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Revised Project Proposal

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Southern Adventist University

Daniel Fast Approval Request

I. Identification of Project:

Wellness Director: Katie Schuen

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Phone: 614-579-5909

Co-Investigator(s): Lilly Tryon, Caitlin Hobbs (Research Coordinator)

E-mail Address(es): lillytryon@gmail.com, caitlinh@southern.edu

Title of Project: The Daniel Fast at Southern

Department: Campus Ministries

Faculty Supervisor (for student investigator): Lilly Tryon, Dr. Harold Mayer

Starting Date: February 17 Estimated Completion Date: April 7

II. Mission and Vision for Study:

Our goal is to empower students to embrace the true vision of wellness on the campus of Southern Adventist University. This study will demonstrate the ability of students to improve their health *within* the health message of the Seventh-day Adventist Church. The spiritual purpose of this fast will show students the importance of using God as the source of their physical and mental strength. This study will encourage wellness in all dimensions—physical, emotional, intellectual, and most of all spiritual.

III. Spiritual Journey

Proper physical health impacts one's relationship with God. When good health is achieved, it can play a role in our ability to hear God's voice in a more distinct manner. The mind is the avenue in which God communicates with us. The clearer our minds, the better the communication is between God and us. With the Holy Spirit and self-control, we can overcome unhealthy dietary habits and maximize brain functioning and clarity.

“Ellen White expanded the traditional definition of fasting. ‘The true fasting which should be recommended to all is abstinence from every stimulating kind of food, and the proper use of wholesome, simple food, which God has provided in abundance. Men need to think less of what they shall eat and drink of temporal food, and much more in regard to the food from heaven, that will give ton and vitality to the whole religious experience’” (Medical Ministry, p. 283).

Application of Spiritual Component:

- Prayer journal/blogging spiritual journey options.
- Daily encouraging and uplifting emails with devotional attached.

- One meeting each week with all participants.
- Each participant will be encouraged to choose an accountability partner.
- Availability to email choosewellnesstoday@gmail.com if they need to send prayer requests, ask questions, or need support in a specific struggle.

IV. Description and Source of Research Subjects

Participants will be selected on a volunteer basis. Any gender can participate and all will be students of Southern Adventist University. However, any scientific data collected will only involve female participants for the sake of research data consistency.

V. Timeline

- General Timeline:
 - February 17—First Meeting
 - February 24—Lay out Concepts of Fast
 - Spring break—Participants Prepare for Fast
 - March 10-31—Fast
 - April 7th—Ending Date
 - April 26th—Honors Symposium Presentation
 - Fall 2013—Submission of Scholars Paper

- Specific Timeline:
 - First meeting Feb 17:
 - Go over the process for deciding the purpose of the fast.
 - Preliminary surveys
 - Final participants sign consent forms. Contract of commitment.
 - Sign up for testing if necessary.
 - Assign numbers. Make key for numbers and names.
 - February 24:
 - Lay the concept before participants.
 - Give individuals an opportunity to opt in our out.
 - Help individuals prepare for the fast.
 - Example: Individuals start drinking ½ gallon of water, taper off caffeine, and cut down on certain foods.
 - Encourage students to keep searching for their purpose in this fast.
 - Pray over the individuals who are participating in the fast.
 - Empower them with the strength of the Holy Spirit.
 - Follow up Meetings:
 - March 10, March 17, March 24
 - Encouraging students to stay motivated.
 - Small group prayer sessions.
 - Sharing weekly struggles or victories with God’s help.
 - Final Meeting

- Final surveys Administered.
- Reporting any data that has been gathered.
- Concluding remarks.
- Prizes.

VI. Information Collection

- Preliminary and Final Survey on emotional, spiritual, and intellectual changes (details of surveys to be determined).
- Weight and height
- Age
- BMI/Body composition
- Blood pressure
- Previous diet and exercise habits
- Resting Metabolism Rate
- Resting Heart Rate

VII. Purpose of Research

The scientific research from this study will be used by Caitlin Hobbs as a second option for her Senior Project for the Southern Scholars program. Data collected will include preliminary and final resting metabolism tests. Her working hypothesis is as follows: *After a 21-day restricted fast with spiritual purpose, metabolic efficiency as measured by levels of fat oxidation and basal metabolic rate will improve and associated survey data will report improvements in spiritual and intellectual health.*

Brief Outline:

- Introduction:
 - Literature review with previous research on religious fasting and metabolic rate changes.
 - The importance of metabolic health.
 - Definitions involving metabolism, health, fitness, and fasting in understandable terms.
- Methods and Design
 - Explanation of processes used to find subjects, collect data, and test.
- Results
 - Pre-fasting states of individuals.
 - Post-fasting results of resting metabolic rate tests.
 - Subjective results from participants.
- Discussion and Conclusion
 - Correlations of changes in metabolism with anthropometric measurements.
 - Suggestions for future research in this area.
 - Possible correlations with survey data.
 - Possible relationship to Dr. Mayer's study without the spiritual component.

VIII. Budget

The maximum estimated budget is \$500. This will include copies and materials for participants as well as any incentives (the nature of the incentives is to be determined).

IX. Informed Consent and Confidentiality

An informed consent form will be provided to participants before beginning the fast. All documentation will be kept confidential according to assigned numbers. Data would be reported in a professional way with all subjects being kept anonymous and all information confidential. All survey research would also be anonymous and randomized according to their numbers.

X. Senior Project Proposal

As I have worked on the study with Dr. Mayer in the Human Performance Lab, I realized the need for a back-up plan. As of now, both projects are in the making, but I would like to clarify that both are viable options before pouring my energy into one or the other. This back-up plan differs in that I have designed the program myself with assistance from the Campus Ministries Wellness Director, Katie Schuen, and I would be the *only* person using the data collected for research purposes.

This project would be done through Campus Ministries in partnership with the Wellness Director. I am the team member who handles the research side of a 21-day Daniel Fast. Initially, the team was doing a program called the “Daniel Challenge” but I proposed that we do only the Daniel *Fast* for simplicity and straightforward scientific data collection.

The goal of the Daniel Fast is to eliminate other factors of healthy living, not because they are less important, but because the scientific data will be much more conclusive and will provide a more solid research foundation for similar fasts. The Daniel Fast promotes healthy eating that strengthens the will, clears the mind, creates a deeper desire to know God, and increases reliance on the Holy Spirit over the desire of the flesh to eat certain foods. No other changes would be made in the participants’ life—if they already exercise each day, they should continue as they have been and report their regular habits to us. That way, we know that the only factor changing in their life is their effort and commitment to a new way of eating and drinking for a set period of time.

Approximately 50 students have volunteered to be a part of this program, and more are welcome to join. Out of these students, only female volunteers would be tested in the lab to determine their resting metabolic rate and efficiency. 15-20 young women would be tested before and after the 21-day Daniel Fast based on the book by Susan Gregory (I have contacted Susan requesting permission to use her resource for this study, and she has given me her blessing). A control group, making no changes in lifestyle, of 5 females would be tested as well.

Each participant would take about a week to prepare for the Fast and would be encouraged to prayerfully decide on a personal purpose for their fast in accordance to the guidance of Susan Gregory's *Daniel Fast* book. Each participant would receive daily emails with appropriate devotionals and encouragement, and would join other participants for a weekly meeting until the fast was completed.

The Daniel Fast provides a way to determine the effects on their physical health measured via metabolic efficiency. The program is simple and efficient and straightforward. I would be able to attribute any changes in metabolism, other health factors, intelligence, or emotional health to the diet alone as maintained with the help of the Holy Spirit. The spiritual, emotional, and intellectual health will be measured through qualitative data and surveys administered via the Wellness department of Campus Ministries. These surveys will be given to all participants of the fast, including the girls whose resting metabolic rates are tested for data purposes.

Currently, IRB approval has not been given, but a proposal will be submitted promptly, assuming this proposal is approved by the Honors Faculty Committee. If the Daniel Fast is not deemed a viable project, I will still be assisting with the fasting program on campus, but the metabolic testing will not be involved.