**
8. In New York, women have lost on average 5 pounds during the program.

## Contact Information

If you have questions about SisterTalk, or want more information, contact:

### The Greater Allen Cathedral of New York

**Jeannette Wells**

(347) 441-0572

[sistertalk@allencathedral.org](mailto:sistertalk@allencathedral.org)

**Christine Walcott**

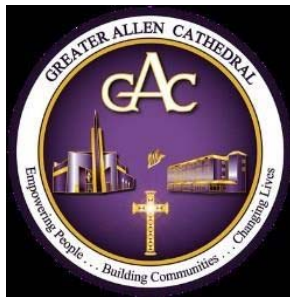
(718) 997-1020

[Christine\\_health@yahoo.com](mailto:Christine_health@yahoo.com)

**SisterTalk website**

[health.uconn.edu/sistertalk-ny/](http://health.uconn.edu/sistertalk-ny/)

SisterTalk is a partnership between The Greater Allen Church of New York and UCONN Health:



**UCONN  
HEALTH**

A cheerful look brings joy to the heart, and good news gives health to the bones. *Proverbs 15:30*

## SisterTalk: Key Messages

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- SisterTalk Theme: Journey to Your Best Body
- Learning life-long problem solving to live a healthy lifestyle
- Healthy lifestyle activation program (not a weight loss program, not a diet)
- Available in an app
- Evidence based and spiritually based
- Created specifically with and for African American and Black Christian women
- Film plus group support format
- Developed collaboratively with African American and Black women, and churches in Hartford and New York
- Focus on behavior change, motivation, and support
- SisterTalk Resource Center = The Greater Allen Cathedral of New York: you have support!
- All can benefit from the group process
- High value of the group as safe space
- Integration of your church's spiritual flavor (group prayer/theme song)

## Using the SisterTalk App

### Demonstration by Master Trainer

- a. Location tab – can review the history, participant criteria, and contact information under the New York tab
- b. Resources tab - go through all the different resources under the tab (downloading app instructions, food & activity diary, etc.)
- c. SisterTalk Ground Rules
- d. Participant workbook – can fill out workbook on the app
- e. The list is of the 12 sessions (12 themes)
  - i. Each session is set up the same way – (click on the Setting Goals session)
  - ii. Each session has the same sections – Keepin’ It Real, Food For Living, Activity Snacks, Let’s Get Going, In The Kitchen, In Depth, My Journal, Films
  - iii. Some of the section names match the section names in the video
  - iv. You can write your thoughts and experiences about the session and save it in the My Journal section
  - v. You can find a link

## Downloading the App

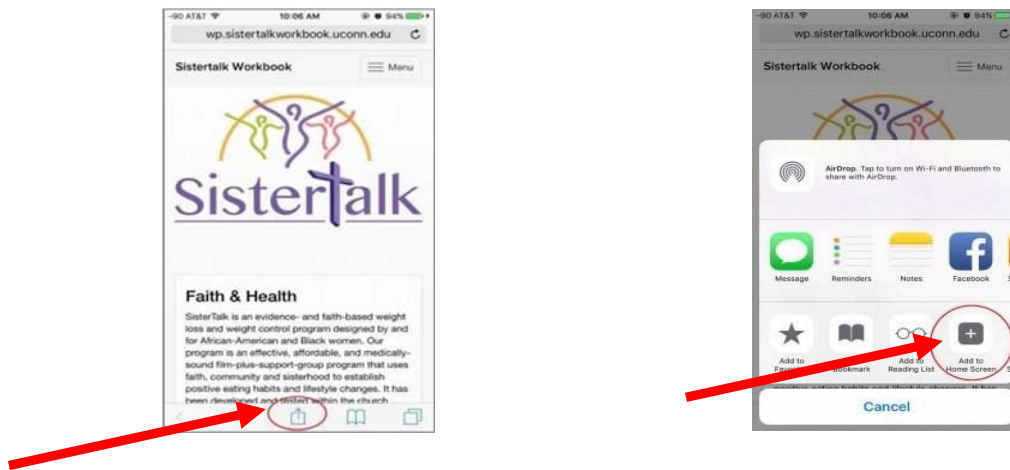
### 1. SisterTalk Installation Instructions for iOS

1. Click "Safari" on your iOS device.

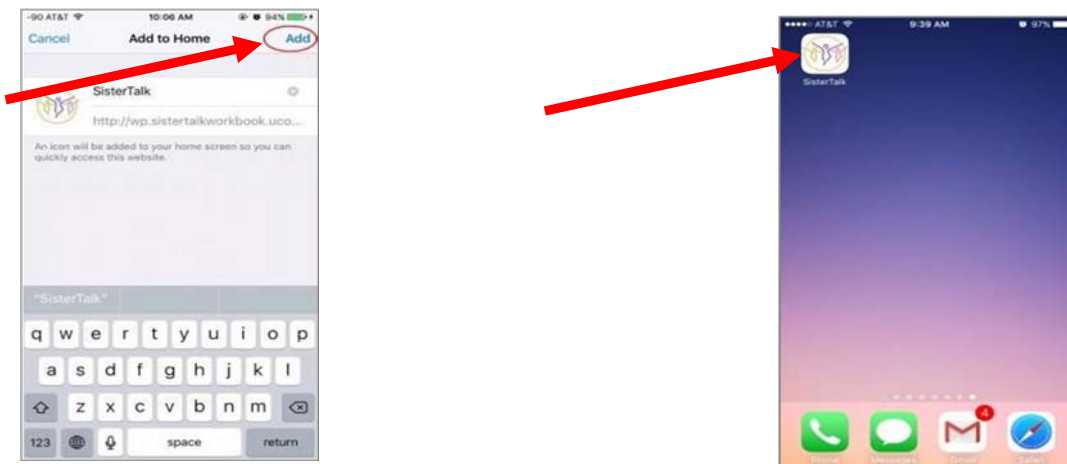


2. Go to SisterTalk: <http://sistertalkworkbook.uconn.edu>

3. Click button at the bottom of your browser (left image) and click "Add to Home Screen" button (right image)



4. Click "Add" in the top right hand corner (left image). This will add the app to your home screen (right image)





## 2. SisterTalk Installation Instructions for Windows Phone

1. Click "Internet Explorer" on your Windows phone.

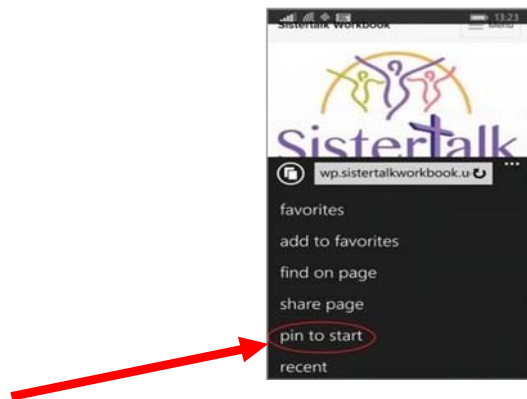


2. Go to SisterTalk: <http://sistertalkworkbook.uconn.edu>

3. Click the three dots at the bottom right of your browser, highlighted in red below



4. Click "Pin to Start" button, shown below



You have now installed the SisterTalk Workbook application



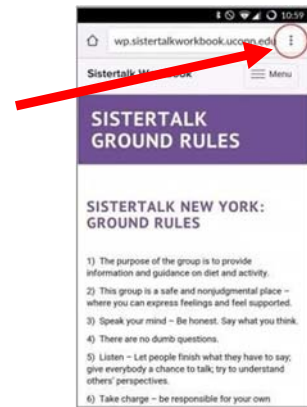
### 3. SisterTalk Installation Instructions for Android

1. Open your default browser.

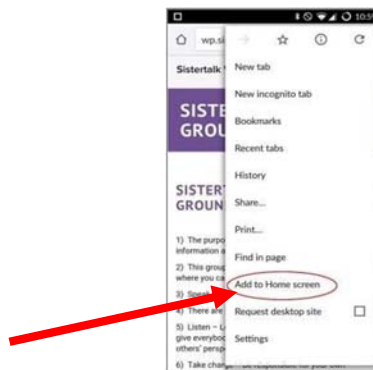


2. Go to SisterTalk: <http://sistertalkworkbook.uconn.edu>

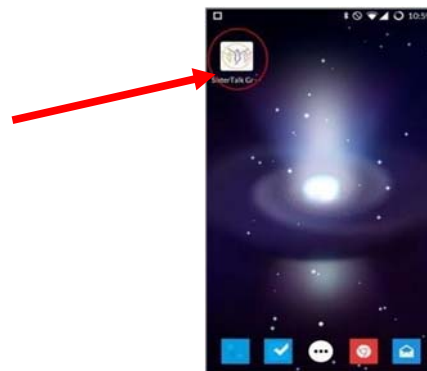
3. Click the button to the right of SisterTalk's url, in the top right hand corner of the screen



4. Click "Add to Home Screen"



You have now installed the SisterTalk Workbook app on your Android device



#### 4. SisterTalk Installation Instructions for Kindle

1. Open the 'Web' on far right on Home Screen and go to SisterTalk:  
<http://sistertalkworkbook.uconn.edu>



2. In the bottom menu, click on the page icon in the middle (left image). This will bring up another menu on top. Next, click 'Add Bookmark' (right image).



3. Click 'OK' and then home icon (left). Now you have added the SisterTalk application (right).



## 5. SisterTalk shortcut on Laptop/Desktop

1. Open any browser.

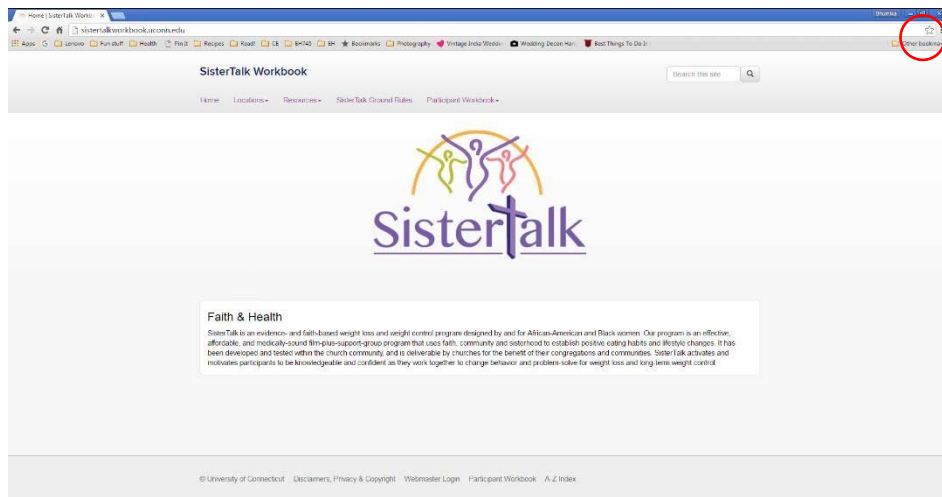


OR

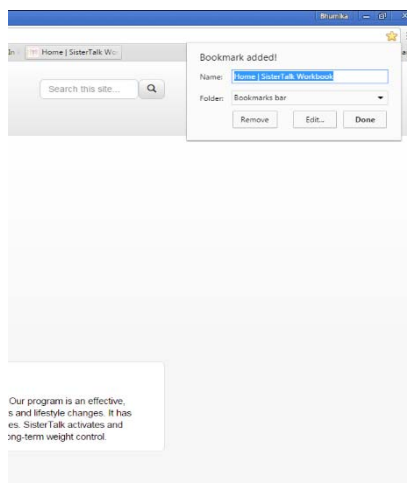


2. Go to SisterTalk: <http://sistertalkworkbook.uconn.edu>

3. Click on the star icon to the right of the SisterTalk url



4. Make sure box reads 'Name: Home | SisterTalk Workbook' and 'Folder: Bookmarks Bar.' Click 'Done.'



5. Now, you should see the SisterTalk icon in the Favorites Bar (see above, left circle).

Body Mass Index Table																																				
	Normal					Overweight					Obese					Extreme Obesity																				
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)	Body Weight (pounds)																																			
58	91	98	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	276	282	287	293	299	304
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.

**SisterTalk Weekly Food and Activity Diary**

<b>Name:</b>				<b>Dates:</b> _____ to _____	
<b>Day</b>	<b>Time</b>	<b>Food Type &amp; Amount</b>	<b>Mood (Before &amp; After)</b>	<b>Place of Eating</b>	<b>Hunger Level (before eating)</b>
Mon					
Mon					
Mon					
Mon					
Mon					
<b>MON</b>	<b>Daily Servings of Water: 1 2 3 4 5 6 7 8 9    Daily Servings of Fruits &amp; Vegetables: 1 2 3 4 5 6 7 8 9</b>				
Tue					
Tue					
Tue					
Tue					
Tue					
<b>TUE</b>	<b>Daily Servings of Water: 1 2 3 4 5 6 7 8 9    Daily Servings of Fruits &amp; Vegetables: 1 2 3 4 5 6 7 8 9</b>				
Wed					
Wed					
Wed					
Wed					

Participant Welcome Guide

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Wed																				
<b>WED</b>	<b>Daily Servings of Water: 1 2 3 4 5 6 7 8 9    Daily Servings of Fruits &amp; Vegetables: 1 2 3 4 5 6 7 8 9</b>																			
Thu																				
Thu																				
Thu																				
Thu																				
Thu																				
<b>THU</b>	<b>Daily Servings of Water: 1 2 3 4 5 6 7 8 9    Daily Servings of Fruits &amp; Vegetables: 1 2 3 4 5 6 7 8 9</b>																			
Fri																				
Fri																				
Fri																				
Fri																				
Fri																				
<b>FRI</b>	<b>Daily Servings of Water: 1 2 3 4 5 6 7 8 9    Daily Servings of Fruits &amp; Vegetables: 1 2 3 4 5 6 7 8 9</b>																			
Sat																				
Sat																				
Sat																				
Sat																				
Sat																				

<b>SAT</b>	Daily Servings of Water: 1 2 3 4 5 6 7 8 9    Daily Servings of Fruits & Vegetables: 1 2 3 4 5 6 7 8 9																	
Sun																		
Sun																		
Sun																		
Sun																		
Sun																		
<b>SUN</b>	Daily Servings of Water: 1 2 3 4 5 6 7 8 9    Daily Servings of Fruits & Vegetables: 1 2 3 4 5 6 7 8 9																	

<b>PHYSICAL ACTIVITY TRACKING</b>					
<b>Day</b>	<b>Time</b>	<b>Activities (give details)</b>	<b>Mood (Before &amp; After)</b>	<b>Place of Activity</b>	<b>Energy Level (before activity)</b>
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					



## **SisterTalk: Ground Rules**

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- 1) The purpose of the group is to provide information and guidance on diet and activity.
- 2) This group is a safe and nonjudgmental place – where you can express feelings and feel supported.
- 3) Speak your mind – Be honest. Say what you think.
- 4) There are no dumb questions.
- 5) Listen – Let people finish what they have to say; give everybody a chance to talk; try to understand others’ perspectives.
- 6) Take charge – be responsible for your own learning.
- 7) Keep information shared in the group private and confidential (required).
- 8) Begin and end the session on time.
- 9) Be considerate – show respect and do not discount anyone.
- 10) Ask questions one at a time; when questions cannot be immediately answered, we will use a “parking lot” and return to them later.

### **Any other ground rules your church has added?**

11) \_\_\_\_\_

12) \_\_\_\_\_

## SisterTalk Participant Waiver

### SisterTalk is...

- ⊕ A spiritually based weight loss and weight control program for African American and Black women.
- ⊕ Originally developed by and for African American and Black women in Hartford, CT and re-translated for the New York audience.
- ⊕ Held in weekly groups (up to 2 hours long) led by women from your church.
- ⊕ A support-focused program to help you find your "best body" by drawing on your faith and your community.

### Participation Criteria for the Original Study

To ensure the scientific validity and safety of the original study, women meeting the following guidelines were eligible to participate:

- ⊕ African-American and Black women at least 18 years old, with a Body Mass Index (BMI) of at least 25, who planned to attend the program at a participating church.
- ⊕ Women were told they should not participate if they had any of the following conditions:
  - Insulin dependent diabetes
  - A heart attack requiring hospitalization in the past two years
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  - Congestive heart failure (CHF)
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  - Unable to participate in mild exercise such as walking or exercising in a chair

### Current Participation Criteria

Because of these original participation criteria, SisterTalk has been proven effective only for women who meet those eligibility criteria. However, many women with the health conditions listed above may find SisterTalk beneficial. **We strongly encourage all women who participate to do so under the guidance of their medical provider.**

All participants are required to maintain the confidentiality of the group, and not share with others anything said in SisterTalk groups. This protects all group members.

I do NOT have any of the conditions listed above.

Church \_\_\_\_\_ and SisterTalk are not legally responsible for any injury or harm to you due to your participation in this program.

Participant \_\_\_\_\_

Date \_\_\_\_\_

