

PLANNING GUIDE

for Faithful Families Thriving Communities

FAITHFUL FAMILIES Thriving Communities



PLANNING GUIDE

for Faithful Families Thriving Communities

Faithful Families Thriving Communities (Faithful Families) promotes healthy eating and physical activity in communities of faith. The program addresses the problem of overweight and obesity by promoting healthy eating and physical activity through environmental supports to help individuals, families, and communities to eat smart and move more.

FAITHFUL FAMILIES Thriving Communities

Faithful Families has been accepted as a practice-tested intervention by the Center of Excellence for Training and Research Translation (Center TRT) at UNC Chapel Hill.

Center TRT, in collaboration with the Centers for Disease

Control and Prevention's (CDC) Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases, has developed a process for reviewing, translating and disseminating interventions. This process is applied to obesity prevention interventions that have been tested through research studies or have been developed and evaluated in practice. Interventions are recommended by expert reviewers and CDC for dissemination. Faithful Families is the first faith-based intervention to achieve this status.

Faithful Families is a collaboration between the North Carolina Division of Public Health and Extension at North Carolina State University. As such, it is a part of North Carolina's Eat Smart, Move More North Carolina movement. **Eat Smart, Move More North Carolina** is a statewide movement that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play and pray.

This guide and additional resources, programs and tools on the Faithful Families website will help you promote healthy eating and physical activity in your place of worship.

Visit **FaithfulFamilies.com** today.



Congratulations! Your interest in your faith community shows that you care about the health of those in your faith family. You are willing to embark on a journey to make change happen.

You have an important role to play in improving the health of your faith community. Faith communities are a powerful source for health information and a potential model for healthful living. Faith community members believe that places of worship are effective gathering places for health education.

“As a place of worship, we realize that our faith community has great influence in the spiritual and physical health of our members and the town we live in to become a great place to live. We value our relationships at Shoreline to help people grow spiritually and promote faith-based programs such as Faithful Families to encourage families to live healthier.”

—Pastor Neal Grimes, Shoreline Baptist Church, Southport NC

As you know, people who eat smart and move more reduce their risk for serious health problems such as diabetes, cancer and heart disease. Maintaining an active lifestyle and choosing healthy foods helps us feel good, and improves our quality of life. Faith community members can be encouraged to be good caretakers of their physical bodies.

“Faithful Families program has changed my life. I eat healthier, have more energy, and feel good about myself and my appearance.”

*—Doris Phillips, member,
St. John AME Zion, Dudley NC*

“...we’ve never served water in our church before. Now we have bottled water, we’re looking at fat content of our foods—instead of fried, we’re having baked chicken on Sunday. That’s a tradition in the black church, fried chicken, but now we’re baking the chicken and it’s just as good.”

*—Faye Wilcox, Lay Leader,
United Pentecostal Church, Lillington, NC*

Work with leadership in your faith community to complete each of these steps. To begin, read through this entire this entire Guide, including the 10 Key Steps. This Guide will help you to start a committee that promotes healthy eating and physical activity in your faith community. Once you have formed the committee, use the Faithful Families website (FaithfulFamilies.com) for ideas for environmental supports to promote healthy eating and physical activity.

“It is important for leadership to support lifestyle changes in order for the membership to be fully impacted mind, body and soul. As the Pastor and participant in the program, we have implemented three changes: water is now the main beverage served, fruit is the dessert of choice, and 30 minutes of exercise has been added to weekly Bible study class.”

—Reverend Carla Atkins, St. John AME Zion, Dudley NC

Throughout this Guide, you’ll find places in the text where you can make notes, brainstorm, or record pieces of your program plan. Additionally, all of the tools mentioned in the Guide are available for free download at **FaithfulFamilies.com**.

At this website, you can download posters, handouts, certificates and additional tools you need to promote healthy eating and physical activity in your faith community. Samples of some of these tools are provided as appendices in this Guide.

This Guide will help your faith community to support and encourage healthy eating and physical activity among your members. Other faith communities across the country are also helping their members to eat smart and move more. At **FaithfulFamilies.com**, you can read “success stories” of faith-based health programs. These stories are included to inspire you as you help your members adopt healthier behaviors and lead healthier lives.

“Shiloh community continues the work of building a stronger community. Growing a garden is a start toward changed behavior within a community that has been systematically fractured over the years. The potential for the Shiloh community is unlimited, this garden has allowed the community to make their own decisions and realize how they can access future opportunities. The Shiloh Community Association will continue to build and grow more food and stronger relationships.”

—Darcel Eddins, Shiloh Community Association, Asheville, NC

What Is the Planning Guide for Faithful Families Thriving Communities?

The *Planning Guide for Faithful Families Thriving Communities* helps faith communities make and sustain changes that promote healthy eating and physical activity.

This guide will help your faith community adopt environmental supports that promote healthy eating and physical activity. Creating a Faithful Families Thriving Communities (Faithful Families) program in your place of worship will be an exciting process. This guide will provide all of the necessary tools you need to get started.

Resources available at **FaithfulFamilies.com** may help you to talk about the need for a Faithful Families program at your faith community.

The Planning Guide for Faithful Families Thriving Communities:

- Provides step-by-step guidelines for starting and maintaining a Faithful Families committee in your faith community.
- Includes a Faith Community Assessment to learn more about the health of the faith community.
- Includes additional components and resources, available for easy download at **FaithfulFamilies.com**.
- Addresses two main aspects of a healthy lifestyle: healthy eating (eat smart) and physical activity (move more).

What Is a Faith-Based Health Program?

Faith communities have a special role to play in helping their members eat smart and move more. Faith communities care about individual members' health, have programs and services that support their members, are centers of their communities, and have leaders who are widely respected.

The *Planning Guide for Faithful Families Thriving Communities* helps faith communities provide different types of programs to encourage people to make healthy lifestyle changes. This approach helps individuals, groups and faith communities as a whole to eat smart and move more.

The *Planning Guide for Faithful Families Thriving Communities* focuses on these three levels of change:

Individual—Individual programs help people make healthy choices by giving them the information they need to eat smart and move more. Examples: Information through faith community leader messages, posters, bulletin boards, bulletin or program inserts, signs around the faith community, newsletter stories.

Groups—Groups can offer social support to people who want to eat smart and move more. Examples: Faithful Families classes, cooking or physical activity classes, buddy systems and support groups, physical activity or walking clubs.

Organizations—Organization changes affect the entire faith community. They include environmental supports that affect all members of the faith community. Examples: Menus for group meals that include more fruits and vegetables, walking maps or routes, community gardens, policies to support or encourage healthy eating and physical activity, or policies that support physical activity on-site at the faith community.

Why Are Faith-Based programs Important?

- Health messages from the faith community may have a bigger impact on individuals by making the link between faith and health.
- Faith community members may be more open to health messages received from faith community leaders.
- Many people will share the information they receive in the faith community with their family at home.
- Faith communities can spread health messages into the larger community through elder care, youth and child care programs.
- Changes made within a faith community encourage people to make healthy choices.

"The NC Council of Churches supports all people of faith as they search their own sacred writings to discover the physical, mental, and spiritual care necessary to live life to the fullest while respecting the worth of all others around us to the same."

**—Jennifer Copeland,
Executive Director,
NC Council of Churches**

What Is Eating Smart?

The food we eat affects our physical and mental well-being. It is the fuel that keeps our bodies going. A healthy eating pattern can help prevent chronic diseases and conditions including obesity, heart disease, stroke, some cancers, diabetes, high blood pressure, arthritis, osteoporosis, and depression. Also, a healthy diet combined with physical activity helps achieve and maintain a healthy weight.

What Is Moving More?

Physical activity helps enhance the quality of life for people of all ages and abilities. People who participate in moderate physical activity on most days of the week are at a reduced risk of heart disease, diabetes, osteoporosis, and colon cancer.

Physical activity also reduces heart disease risk factors such as high cholesterol, high blood pressure, obesity and overweight. Physical activity can also protect against stroke. It helps build a healthier body by strengthening bones, muscles and joints, aids in reducing depression and anxiety, enhances the response of the immune system, and reduces falls among older adults.

REMEMBER:

Recipes, tips, sample policies, environmental support guidance, printable posters and handouts are available for FREE download at **FaithfulFamilies.com**.

Physical activity doesn't need to be hard. People of all ages can benefit from participating in regular, moderate-intensity physical activity, such as 30 minutes of brisk walking, five days of the week.



What does *Eating Smart* mean to you?



How does your faith community help you to *Eat Smart*?



What does *Moving More* mean to you?



How does your faith community help you to *Move More*?


The *Planning Guide for Faithful Families Thriving Communities* includes:

Ten Key Steps to a Faithful Families Thriving Communities Program	10
Appendices	20
Appendix A: Faith Community Assessment	20
Appendix B: Recruitment Poster	32
Appendix C: Sample Program Plan	33
Appendix D: Program Plan	34
Appendix E: Faithful Families Certificate	35
Appendix F: Sample Eat Smart Policy	36
Appendix G: Healthy Eating Posters	37
Appendix H: Healthy Eating Quotes	40
Appendix I: Sample Move More Policy	42
Appendix J: Physical Activity Posters	43
Appendix K: Physical Activity Quotes	44
Appendix L: Ideas for Physical Activity Breaks in Meetings	46
Appendix M: Annotated Bibliography	47




Ten Key Steps to a Faithful Families Thriving Communities Program

You, as a faith community member, are the expert in knowing your members' health needs, how your faith community works, and how to generate enthusiasm among your members. The information included here is to guide you and other interested members of your community in starting a Faithful Families program. These programs, policies and environmental supports can be easily combined with many activities your faith community already does.



Throughout the Guide, you will find



 Throughout the Guide, you will find this picture. This will be a place for you to write notes to help you organize your Faithful Families program. These notes will help you to keep track of changes in your program plan or in your faith community.

This Guide lists *ten easy steps* that will help you plan and implement a Faithful Families program in your faith community. Use this Guide to take notes, keep track of key steps and strategies, and record events as your program grows.

Think about the following questions before beginning a Faithful Families program in your faith community:

- Does your faith community have a health program or ministry?
- Is your faith community interested in health issues?
- Does your leader or minister have an interest in healthy eating and physical activity?
- Will your faith community's governing bodies, boards, or committees support the program?
- Does your faith community have programs or activities where eating smart and moving more could be introduced?
- Do you have facilities to implement physical activity or healthy eating programs?
- Are you the person who should lead this program?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Ten Key Steps

1 TALK with the leadership of your faith community about the benefits of eating smart and moving more. Before beginning any program, it is important to have leadership support.

Commitment from the leadership of your faith community is key to a successful program. Faith leaders need to support the program. They can identify a Faithful Families coordinator and members who can serve on a Faithful Families committee. It is very important to keep leaders informed of all program activities and changes.

One way your faith community leaders can support the program is by adopting at least one policy that supports healthy eating and/or physical activity (for example, serve fruits and vegetables at events, encourage physical activity in sermons or messages each month).

Some other ways leadership can support the program:

- Participate in the program
 - Quote writings, stories or scriptures from your faith tradition that talk about healthy eating, physical activity or healthy lifestyles in sermons and talks
 - Include nutrition and physical activity information in sermons or talks
 - Serve as role models for healthy living
 - Make announcements about the program and encourage others to participate
 - Promote healthy eating, physical activity and healthy living in bulletins, programs and newsletters
 - Others: _____
-
-

Introduce the *Faith Community Assessment* (Appendix A). Print out a copy of this assessment and discuss the benefits of this tool with faith community leaders. The *Faith Community Assessment* can also be filled out online, on the Faithful Families website (click Resources). The *Faith Community Assessment* will help you learn more about the environment, policies and practices in place to support healthy eating and physical activity in your faith community. Work with leadership to fill out this assessment.

2 IDENTIFY a Faithful Families coordinator. In some cases, the person who talks with leadership about the Faithful Families program will be the Faithful Families Coordinator; however, faith leaders might appoint another person to serve in this position.

The Faithful Families coordinator is key to the success of your Faithful Families program. He or she may be a member of the faith community or a staff member. The coordinator will be in charge of overseeing planning of the program, coordinating activities, policies and environmental changes, and orienting volunteers.

The coordinator will plan the first meeting of the Faithful Families committee.

3 START a Faithful Families committee. An enthusiastic Faithful Families committee is vital to the success of your program. Your faith community may already have a health committee, and this committee can serve as the Faithful Families committee. If you do not have a health committee, the Faithful Families committee will need to be formed. Typically five to seven members make up the Faithful Families committee.

The Faithful Families committee:

- Plans activities and promotes changes to faith community practices and facilities to support healthy eating and physical activity
- Represents all types of faith community members (age, gender, health behaviors, etc.)
- Conducts the Faith Community Assessment
- Maintains open lines of communication with faith community leaders and staff
- Promotes participation in programs and activities among faith community members
- Advocates for environmental supports for healthy eating and physical activity
- Evaluates the success of the Faithful Families Thriving Communities Program
- Serves as “champions” for eating smart and moving more in the faith community
- Works with a Faithful Families Facilitator to plan and implement Faithful Families classes at the faith community. You can learn more about the Faithful Families curriculum by visiting the website (Click Getting Started)

REMEMBER:

You can use the committee Recruitment Poster (Appendix B) to recruit additional committee members. Type your faith community name and contact information into the lines on the PDF file found at FaithfulFamilies.com. Or, write this information in the blanks after printing the poster. Print several copies of the poster to hang throughout the faith community building(s).

Brainstorm a list of potential committee members. Be sure to get input from faith community leaders and staff:



4 BUILD financial support. It is important that you have the support of your faith community’s leaders and staff since financial resources might be needed for your program. Costs will vary depending on the size of your faith community and your group plans.

Some costs might be:

- Printing or copying materials (handouts, posters, etc.)
- Purchasing food or prizes for events
- Purchasing equipment to support healthy eating and physical activity (spray paint for parking lot walking markers, playground equipment, tools and materials for walking trails, community gardens, etc.)
- Purchasing food for food demonstrations as part of Faithful Families classes

Remember to look for resources and financial support in your local community. For example, local restaurants might offer coupons for healthy meals that can be given as prizes for activities or hardware stores might donate a few cans of spray paint for walking markers. Also, think about resources you already have. For example, use money you are already spending for faith community events to purchase healthy foods for these events. Don't forget—policy changes are almost always free!

Make notes of some possible sources of community support for your program:



5 ASSESS your faith community and its members. Planning a successful Faithful Families program requires information about the health needs and interests of the faith community members.

You can determine this information by having the committee conduct the *Faith Community Assessment* (Appendix A). This assessment can also be completed online. Visit FaithfulFamilies.com (click Resources). This assessment helps you learn more about the environment, policies and practices in place to support healthy eating and physical activity in your faith community.

The coordinator can work with faith community leaders or staff to fill out the *Faith Community Assessment*.



Date *Faith Community Assessment* will be completed:

Person(s) who will complete assessment:

During your first Faithful Families committee meeting, hand out copies of the completed assessment.

6 DEVELOP a program plan. This Guide encourages a multi-level approach, a program that targets individuals, groups *and* your faith community as a whole. You can read more about this approach on page 5.

Over the course of one year, a strong Faithful Families program should include:

- At least one policy change (for example, serving healthy meals at events or promoting physical activity in each monthly newsletter, etc.)
- At least one environmental change (for example, planting a vegetable garden, marking out a walking route around the faith community facilities, or buying healthy cooking equipment for the kitchen, etc.)
- Education and/or programs (for example, offering nutrition education classes from local health department, hospital or Cooperative Extension staff, food tastings or demonstrations, providing handouts on healthy eating or physical activity, posting information on bulletin boards, hanging Eat Smart or Move More posters that can be found on this Guide, physical

activity classes, etc.) We encourage you to partner with someone from a local health department or Extension office (or other source) to implement Faithful Families classes as a part of your educational strategies. Learn more about the Faithful Families curriculum at FaithfulFamilies.com (Click Getting Started).

After you have the results of the assessment, you can begin to plan your program. Ideas for policy, changes in practice, environmental changes and programs or activities are available on the Faithful Families website.

As you begin to develop your plan, you will need to decide what you want to accomplish based on your faith community's needs, time, volunteers, and resources available. Your plan should include:

- **Goals**
- **Person(s) responsible**
- **Actions**
- **Resources Needed**
- **Progress**

Program Plan: Putting the Pieces Together

GOALS: A goal is a broad and simple statement that will give your program direction. Look over the results of your faith community assessment to learn what resources you have and the gaps you can address.

ACTIONS: Actions are specific statements that list the programs, policies and environmental changes that your committee plans to enact. Your actions are the ways you will work to reach your goals. The *Faith Community Assessment* will help you learn about environmental supports for healthy eating and physical activity your faith community needs to address. Be sure to include policy, environmental, and programmatic actions in your program plan.

RESOURCES NEEDED: In this section of the program plan, list all of the resources and materials that you will need to accomplish your actions. Be sure to think about financial resources, printed tools or materials (check FaithfulFamilies.com for online tools), and volunteer time.

PROGRESS: Use this section of your program plan to note how the actions are going. You can list dates that items were completed and the person responsible. This section will help you keep faith community leaders and staff informed of program progress.

The following are some examples of how your program plan might look. You can also find a sample program plan in Appendix C.

EXAMPLE PROGRAM PLAN:

Goal: Encourage members to eat more fruits and vegetables.

Person Responsible: Jane Faithful

Action: Faith community leaders and staff sign policy that fruits and vegetables without added fat or sugar will be served at all faith community events.

Action: Give kitchen committee copies of healthy menus for faith community events. Download healthy recipes and menus at MyEatSmartMoveMore.com.

Action: Stock faith community pantry with fruits and vegetables, purchased with kitchen committee budget.

Action: Provide fruits and vegetables for in food bags provided to seniors or low-income individuals, using budget from this outreach program.

Resources Needed: Healthy recipes from MyEatSmartMoveMore.com, fruits and vegetables purchased with kitchen and outreach program budgets, healthy eating policy found at FaithfulFamilies.com).

Progress: Healthy recipes downloaded and printed (January 31, 2019), Kitchen committee given healthy recipes and fruit and vegetable lists (February 20, 2019), Healthy Eating Policy downloaded and given to leadership (March 25, 2019). Policy signed and implemented (April 30, 2019).

Goal: Help members become physically active for 30 minutes or more five days a week.

Person Responsible: Joe Community

Action: Mark walking routes in faith community parking lot.

Action: Publicize walking routes in services, bulletins/programs and newsletters.

Action: Hang posters encouraging 30 minutes or more of physical activity on bulletin boards. Download posters at FaithfulFamilies.com.

Action: Encourage group or class leaders to take class members on a short walk during lesson time.

Resources Needed: Spray paint to mark walking route, Posters, Group/Class leader support

Progress: Posters printed (March 25, 2019), Spray paint purchased and walking route measured using measuring wheel from local health department (April 28, 2019), 3 Posters hung on bulletin boards (May 30, 2019).

A blank Program Plan is available for you to use in Appendix D. You can write in this Guide, or print out an extra copy of the Program Plan for all members of your committee.

Brainstorm some possible goals here:



7 IMPLEMENT your plan. Getting members of your faith community involved in a Faithful Families program requires careful planning. The program, policy or environmental change must be clearly understood by all members, must relate to their needs and interests, must be convenient for them, and must be something they think can be accomplished. Your faith community leaders, staff, coordinator and committee will all need to be actively involved in implementing and publicizing your policy, environmental change or activity.

For each of the action items on your program plan, assign a committee member who will be responsible for its completion. You can also note the “due date” for the action item.

Use this space to make notes of any changes in your program. For example, did a program take longer than expected? Did you have to change the policy, environmental change or program at all? What might you do differently the next time you try this activity?



As you implement your plan, be sure to note your progress on your Program Planning form (Appendix D).

Don't Forget to Publicize Your Efforts! One of the major tasks of the committee is to recruit program participants and let faith community members know about new policies or environmental changes. The committee can:

- Post announcements in bulletins, newsletters, social media and on bulletin boards
- Participate in the program
- Talk with faith community members about participating in programs or taking advantage of new facilities, trails or healthy meals
- Provide sign-up sheets for programs and activities
- Make an announcement during faith community services or in classes or group sessions
- Contact the local media to inform them about new policies, practices, programs or environmental changes in the faith community

8 EVALUATE your program. Taking a close look at the program and activities will provide information on what took place, how many people participated, if the program, policy or environmental change met their needs, and if your overall program changed members' health habits. This should not be considered a test of the success of the program. Instead, it should show the strengths and weaknesses so you can plan for the next program.

You can prepare a summary of the program for faith community leaders, staff, and members. This report should be viewed by the faith community leaders and staff before sharing it with the members. This summary could include:

- Number and type of activities, policies, practices and environmental changes
- Total number of participants
- Photographs of programs or environmental changes
- Copies of any policies that have been signed
- Repeat the *Faith Community Assessment* at the end of the year to chart your progress!

These summaries can be shared with the faith community by including them in bulletins, newsletters or bulletin boards around the faith community.

Simple Guidelines for Keeping Track of Programs or Activities

Be sure to keep track of all of the programs or activities that you implement. For example:

- Write a short summary of the program activity
- Document the number of members who participate
- Take pictures at your event or of your environmental change
- Record your progress in your Program Plan
- Develop a scrapbook of successes



How will you evaluate your program (photographs, summary statements, etc)?

Who will be responsible for the evaluation (person's name): _____

When will the evaluation summary be prepared (date): _____

Other Evaluation Notes

9 CELEBRATE success! The many people involved in your Faithful Families program deserve to be recognized and publicly thanked. You can do this at a faith community event or a rewards/recognition ceremony. Faith community leaders, staff, committee members and the coordinator should

Creative Ways to Say “Thank You” or “Congratulations”

There are many ways to thank or congratulate program participants and planners. Some ideas include:

- Insulated lunch bags for healthy meals and snacks
- Comfortable athletic socks
- Gift certificates or coupons for healthy meals
- Healthy cooking cookbooks (you can even make cookbooks using recipes from **MyEatSmartMoveMore.com**)
- Certificates from faith community leader or staff
- Fruit or vegetable baskets

Remember that for some, public recognition is a great prize in itself! Thank or recognize program participants and planners during services, at events, or on bulletin boards. You can even post photos (with permission of course!).

all be thanked for their hard work. Participants can also be recognized for their accomplishments.

A sample certificate of participation is available in Appendix F. You can use this certificate to recognize program participants, faith community leaders or staff, and/or committee members. You can type the person’s name in the “Name” line in the PDF document, or you can print the document out and write his or her name in the blank.



Certificate of Achievement, (Appendix E).

10 PLAN future programs. Your evaluation information can help you think about what type of programs, policies, practices and environmental changes should be planned for next year.

This Guide was developed so that you can repeat the easy ten step process after your first program plan is completed. The *Planning Guide for Faithful Families Thriving Communities* is designed so that the committee can continue to use the guide year after year, updating their programs as necessary. It is an easy-to-follow tool that will provide continuity even as members rotate on and off the committee. Use this Guide as often as you would like to create new programs, implement new policies, and make additional environmental changes.

REMEMBER: Check the **FaithfulFamilies.com** website regularly for new programs and tools. You can find ideas for future programs by browsing through some of the tools and resources available on this website.

Brainstorm some future program ideas with your committee:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Faith Community Assessment

The Faithful Families Thriving Communities (Faithful Families, previously Faithful Families Eating Smart and Moving More) is a partnership between North Carolina Cooperative Extension and the North Carolina Division of Public Health. The program promotes healthy eating and physical activity in communities of faith.

What is the Faith Community Assessment?

The Faithful Families *Faith Community Assessment* can be used to measure changes in a faith community's healthy eating, physical activity, and chronic disease prevention policies, practices, and environments. It is designed to be used at the *beginning* and *end of a year* of working with a faith community. The comprehensive assessment provides Faithful Families facilitators, faith community leaders, and Faithful Families lay leaders information about the strengths, resources, assets, and needs of the faith communities that will participate in the program. It also provides information that will be used to evaluate and refine the Faithful Families program.

How can you use the assessment in your faith community?

The assessment provides a baseline score for your faith community as it relates to healthy eating and physical activity guidelines and chronic disease management supports. Answer the questions to the best of your ability with what you know about your faith community. At the end of the year, repeat this assessment to receive a new score and to see what changes have taken place.

At the end of this assessment, please make a copy of your faith community's responses. This will help you work with the faith community on policy, systems, and environmental changes to support healthy eating, physical activity, and chronic disease management. After taking the assessment, you will also be provided additional programs and tools to support this work.

Confidentiality

If you agree to participate, this assessment should take *about 30 minutes* to complete. The information you provide will be kept confidential. Your name will never be associated with any answer you provide.

If you have questions about this assessment, please email Annie Hardison-Moody at amhardis@ncsu.edu or call 919-515-8478.

If you have questions about your rights as a research participant or if you feel you have not been treated according to the descriptions in this form, or your rights as a participant in research have been violated during the course of this project, you may contact Deb Paxton, Regulatory Compliance Administrator, Box 7514, NCSU Campus, 919-515-4514.

AT A GLANCE

From Pages 6 to 11, the *Faith Community Assessment* is divided into four categories: ***Moving More, Eating Smart, Chronic Disease Management and Education***, and ***Communication and Outreach***. Your Faith Community Assessment score will be based on your answers to questions from these categories. These questions work well together to help you identify strengths, resources, assets, and needs related to healthy eating, physical activity, and chronic disease management supports in your faith community.

Contact Information	Page 3
General Information	Page 3
Scoring Your Assessment	Page 5
Moving More	Page 6
Eating Smart	Page 8
Chronic Disease Management and Education	Page 10
Communication and Outreach	page 11
Demographics	page 12

CONTACT INFORMATION

Date: ____/____/____

Name of Faith Community: _____

Street Address: _____

City/Town: _____ County: _____

State: _____ Zip Code: _____

Phone number of Faith Community (ex. XXX-XXX-XXXX): _____

GENERAL INFORMATION

1. What is the faith tradition of the community represented in this assessment?

- | | | |
|---|--|--|
| <input type="checkbox"/> Adventist | <input type="checkbox"/> Church of God | <input type="checkbox"/> Pentecostal |
| <input type="checkbox"/> African Methodist | <input type="checkbox"/> Church of the Nazarene | <input type="checkbox"/> Assemblies of God |
| <input type="checkbox"/> Anabaptist | <input type="checkbox"/> Congregational | <input type="checkbox"/> Church of God in Christ |
| <input type="checkbox"/> Assemblies of God | <input type="checkbox"/> Disciples of Christ | <input type="checkbox"/> Church of God |
| <input type="checkbox"/> Baha'i | <input type="checkbox"/> Episcopal/Anglican | <input type="checkbox"/> Other Pentecostal |
| <input type="checkbox"/> Baptist | <input type="checkbox"/> Hindu | <input type="checkbox"/> Presbyterian |
| <input type="checkbox"/> Southern | <input type="checkbox"/> Holiness | <input type="checkbox"/> Quaker/Friends |
| <input type="checkbox"/> Independent | <input type="checkbox"/> Jehovah's Witness | <input type="checkbox"/> Reformed Church of America/
Dutch Reformed |
| <input type="checkbox"/> American Baptist
Churches USA | <input type="checkbox"/> Jewish | <input type="checkbox"/> Seventh-day Adventist |
| <input type="checkbox"/> National | <input type="checkbox"/> Latter-day Saints | <input type="checkbox"/> Unitarian Universalist |
| <input type="checkbox"/> Progressive | <input type="checkbox"/> Lutheran | <input type="checkbox"/> United Church of Christ |
| <input type="checkbox"/> Missionary | <input type="checkbox"/> Evangelical Lutheran
Church in America | <input type="checkbox"/> Non-denominational Christian |
| <input type="checkbox"/> Independent | <input type="checkbox"/> Lutheran Church | <input type="checkbox"/> Evangelical |
| <input type="checkbox"/> Bible Church | <input type="checkbox"/> Other Lutheran | <input type="checkbox"/> Charismatic |
| <input type="checkbox"/> Brethren | <input type="checkbox"/> Mennonite | <input type="checkbox"/> Interdenominational in
evangelical tradition |
| <input type="checkbox"/> Buddhist | <input type="checkbox"/> Methodist | <input type="checkbox"/> Nondenominational
fundamentalist |
| <input type="checkbox"/> Catholic/Roman Catholic | <input type="checkbox"/> United | <input type="checkbox"/> Interdenominational in
mainline tradition |
| <input type="checkbox"/> Chinese Folk Religion | <input type="checkbox"/> African Methodist
Episcopal | <input type="checkbox"/> Other nondenominational |
| <input type="checkbox"/> Christian and Missionary
Alliance | <input type="checkbox"/> Other Methodist | <input type="checkbox"/> No religion |
| <input type="checkbox"/> Christian | <input type="checkbox"/> Muslim | <input type="checkbox"/> Other |
| <input type="checkbox"/> Christian Science | <input type="checkbox"/> Orthodox (Eastern, Russian,
Greek) | <input type="checkbox"/> Don't Know |
| <input type="checkbox"/> Church of Christ | | |

FAITH COMMUNITY ASSESSMENT

GENERAL INFORMATION, continued

2. What is your role?

☐ Pastor/Priest/Rabbi/Imam

☐ Deacon

☐ Member

☐ Faithful Families Lay Leader

☐ Faithful Families Facilitator

☐ Other, please specify here: _____

3. Does the faith community have an active health team, ministry, or committee?

☐ Yes

☐ No

☐ Not Sure

4. Does the faith community have a person appointed who is responsible for health-related activities?

☐ Yes

☐ No

☐ Not Sure

5. Do any members currently represent the faith community by serving on a community health coalition or committee (e.g., fitness/nutrition council) in the city or county?

☐ Yes. Specify: _____

☐ No

☐ Not Sure

6. Where does the faith community meet for worship?

☐ Traditional worship space (e.g., sanctuary, chapel, temple, mosque)

☐ Non-Traditional worship space that is used primarily for worship (e.g., building that once was an office, theatre, or a school)

☐ Non-Traditional worship space that is used primarily for OTHER activities (e.g., education, recreation, entertainment, hospitality, civic activities) but hosts worship services as well

☐ In a private home (or on private property)

☐ Other: _____

7. What amount of control does your faith community have over your meeting space?

☐ Complete control (e.g., we own it)

☐ Partial control (e.g., we share control and help make decisions)

☐ No control

SCORING
YOUR
ASSESSMENT

In the following sections, you will be asked a set of questions for each of the following four categories:

- Moving More
- Eating Smart
- Chronic Disease Management and Education
- Communication and Outreach

The questions in these categories work well together to help you identify strengths, resources, assets, and needs related to healthy eating, physical activity, and chronic disease management supports in your faith community.

Each question will have the following scoring system:

No (0 pts.)	Not yet, but <i>interested</i> in doing this (1 pt.)	Not yet, but <i>working</i> on it (2 pts.)	Yes (3 pts.)	Not sure (0 pts.)
----------------	---	---	-----------------	----------------------

Steps to scoring your assessment:

1. Answer each question to the best of your ability based on what you know about your faith community. Using the scoring system, write down the score for each question based on your answer.
2. Add up the scores at the end of each category of questions.
3. At the end of the assessment, add up your scores from each category for an overall Faith Community Assessment score.

FAITH COMMUNITY ASSESSMENT

MOVING MORE

	No (0 pts.)	Not yet, but <i>interested</i> in doing this (1 pt.)	Not yet, but <i>working</i> on it (2 pts.)	Yes (3 pts.)	Not sure (0 pts.)	SCORE
1. Does the faith community have a walking trail? (If no, go to question 4.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
2. If yes, is the walking trail open to outside groups or individuals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
3. If yes, does the faith community have written policies or guidelines that allow outside groups or individuals access to the walking trail?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
4. Does the faith community have any outdoor courts or ball fields? (If no, go to question 7.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
5. If yes, are the outdoor courts or ball fields open to outside groups or individuals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
6. If yes, does the faith community have written policies or guidelines that allow outside groups or individuals access to any outdoor courts or ball fields?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
7. Does the faith community have a playground? (If no, go to question 10.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
8. If yes, is the playground open to outside groups or individuals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
9. If yes, does the faith community have written policies or guidelines that allow outside groups or individuals access to the playground?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
10. Does the faith community have an open field space? (If no, go to question 13.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
11. If yes, is the open field space open to outside groups or individuals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
12. If yes, does the faith community have written policies or guidelines that allow outside groups or individuals access to the open field space?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

FAITH COMMUNITY ASSESSMENT

MOVING MORE, continued

	No (0 pts.)	Not yet, but <i>interested</i> in doing this (1 pt.)	Not yet, but <i>working</i> on it (2 pts.)	Yes (3 pts.)	Not sure (0 pts.)	SCORE
13. Does the faith community have a gym or exercise room? (If no, go to question 16.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
14. If yes, is the gym or exercise room open to outside groups or individuals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
15. If yes, does the faith community have written policies or guidelines that allow outside groups or individuals access to the gym or exercise room?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
16. In the past 12 months, has the faith community hosted or organized any event(s) in which physical activity was a key component? (e.g., hike, dance, softball tournament)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
17. In the past 12 months, has the faith community hosted or organized fitness classes? (e.g., aerobics, yoga, Zumba)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
18. In the past 12 months, has the faith community provided physical activity breaks at meetings? (e.g., walking breaks, stretch breaks)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
19. In the past 12 months, has the faith community hosted or organized any walking clubs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Your Faith Community's Moving More Score: _____

FAITH COMMUNITY ASSESSMENT

EATING SMART

	No (0 pts.)	Not yet, but <i>interested</i> in doing this (1 pt.)	Not yet, but <i>working</i> on it (2 pts.)	Yes (3 pts.)	Not sure (0 pts.)	SCORE
20. Does the faith community have an on-site kitchen or cafeteria facility? (If no, go to question 23.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
21. If yes, does the faith community allow outside groups or individuals to use the kitchen or cafeteria facility?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
22. If yes, are there written policies or guidelines that allow groups or individuals to use the kitchen or cafeteria facility?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
23. Does the faith community serve regular meals to faith community members? (If no, skip to question 25.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
24. If yes, does the faith community have a written policy or guidelines related to serving healthy meals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
25. When meals are served, does the faith community typically offer fruits and vegetables as an option? (If no, skip to question 27.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
26. If yes, does the faith community have a written policy or guideline related to making fruits and vegetables available when meals are served?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
27. Does the faith community typically include water as an option when beverages are served? (If no, skip to question 29.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
28. If yes, does the faith community have a written policy or guideline that water should be offered any time beverages are served?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
29. Does the faith community typically include healthy options when snacks are served? (e.g., fresh fruits, vegetables and dip, whole-grain crackers) (If no, skip to question 31.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
30. If yes, does the faith community have a written policy or guideline related to including healthy options when snacks are served? (e.g., fresh fruits, vegetables and dip, whole-grain crackers)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

FAITH COMMUNITY ASSESSMENT

EATING SMART, continued

	No (0 pts.)	Not yet, but <i>interested</i> in doing this (1 pt.)	Not yet, but <i>working</i> on it (2 pts.)	Yes (3 pts.)	Not sure (0 pts.)	SCORE
31. Is the faith community located near a farmers' market or farm stand (within a one-mile radius of the faith community in urban areas and within a five-mile radius of the faith community in rural areas)? (If no, go to question 33.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
32. If yes, does the faith community promote the usage of this farmers' market or farm stand among members?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
33. Does the faith community provide a private space (other than a restroom) that may be used to breastfeed or express breast milk?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
34. In the past 12 months, has the faith community had a fruit and/or vegetable garden maintained by faith community members?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
35. In the past 12 months, has the faith community served as a location where a farmer has sold local produce on a regular basis? (e.g., farmer set up a produce stand in faith community parking lot)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
36. In the past 12 months, has a group from the faith community visited or toured a farmers' market together?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
37. In the past 12 months, has the faith community hosted or organized any healthy cooking classes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
38. In the past 12 months, has the faith community distributed any healthy recipes (including cookbooks) to faith community members?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
39. In the past 12 months, has the faith community hosted or organized any breastfeeding education classes or support groups?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Your Faith Community's Eating Smart Score: _____

FAITH COMMUNITY ASSESSMENT

CHRONIC DISEASE MANAGEMENT AND EDUCATION

	No (0 pts.)	Not yet, but <i>interested</i> in doing this (1 pt.)	Not yet, but <i>working</i> on it (2 pts.)	Yes (3 pts.)	Not sure (0 pts.)	SCORE
40. Has the faith community participated in a faith community nursing program in the past 12 months? (Program in which faith community nurses serve as a health advisor, educator, and provider of health screenings)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
41. Has the faith community hosted, organized, or promoted any hypertension management classes or support groups in the past 12 months?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
42. Has the faith community offered any screenings or trainings for monitoring blood pressure in the past 12 months?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
43. Has the faith community hosted, organized, or promoted any diabetes prevention classes or support groups in the past 12 months?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
44. Has the faith community hosted, organized, promoted any diabetes management classes or support groups in the past 12 months?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
45. Has the faith community offered any screenings or trainings for monitoring blood sugar in the past 12 months?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
46. Has the faith community hosted, organized, or promoted any weight management classes or support groups in the past 12 months?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Your Faith Community's Chronic Disease Management and Education Score: _____

FAITH COMMUNITY ASSESSMENT

COMMUNICATION AND OUTREACH

	No (0 pts.)	Not yet, but <i>interested</i> in doing this (1 pt.)	Not yet, but <i>working</i> on it (2 pts.)	Yes (3 pts.)	Not sure (0 pts.)	SCORE
47. In the past 12 months, has the faith community participated in a lay health advisor program? (Program in which community members receive specialized training that prepares them to promote wellness through outreach and education)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
48. In the past 12 months, have faith community leaders or members made announcements at meetings and services to promote physical activity, healthy eating, and chronic disease management resources and opportunities? (e.g., walking trails, cooking class, blood pressure screening)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
49. In the past 12 months, has the faith community used a bulletin, program, or newsletter to promote physical activity, healthy eating, and chronic disease management resources and opportunities? (e.g., walking trails, cooking class, blood pressure screening)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
50. In the past 12 months, has faith community leaders or members promoted physical activity, healthy eating, and chronic disease management resources and opportunities with other communities of faith? (e.g., walking trails, cooking class, blood pressure screening)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Your Faith Community's Communication and Outreach Score: _____

(Add up scores in the four categories.) **Your Faith Community Assessment Score:**

DEMOGRAPHICS

1. How many people, counting both adults and children, would you say regularly participate _____
in your faith community—whether or not they are officially members?
2. Compared with two years ago, has the number of regularly participating adults increased, decreased, or remained about the same?
☐ Increased ☐ Decreased ☐ Remained about the same
3. We want to understand how practices may be similar or different across types of faith communities. Please help by telling us a little bit about the membership of your faith community. This information does not need to be exact, so please use your best estimates. About what percentage of the faith community is made up of (should total 100):
_____ Hispanics
_____ African Americans (Non-Hispanic)
_____ Whites (Non-Hispanic)
_____ American Indians
_____ Asian Americans from South Asia (e.g., India, Pakistan)
_____ Asian Americans from East Asia (e.g., Korea, China)
_____ Other
4. About what percentage of the faith community are ages (should total 100):
_____ 0–5 years
_____ 6–18 years
_____ 19–64 years
_____ 65+



The poster features a light gray background with faint, large-scale illustrations of a fork and knife on the left and a person running on the right. The text is centered and uses a mix of bold and regular sans-serif fonts.

**Do you want to help
our faith community
Eat Smart and
Move More?**

Join the
Faithful Families Committee

Contact: _____
to learn more about this exciting new program.

Email: _____

Phone: _____

**FAITHFUL
FAMILIES** Thriving
Communities

Appendix C. Sample Program Plan

Faithful Families Thriving Communities Sample Program Plan

Available for free download at FaithfulFamilies.com

Faith Community Name: Carolina County Faith Community
Date of Program Plan: March, 2019

Goal #1	Encourage faith community members to drink water
Actions	<ol style="list-style-type: none">1. Print out a copy of sample policy from FaithfulFamilies.com.2. Meet with faith community kitchen committee to discuss water policy.3. By July, sign a faith community wide policy that water will be served at all faith community functions or events.4. Purchase water pitchers for faith community functions or events.5. Designate a place for storing water pitcher.6. Hang "Water" poster in faith community buildings. (download at FaithfulFamilies.com)7. Promote water policy in faith community services, newsletters, bulletin boards, programs or bulletins.
Resources Needed	<ul style="list-style-type: none">• Water pitchers• Sample policy• Storage place for water pitchers
Strategy Progress	<ul style="list-style-type: none">• Talked with faith community leader about water policy (date completed)• Sample policy printed (date completed)• Met with kitchen committee (date completed)• Water pitchers purchased (date completed)• Water policy signed by faith community leadership (date completed)
Goal #2	Encourage faith community members to grow their own vegetables
Actions	<ol style="list-style-type: none">1. Set aside a section of faith community property for garden plots for members2. Contact Cooperative Extension for assistance with garden preparation3. Develop procedure for how garden plots will be shared among interested faith community members4. By June, plan and begin to grow vegetables in newly established faith community garden.5. Work with members and children's programs to have them assist in planting and maintaining garden plots6. Plan a celebration event7. Evaluate success of gardening project and begin plans for next year
Resources Needed	<ul style="list-style-type: none">• Access to water• Gardening enthusiasts• Cooperative Extension staff• Plot of land• Seeds/vegetable plants• Gardening tools and equipment
Strategy Progress	<ul style="list-style-type: none">• Contacted county Cooperative Extension office for gardening assistance (Date completed)• Located plot of land on faith community property (Date completed)• Purchased seeds recommended by Cooperative Extension staff (Date completed)

Appendix D. Program Plan

Faithful Families Thriving Communities Program Plan

Available for free download at FaithfulFamilies.com



Faith Community Name: _____

Date of Program Plan: _____

Goal #1	
Actions	
Resources Needed	
Strategy Progress	
Goal #2	
Actions	
Resources Needed	
Strategy Progress	

Certificate of Achievement

This certificate recognizes

for participation in the Faithful Families Thriving Communities Program

at

Faith Community Leader

Date

FAITHFUL
FAMILIES Thriving
Communities

SAMPLE EAT SMART POLICY



Water Pitcher Policy

Because:

Interfaith Community in Carolina County, NC is concerned about the health of our members and guests;

Because:

People have become more and more interested in eating smart and moving more;

Because:

Cancer, heart disease and stroke—the top three causes of death in North Carolina—are largely affected by what we eat and how physically active we are;

Because:

Not only is drinking water important for many body functions that keep us healthy, but it also helps us reduce calorie intake and maintain a healthy weight, lowering our risk for weight-related health problems;

Therefore:

Effective December 1, 2019 it is the policy of Interfaith Community that **water will be served at all events or meetings where beverages are served and pitchers filled with water will be available for refills.***

Signature _____ Title _____

Name of Faith Community _____

Date _____

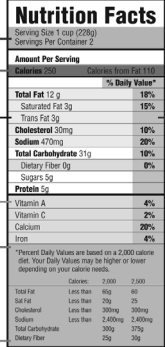
*Note: Your faith community can implement a policy that includes changes like: serving fruits and vegetables at all events or functions, offering healthy snacks for children, youth and adult school classes, or providing healthy meals at all faith community gatherings.



Appendix G. Healthy Eating Posters

The following posters can be downloaded for free at FaithfulFamilies.com

WHAT'S IN THE Nutrition Label?

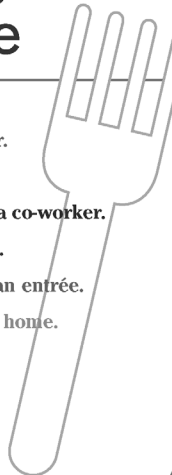


- Start here** — All the nutrients listed on the food label pertain to one serving of that food item. Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I consuming?" (1/2, 1 or more)
- Check calories** — Calories provide a measure of how much energy you get from a serving of that food item. The number of servings you consume determines the number of calories you actually consume.
- Limit these nutrients** — The nutrients identified in yellow should be consumed in limited amounts. Eating too much fat, saturated fat, trans fat, cholesterol or sodium may increase your risk for certain chronic diseases.
- Get enough of these nutrients** — The nutrients identified in blue should be consumed in enough amounts to improve and maintain health and reduce the risk for some diseases and conditions.
- Footnote** — The footnote tells that the "%DV" for the nutrients listed on the food label are based on a 2,000 calorie diet. This statement does not change from product to product; it is always the same.
- Quick guide to % DV** — 5% or less is low • 20% or more is high

(Source: U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition, "How to Understand and Use the Nutrition Facts Label." For detailed information see <http://www.fda.gov/cfsan/foodadd/handbook/>)

EATING SMART ON THE RUN

Eating Out... Choosing the Right Size




- Think before you order.
- Don't supersize.
- Share with a friend or a co-worker.
- Order a kid's size meal.
- Order an appetizer as an entrée.
- Take part of your meal home.

U.S. Food and Drug Administration

EATING SMART ON THE RUN

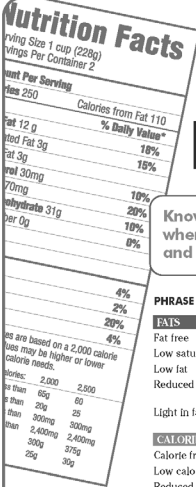
Eating Out... Making Healthy Choices



- Drink juice, water or milk.
- Start with a salad. Ask for dressing on the side.
- Order an appetizer as your main dish.
- Choose baked, broiled and steamed options.
- Ask for extra vegetables in your entrée.
- Order a fresh fruit platter for your dessert.
- Ask for a take-out bag and keep part of the dish aside before eating.
- Eat slowly.

U.S. Food and Drug Administration

The Label Language



Know what some terms mean when choosing low fat, low calorie and low sodium items.

PHRASE	WHAT IT MEANS
FATS	
Fat free	Less than 0.5 grams per serving
Low saturated fat	1 gram or less per serving
Low fat	3 grams or less per serving
Reduced fat	At least 25% less fat than regular version
Light in fat	Half the fat of the regular version
CALORIES	
Calorie free	Less than 5 calories per serving
Low calorie	40 calories or less per serving
Reduced or less calories	At least 25% fewer calories than regular version
Light or lite	Half the fat or a third of the calories of regular version
SODIUM	
Sodium free or salt free	Less than 5 milligrams per serving
Very low sodium	35 milligrams or less per serving
Low sodium	140 milligrams or less per serving
Low sodium meal	140 milligrams or less per 3 1/2 ounces
Reduced or less sodium	At least 25% less sodium than regular version
Light in sodium	Half the sodium of the regular version
Unsalted or no salt added	No salt added to the product during processing

(Source: U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition, "How to Understand and Use the Nutrition Facts Label." For detailed information see <http://www.fda.gov/cfsan/foodadd/handbook/>)

EATING SMART ON THE RUN

Take It with You... Create Your Own **Snack Bag**



IDEAS FOR YOUR SNACK BAG

- Dry unsweetened cereal
- Fresh fruit
- Rice cakes
- Raisins or other dried fruits
- Pretzels
- Graham crackers
- Low-fat granola bars
- Baked chips
- Low-fat crackers
- Vanilla wafers
- Bottled water

ADDITIONAL ITEMS


- Vegetable sticks or baby carrots
- Yogurt
- Pudding
- Cottage cheese
- String cheese
- Juice boxes

Visit www.ChooseMyPlate.gov for more information.

Smart Ways to **RIGHT-SIZE** Your Portions

There's no need to give up your favorite foods to manage your weight or improve your health. The bigger problem is not **WHAT** we eat, but **HOW MUCH** we eat. The key to healthful and delicious eating is to downsize your portions at breakfast, lunch, dinner and especially snack time.

Listen to your body's cues.
Prepare less food for meals.
Start with a small serving.
Use **small dishes and glasses**.
Slow down the pace of eating.
Eat half, wait 20 minutes.
Never eat out of the bag.
Think before you order.
Always go for the small size.
Share, share, share.
Eat half, take half home.
Eat regular meals and snacks.



Reprinted: Nutrition MyPlate®, March 2010.
Adapting the MyPlate Program for Right-Size Portions to include

Visit www.ChooseMyPlate.gov for more information.

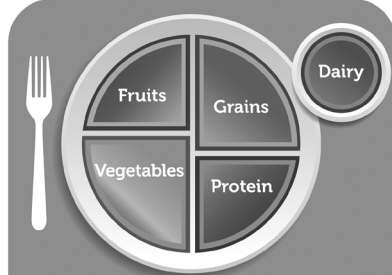
"You don't stop playing because you get old.
You get old because you stop playing."

Remember **PORTION SIZE—** Buy a **Kid-Size Meal** and **ENJOY** **THE TOY!**



Visit www.ChooseMyPlate.gov for more information.

10 tips to a **great plate**



Choose**MyPlate**.gov

Making food choices for a healthy lifestyle can be as simple as using these 10 Tips. Use the ideas in this list to **balance your calories, to choose foods to eat more often, and to cut back on foods to eat less often.**

1. Balance calories.
2. Enjoy your food, but eat less.
3. Avoid oversized portions.
4. Eat more vegetables, fruits, whole grains, and fat-free dairy products.
5. Make half your plate fruits and vegetables.
6. Switch to fat-free or low-fat (1%) milk.
7. Make half your grains whole grains.
8. Cut back on foods high in solid fats, added sugars, and salt.
9. Compare sodium in foods.
10. Drink water instead of sugary drinks.

USDA


Visit www.ChooseMyPlate.gov for more information.



TASTY TIPS FOR Smarter SNACKING

- 1. Check your HUNGER level.**
Are you actually hungry? Or are you tired? Bored? Lonely? Happy? Or did you just see a food commercial on TV? If you aren't hungry, skip the snack until you are.
- 2. Check your FLUID level.**
Are you thirsty rather than hungry? Since it's easy to confuse the signals for hunger and thirst, try drinking a refreshing glass of water before you dig into a snack.
- 3. Check PORTION SIZES.**
Most super-sized snacks are loaded with fat, sugar and calories. If you want a sweet or salty treat, start with a small size or share a biggie size with a friend.
- 4. Check food labels and FACTS.**
What you don't know can come as a surprise to your waistline! 200+ calories in a nutrition bar? 400+ calories in a latte? 600+ calories in a fancy cinnamon bun?
- 5. Pay ATTENTION to your snack.**
It's easy to overeat (and still not feel satisfied) if you eat while driving, reading or watching TV. Slow down and enjoy your snack; you'll eat less and enjoy it more.
- 6. Pay attention to PROTEIN.**
Many snack foods are low in protein, as well as high in sugar and fat. Foods with protein (meat, dairy, nuts and soy) provide more nutrients and have longer staying power.
- 7. Grab some NUTS.**
A small handful of nuts (about an ounce) can satisfy your craving for something salty and provide some super nutrition (vitamins, minerals and protein) at the same time.
- 8. Grab some VEGETABLES.**
Nature's fast food makes an excellent on-the-run snack. Keep sliced vegetables ready to go in the fridge and fill up a small bag whenever you head out the door.
- 9. Grab some FRUIT.**
Feeling like something sweet and flavorful? Fresh, dried or canned—fruit is a luscious treat anytime of day. Keep several single-serving fruit choices at home and in the office.
- 10. Grab MILK or WATER.**
Soft drinks offer little except excess calories and caffeine! Looking for some liquid energy? Try lowfat or fat-free milk, and build some beautiful bones and teeth too!


National Nutrition Month™, March 2015. Adapted by the NC NET Program from Eat Right America materials.

Eating Fast Foods the Healthy "Weigh"

Say NO thanks to combo meals.
SWAP super-size for smart-size.
SHARE a biggie size with friends or co-workers.
SAVE money and calories with kiddie meals.
SUBSTITUTE milk or water for soft drinks.
SWITCH to the healthful options.


National Nutrition Month, 2015. Adapted by the NC NET Program from Eat Right America materials.



What Counts as a Serving?

FOOD	WHAT IT LOOKS LIKE
GRAINS GROUP	
1 slice bread	Size of an audiocassette tape
1 cup ready-to-eat cereal	Size of a fist
1/2 cup cooked cereal, rice or pasta	Size of a cupcake wrapper full
1 pancake	Size of a compact disc
VEGETABLE GROUP	
1 cup raw leafy vegetables	Size of a baseball
1/2 cup other vegetables, cooked or raw	Size of an ice cream scoop or light bulb
3/4 cup vegetable juice	Size of a small Styrofoam cup
1 baked potato	Size of the fist
1/2 cup cooked, dry beans	
FRUIT GROUP	
1 medium fruit	Size of a tennis ball
1/2 cup chopped, cooked or canned fruit	Size of 7 cotton balls
3/4 cup fruit juice	Size of a small Styrofoam cup
1/4 cup raisins	Size of a large egg
DAIRY GROUP	
1 cup milk or yogurt	
1 1/2 ounces of natural cheese (e.g. Cheddar)	Size of a 9-volt battery
2 ounces of processed cheese (e.g. American)	Size of four dice
MEAT & BEANS GROUP	
3 ounces cooked meat, poultry or fish	Size of a deck of cards or palm of hand
Following foods count as 1 ounce of lean meat:	
2 tablespoon peanut butter (size of a ping pong ball), 1/2 cup cooked dry beans, 1/2 cup tofu,	
2 1/2 ounce soyburger, 1 egg, 1/3 cup nuts	
FATS, OILS AND SWEETS GROUP	
1 teaspoon butter, margarine	Size of a fingertip
2 teaspoons salad dressing	Size of a ping pong ball

(Source: Adapted from "Measuring Guide for Serving Sizes" 10/12/10 www.eatright.org/docs/default-source/education/infographics/infographic-measuring-guide.pdf?sfvrsn=20150101)



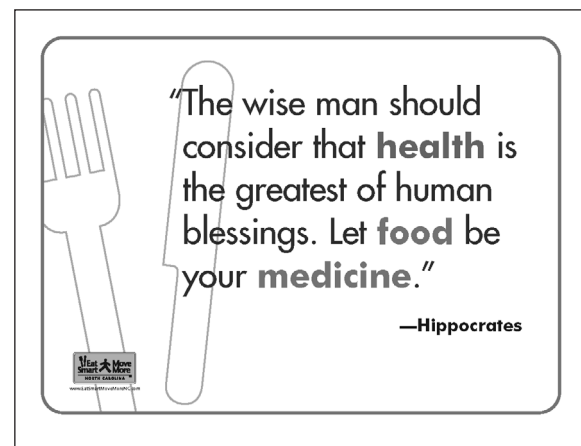
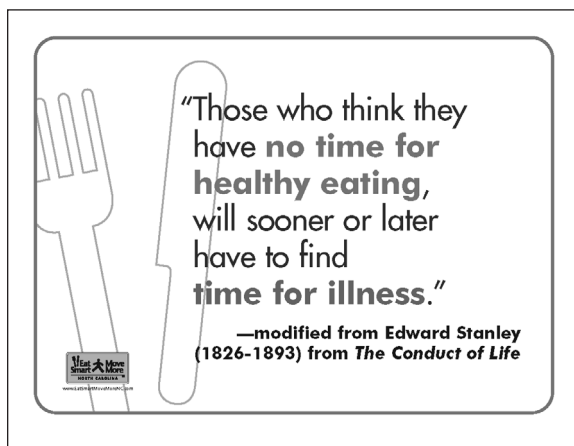
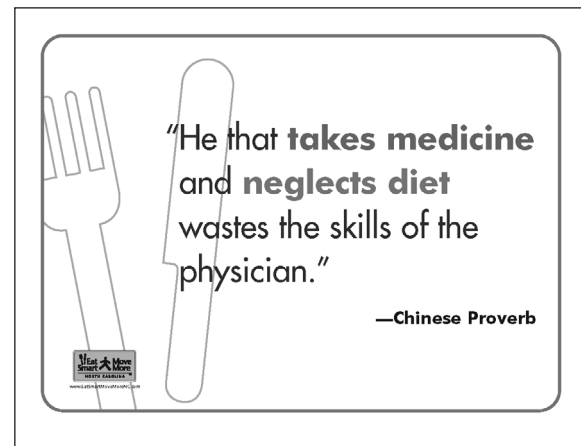
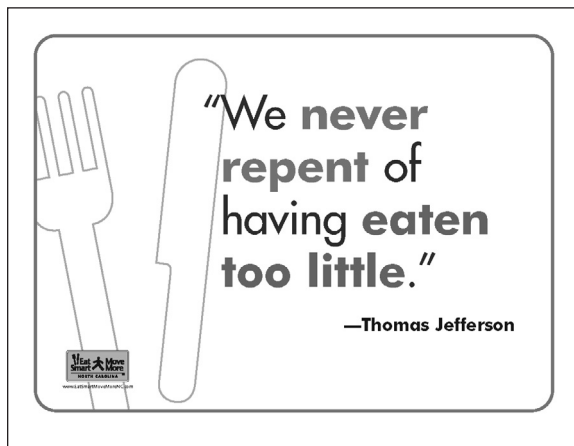
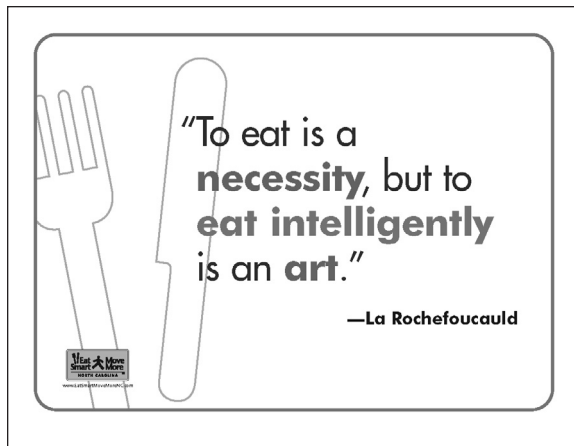

WATER

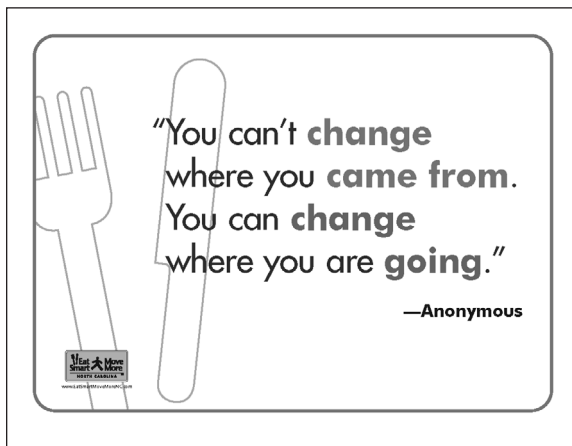
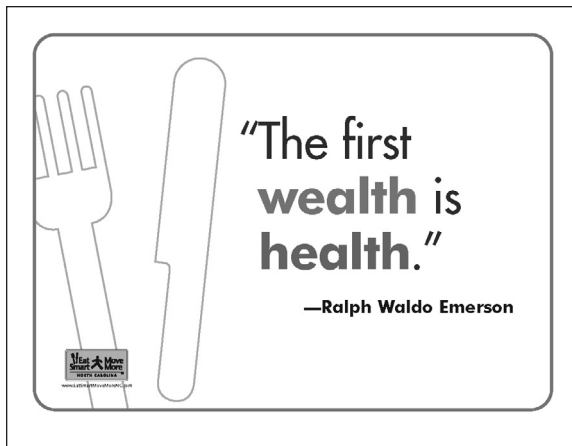
Just Drink It!



Appendix H. Healthy Eating Quotes

The following quotes can be downloaded for free at FaithfulFamilies.com





SAMPLE MOVE MORE POLICY



Ten Minute Physical Activity Policy

Because:

Interfaith Community in Carolina County, NC is concerned about the health of our members and guests;

Because:

People have become more and more interested in eating smart and moving more;

Because:

Cancer, heart disease and stroke—the top three causes of death in North Carolina—are largely affected by what we eat and how physically active we are;

Because:

Regular physical activity provides for increased quality of life through improved endurance, strength, flexibility and balance, as well as reduced risk of chronic diseases, injury and perception of stress; and

Therefore:

Effective December 1, 2019 it is the policy of Interfaith Community that **at least 10 minutes of physical activity will be offered during weekly adult, children and youth educational class.**

Signature _____ Title _____

Name of Faith Community _____

Date _____

*Note: Your faith community can implement a policy that includes changes like: incorporating physical activity into every faith community gathering, providing weekly physical activity messages on the bulletin or in newsletters, or mentioning physical activity messages regularly in leaders' talks or sermons.



Appendix J. Physical Activity Posters

The following posters can be downloaded for free at FaithfulFamilies.com

Everyday STRETCHES

With all stretches: No bouncing, remember to breathe, hold each stretch for about 30-60 seconds, and stretch to a point you feel tight but not painful.

Chest Stretch

- Stand tall, feet slightly wider than shoulder width apart, knees slightly bent.
- Hold your arms out to the side parallel with the ground and the palms facing forward.
- Stretch the arms back as far as possible.
- You should feel the stretch across your chest.

Biceps Stretch

- Stand tall, feet slightly wider than shoulder width apart, knees slightly bent.
- Hold your arms out to the side parallel with the ground and the palms facing forward.
- Rotate the hands so the palms face to the rear.
- Stretch the arms back as far as possible.
- You should feel the stretch across your chest and in the biceps.

Upper Back Stretch

- Stand tall, feet slightly wider than shoulder width apart, knees slightly bent.
- Interlock your fingers and push your hands as far away from your chest as possible, allowing your upper back to relax.
- You should feel the stretch between your shoulder blades.

Shoulder and Triceps Stretch

- Stand tall, feet slightly wider than shoulder width apart, knees slightly bent.
- Place both hands above your head and then slide both your hands down the middle of your spine.
- You should feel the stretch in the shoulders and the triceps.

Side Bends

- Stand tall, feet slightly wider than shoulder width apart, knees slightly bent, hands resting on the hips.
- Bend the right leg to one side, side back to the vertical position and then bend to the other side.
- You should feel the stretch in the shoulders and the triceps.

Hip and Thigh Stretch

- Stand tall with your feet approximately two shoulder widths apart.
- Turn the feet and face to the right.
- Extend the right leg so that the right thigh is parallel with the ground and right lower leg is vertical.
- Gradually lower the body.
- Keep your back straight and use your arms to balance.
- You should feel the stretch along the front of the left thigh and along the back of the right leg.
- Repeat by turning and facing to the left.

Visit A Move Every Day

Do You Get 30 Minutes of Moderate Physical Activity Every Day?

IT IS EASY & SIMPLE

EXAMPLES OF MODERATE AMOUNTS OF PHYSICAL ACTIVITY

Washing & Waxing a Car (45-60 minutes) • Washing Windows or Floors (45-60 minutes) • Gardening (30-45 minutes) • Wheeling Self in Wheelchair (30-40 minutes) • Pushing a Stroller (15 miles in 30 minutes) • Raking Leaves (30 minutes) • Walking (15 minutes/mile) • Shoveling Snow (15 minutes) • Stairwalking (15 minutes) • Playing Volleyball (45 minutes) • Playing Touch Football (30-45 minutes) • Basketball (Shooting Basket) (20 minutes) • Bicycling (5 miles/30 minutes) • Dancing Fast (Social) (30 minutes) • Water Aerobics (30 minutes) • Swimming Laps (20 minutes) • Basketball (Playing Game) (15-20 minutes) • Jumping Rope (15 minutes) • Running (10 minutes/mile) • Wheelchair Basketball (20 minutes)

Visit A Move Every Day

12-Week Guide to Healthy Walking

There are 1440 minutes in every day...
Schedule 30 of them for physical activity.

Week	Minimum Days	Warm Up	Push	Cool Down	Total Time
1	3	5 min slow	5 min brisk	5 min slow	15 min
2	3	5 min slow	7 min brisk	5 min slow	17 min
3	3	5 min slow	9 min brisk	5 min slow	19 min
4	3	5 min slow	11 min brisk	5 min slow	21 min
5	4	5 min slow	13 min brisk	5 min slow	23 min
6	4	5 min slow	15 min brisk	5 min slow	25 min
7	4	5 min slow	18 min brisk	5 min slow	28 min
8	4	5 min slow	20 min brisk	5 min slow	30 min
9	5	5 min slow	20 min brisk	5 min slow	30 min
10	5	5 min slow	20 min brisk	5 min slow	30 min
11	5	5 min slow	20 min brisk	5 min slow	30 min
12	5	5 min slow	20 min brisk	5 min slow	30 min

Visit A Move Every Day

SMART TIPS FOR Moving More

BEEN INACTIVE FOR A WHILE?

- Start out slowly • Choose moderate-intensity activities you enjoy the most • Build up time spent doing the activity gradually • Vary your activities, for interest and range of benefits • Explore new physical activities • Research and acknowledge your efforts

IT'S SUMMER

- Drink lots of water before, during and after physical activity.
- Wear loose, lightweight and light-colored clothing.
- Choose a cooler time of the day, early morning or evening.
- Allow yourself plenty of cool down time.
- Wear sunscreen and sunglasses to protect from sun.
- Exercise indoors if temperature and humidity are very high.

IT'S WINTER

- Dress in layers so that you can remove or put back on as needed.
- Wear a hat to minimize the body heat lost from the head.
- Wear gloves or mittens to keep your hands warm.
- Wear comfortable shoes with a good traction.
- Drink plenty of water before, during and after exercise.
- Wear sunscreen and sunglasses to protect from damaging rays reflected by snow.

Visit A Move Every Day

Why Move More?

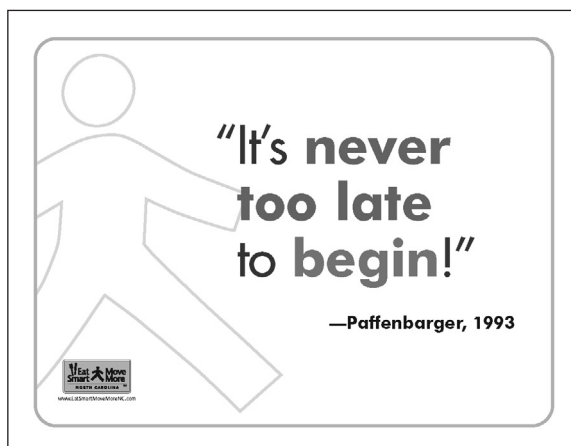
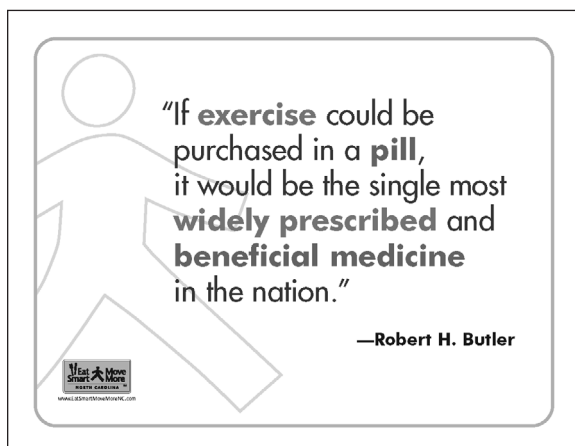
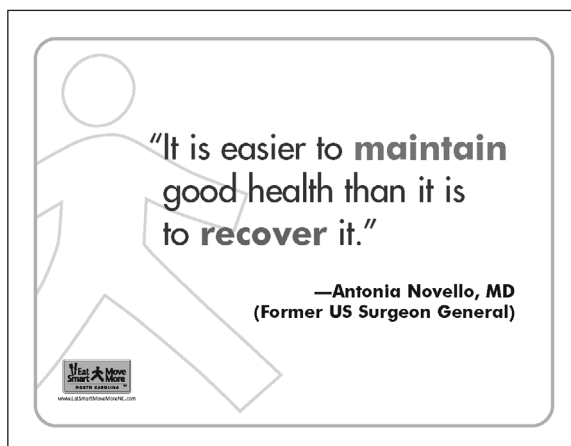
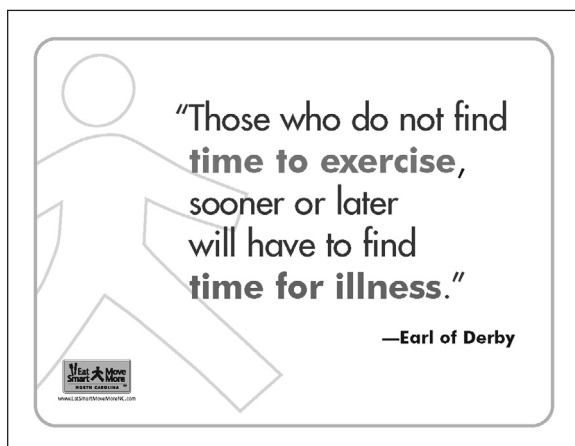
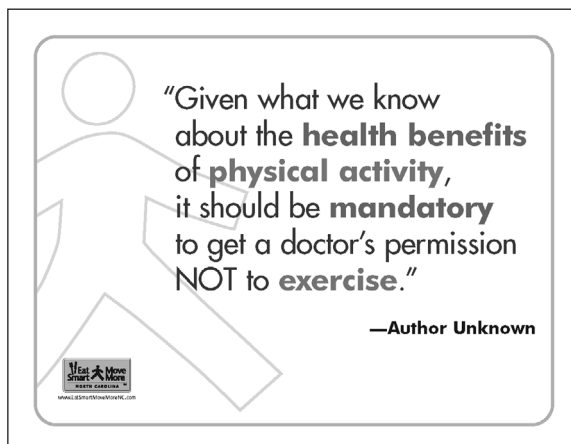
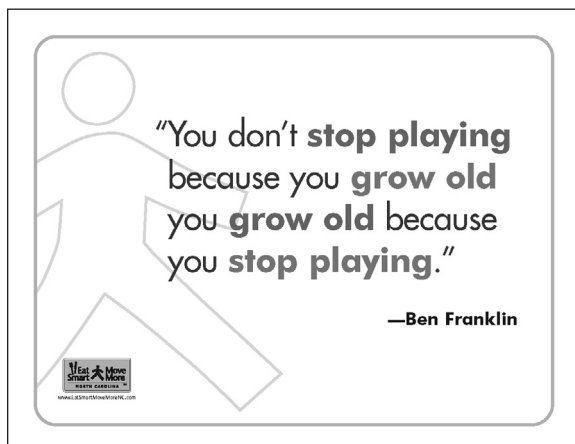
There are some serious benefits to moving more and increasing your daily physical activity at work. Moderate amounts of physical activity can greatly improve health and quality of life.

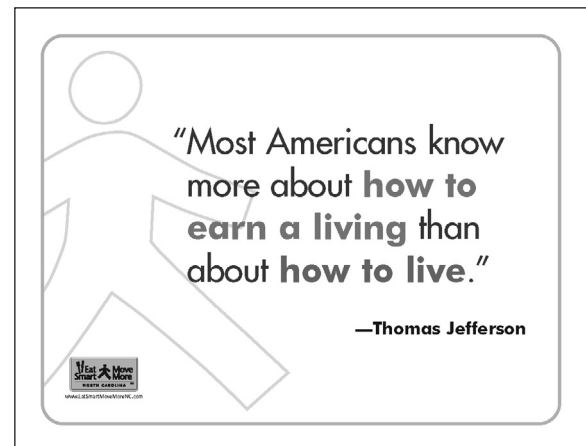
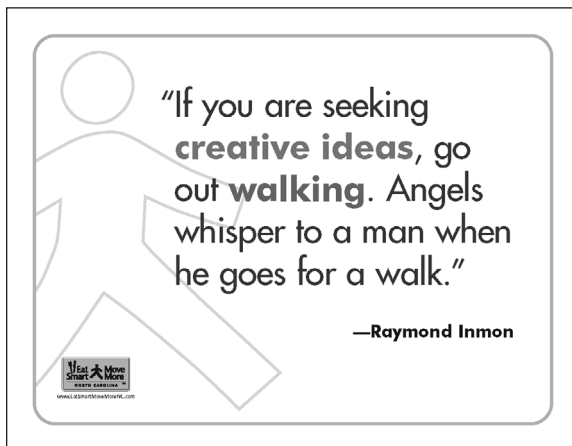
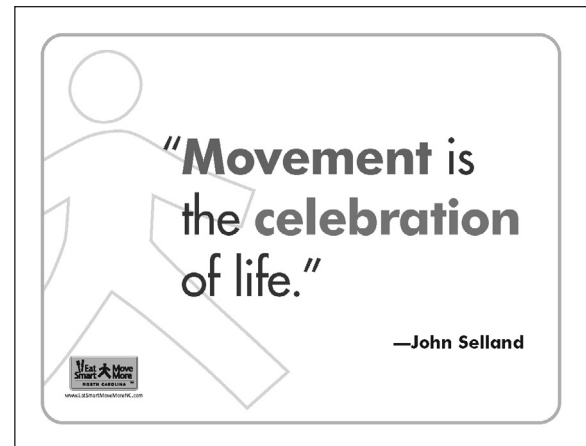
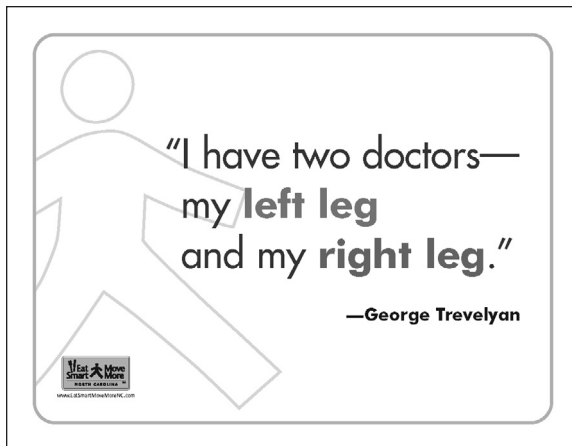
- Nervous System**
 - Improves concentration, creativity and performance
 - Reduces stress, anxiety and frustration
- Bones**
 - Strengthens bones and improves muscle strength and endurance
 - Makes joints more flexible allowing for easier movement
 - Reduces back pain by improving flexibility and posture
 - Reduces the risk of osteoporosis and fractures
- Heart**
 - Reduces the risk of developing heart disease and stroke
- Blood**
 - Improves blood circulation to all body parts
 - Helps to lower bad (LDL) cholesterol and raise good (HDL) cholesterol
 - Helps to lower high blood pressure and prevent high blood pressure from occurring
- Digestive System**
 - Helps control appetite
 - Improves digestion and waste removal
- Lungs**
 - Slows the rate of decline in lung function
 - Improves body's ability to use oxygen
- Others**
 - Reduces the risk of developing diabetes and some cancers
 - Helps to maintain a healthy body weight
 - Improves self-image and sense of well-being
 - Improves the immune system
 - Helps to sleep well and feel more rested

Visit A Move Every Day

Appendix K. Physical Activity Quotes

The following quotes can be downloaded for free at FaithfulFamilies.com





Ideas for Physical Activity Breaks in Meetings

*Benjamin Franklin once said,
“You don’t stop playing
because you grow old,
you grow old because
you stop playing.”*

The following are sample ideas for physical activity breaks. Some of them are taken directly from improvisational theater exercises. Activities are limited only by your own creativity (and safety concerns). Mix and match motions with movement ideas or come up with your own. There is no right or wrong way to have physical activity breaks; however, you should be aware of the needs of persons with disabilities. For example, you can ask folks

to “stand up or roll back” to begin an activity. Share your ideas, be willing to pretend you are visiting a kindergarten class, and have fun!

Potential Motions

balance	chew	go	pinch	rotate	skip	tap
bend	clap	hit	pirouette	ride	slide	throw
blow	climb	hop	poke	run	slip	turn
bounce	clog	jump	pop	sashay	slither	walk
brush	cycle	kick	press	serve	spin	wave
build	dance	levitate	pull	shuffle	swagger	wiggle
bump	float	lift	push	skate	swim	wipe
catch	fix	paint	roll	ski	swing	write

Movement Ideas

Can you:

... pounce like a tiger
... balance on a high wire
... climb a rope
... swagger like a cowboy
... swim the butterfly
... clog like you’re on stage
... paint the fence
... wax the car
... shuffle like you just got out of bed
... float in the waves at the beach
... balance a ball like a seal
... wiggle like an inch worm
... push the donkey up the hill
... shuffle like you just got out of bed
... stretch like you’re a giraffe

Can you pretend you’re an elephant

... a cat
... a snake
... a bull frog

Can you be

... a lumberjack
... a fireman

Can you pretend you are

... a ball
... a flower

Can you give 4 people high five

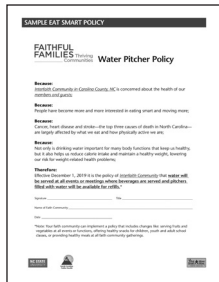
Can you giggle like it’s your birthday

Can you sit down like it’s time for school

Appendix M. Annotated Bibliography

The following resources and tools can help you to promote eating smart and moving more in your community of faith. They are all available for free download on the Faithful Families website.

Healthy Eating Policies

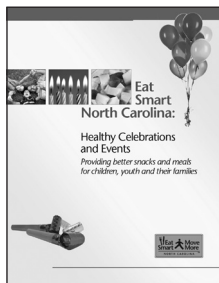
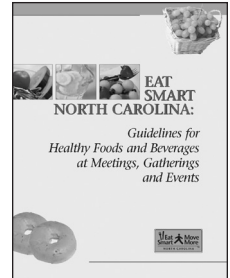


Healthy Eating Policy Template

Healthy Eating Policy Template is a sample Eat Smart Policy to support healthy eating among faith community members.

Eat Smart North Carolina Healthy Meeting Guide

The *Eat Smart Healthy Meeting Guide* provides healthy food and beverage suggestions for various event meals and snacks, as well as practical tips for stocking vending machines and the calories and fat in popular food and beverage items. Additionally, the guide provides sample menus and suggestions for how to replace typical offerings with healthier options. Finally, the guide also provides a sample Eat Smart North Carolina Healthy Foods Policy that can be adapted and implemented by any organization, agency or community group where foods and beverages are served.



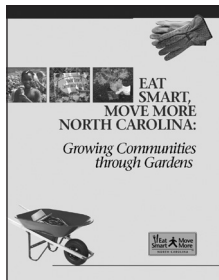
Healthy Celebrations and Events Guide

The *Eat Smart North Carolina: Healthy Celebrations and Event Guide* provides tips on serving healthier, kid-friendly options during any food-related event or celebration. Sample checklists are provided to assist individuals as they shop for food items or order catered meals from restaurants. Tips for approaching your local grocery store or restaurant manager about donating healthier food items, are also included.

Healthy Eating Environments

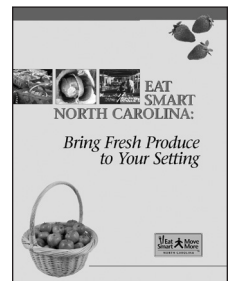
Eat Smart North Carolina: Bring Fresh Produce to Your Setting

Eat Smart North Carolina: Bring Fresh Produce to Your Setting is a planning and resource tool for anyone who would like to have fruits and vegetables, especially locally grown, available to buy in their worksite, place of worship, neighborhood or at any gathering place.



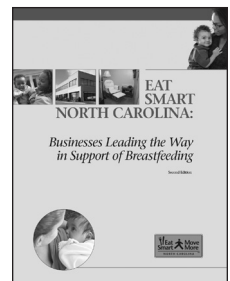
Eat Smart, Move More North Carolina: Growing Communities through Gardens

Eat Smart, Move More North Carolina: Growing Communities through Gardens is a planning and resource guide for anyone who is thinking about starting a community garden. The guide describes a community garden, its benefits, how to find or start a garden and tips for growing, storing, preparing and enjoying fruits and vegetables. In addition it highlights state and national gardening resources.

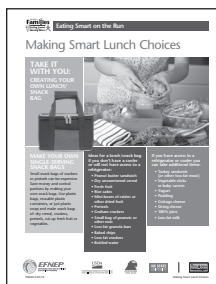


Eat Smart North Carolina: Businesses Leading the Way in Support of Breastfeeding—2nd Edition

Eat Smart North Carolina: Businesses Leading the Way in Support of Breastfeeding—2nd Edition is a planning and resource primer for any employer who is looking for suggestions on becoming a breastfeeding-friendly worksite or business. It can be used in a variety of worksite settings including private and non-profit businesses, faith organizations, schools, child care, government agencies as well as community organizations.



Healthy Eating Practices



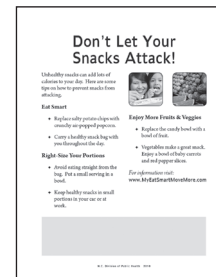
Expanded Food and Nutrition Education Program Handouts

These handouts provide information on the Expanded Food and Nutrition Education Program as well as publications on a wide variety of topics related to nutrition and physical activity.

Health Related Bulletin Inserts for the Faith Community

This document contains 57 different handouts about issues that many in our communities will face. Topic areas include Asthma,

Cancer, Diabetes, Heart Disease & Stroke Prevention, Injury and Violence Prevention, Nutrition, Physical Activity, Schools and Tobacco.

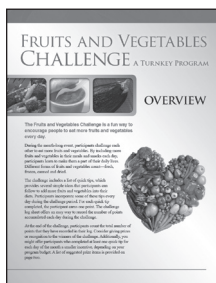
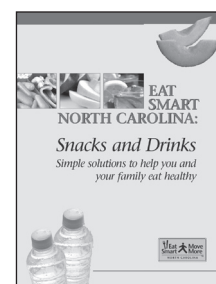


Motivational Posters

These graphically designed informational posters and motivational quotes can be displayed on bulletin boards or other areas in worksites, faith organizations, schools, and community buildings. Use them to encourage people in your setting to do simple things such as taking the stairs, drink water, and make healthy snack choices.

Snacks and Drinks Guide

This colorful guide provides information and tips on when to snack and choosing healthy snack options. It is designed as a stand-alone piece for consumers, but can be used in a group setting as well.



Fruits and Vegetables Challenge

The Fruits and Vegetables Challenge is a fun way to encourage members of your faith community to eat more fruits and vegetables every day. The Challenge is designed as a month-long event when participants compete to score points by eating more fruits and vegetables. By incorporating more fruits and vegetables into their meals and snacks each day, participants learn to make them a part of their daily lives. The Challenge Overview provides step-by-step instructions and guidance on organizing the event. Several other related

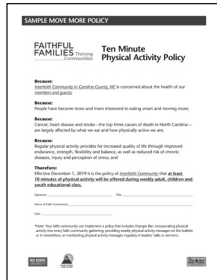
materials needed for the Challenge such as an announcement poster, sign-up sheet, quick tips sheet, Challenge log to track points, weekly newsletters, evaluation form and certificate of achievement can also be downloaded.

Eat Smart Move More Handouts

These handouts provide information and tips on a wide variety of topics involving nutrition and physical activity. They are available to be downloaded in PDF format.



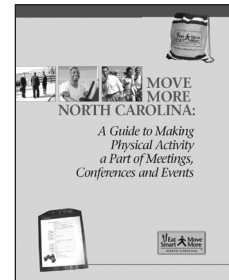
Physical Activity Policies



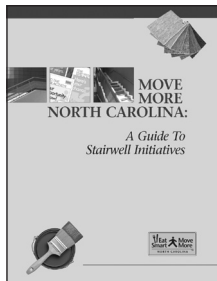
Physical Activity Policy Template

Physical Activity Policy Template is a sample Move More Policy to support physical activity among faith community members.

Guide to Making Physical Activity a Part of Meetings and Events
The Move More North Carolina: A Guide to Making Physical Activity a Part of Meetings, Conferences and Events provides tips and resources for including physical activity in meetings, conferences and other events.



Physical Activity Environments

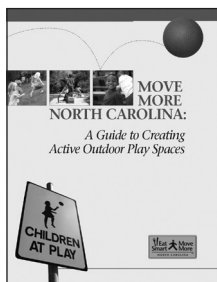


Stairwell Guide

Move More North Carolina: A Guide to Stairwell Initiatives is a useful planning tool that provides step-by-step guidelines for anyone interested in implementing a stairwell initiative. The guide also provides links to downloadable promotional signs and examples of stairwell initiatives in place across North Carolina.

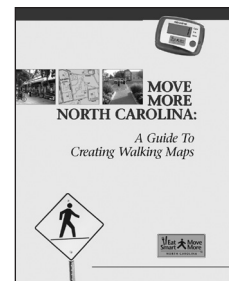
Move More Walking Map Guide

The Move More Walking Map Guide addresses this barrier by providing step-by-step guidelines to promote safe walking routes in and around communities, schools, worksites and faith-based organizations to encourage people to move more.



Guide to Creating Outdoor Play Spaces

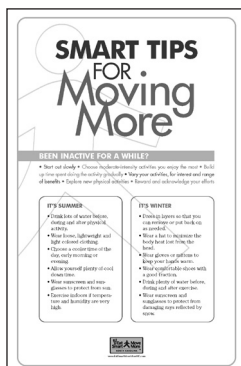
This document provides a guide to creating active outdoor play spaces designed to offer engaging play experiences and opportunities for children to be physically active. It also provides examples of successful play areas.



Physical Activity Practices

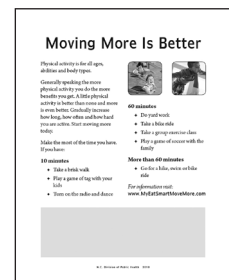
Health Related Bulletin Inserts for the Faith Community

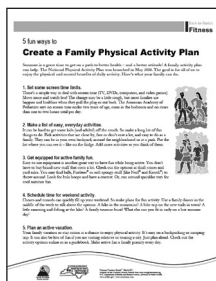
This document contains 57 different handouts about issues that many in our communities will face. Topic areas include Asthma, Cancer, Diabetes, Heart Disease & Stroke Prevention, Injury and Violence Prevention, Nutrition, Physical Activity, Schools and Tobacco.



Motivational Posters

These graphically designed informational posters and motivational quotes can be displayed on bulletin boards or other areas in worksites, faith organizations, schools, and community buildings. Use them to encourage people in your setting to do simple things such as taking the stairs, drink water, and make healthy snack choices.



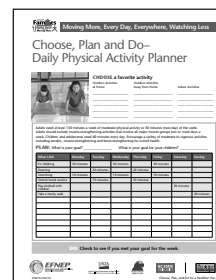


Eat Smart Move More Handouts

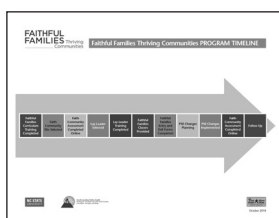
These handouts provide information and tips on a wide variety of topics involving nutrition and physical activity. They are available to be downloaded in PDF format.

Expanded Food and Nutrition Education Program Handouts

These handouts provide information on the Expanded Food and Nutrition Education Program as well as publications on a wide variety of topics related to nutrition and physical activity. They are available to be downloaded in PDF format.



Faithful Families Planning Materials

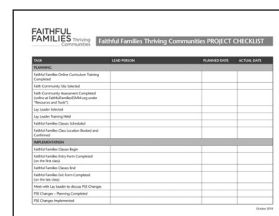


Faithful Families Suggested Yearly Timeline

This document provides a suggested timeline of Faithful Families Thriving Communities with program activities and benchmarks over the course of one year. It is designed to use along with the Faithful Families Program Checklist below.

Faithful Families Program Checklist

This document provides an overview of tasks to be used for the planning, implementation and evaluation of Faithful Families. It is designed to use along with the Faithful Families Suggested Yearly Timeline above.



Evaluation

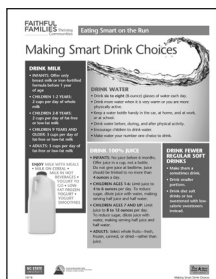
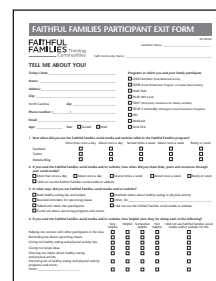


Faithful Families Entry Form

Faithful Families Entry Form is a required entry form to be filled out by participants on the first Faithful Families class.

Faithful Families Exit Form

Faithful Families Exit Form is a required exit form to be filled out by participants on the last Faithful Families class.



Faithful Families Handouts

All Faithful Families handouts that are used for all nine Faithful Families classes are available.

What is Faithful Families?



**FAITHFUL
FAMILIES** Thriving
Communities

Through state
and local partners,
**Faithful Families
Thriving
Communities**
promotes personal
and environmental
changes to support
good health.

Direct Peer Education

The nine-lesson Eating Smart and Moving More Curriculum and four additional Chronic Disease Lessons are co-taught by program facilitators and Lay Leaders. Through group discussions, recipe taste tests, and activities, individuals and families are encouraged to set goals for leading healthier lives. Lay Leaders bring the spiritual elements into each session, through discussion questions and prompts in each lesson.

Policy, Systems, and Environmental (PSE) Supports

Throughout the program, facilitators work with each faith community to implement at least one policy and one environmental change to support their members' long-term health.

Community Engagement

As the program progresses, facilitators help faith communities connect to community and clinical programs and resources. Faith communities can also advocate for community health by participating in local coalitions and by using their particular resources to support community health initiatives.

**Faithful
Families is
successful**

- 2017 data from North Carolina shows that **93%** of participants made positive changes in at least one nutrition practice and **78%** made positive changes in at least one food resource management practice as a result of Faithful Families classes.
- In North Carolina alone, over **250** policy and environmental changes that promote healthy eating and physical activity have been made in faith communities.
- Trained Lay Leaders have become **health ambassadors** in their faith communities, their families and their communities.
- Faithful Families has been accepted as a "**Practice-Tested Intervention**" by the Center of Excellence for Training and Research Translation (Center TRT) at UNC Chapel Hill.

The **Eating Smart and Moving More** curriculum includes a Lay Leader Training Guide and nine lessons.



Faithful Families Thriving Communities offers faith communities simple solutions to help them eat smart, move more, and prevent chronic disease. The program provides individuals, families, and communities with the skills to be able to eat more meals at home, move more in their everyday routine, and help their communities lead healthier lives.

Our Vision: Faithful Families believes that communities of faith are important health advocates, particularly in communities affected by health disparities or lacking access to crucial resources. That's why we are here to empower faith communities as they become changemakers in helping their communities thrive—physically, mentally, and spiritually.

LAY LEADER TRAINING GUIDE

This training guide provides an overview of the vital role of lay leaders in Faithful Families. Lay leaders are vital to the success of the program. Lay leaders are trained to promote the program, co-teach the curriculum, act as liaisons between the health educator and the faith community leaders, promote individual and organizational change related to healthy eating and physical activity, and connect their faith communities to local resources.

EATING SMART AT HOME

Simple solutions for planning, shopping, fixing, and eating more meals at home. Families who eat together at home eat more fruits and vegetables and less fat. Eating at home as a family is a great way to begin to eat smart.

EATING SMART ON THE RUN

Eating out can mean large portion sizes and too many soft drinks. Eating Smart on the Run provides families skills to choose beverages wisely when eating away from home.

MOVING MORE, EVERY DAY, EVERYWHERE

Building physical activity into the day doesn't require special equipment or a special place. Families learn ways to take advantage of everyday opportunities like taking the stairs and parking farther away. Moving more can also be a fun family event like a trip to a park or a walk after dinner. Every step counts toward the recommended 30 minutes for adults and 60 minutes for children per day.

FAITH AND HEALTH CONNECTION

Promoting the connection between faith and health is important to the success of Faithful Families. Families begin to consider how their physical health is connected to the faith they live out daily. Participants and lay leaders, in promoting the adoption of policy and environmental changes, will lead the faith community to promote nutrition and physical activity through its practices.

You will find resources, programs, and tools on the Faithful Families website that can help you promote healthy eating and physical activity in your place of worship.

Visit FaithfulFamilies.com today!



North Carolina Public Health
Working for a healthier and safer North Carolina
Everywhere. Everyday. Everybody.



FaithfulFamilies.com

10/18

**FAITHFUL
FAMILIES** Thriving
Communities



IN SUPPORT OF EAT SMART,
MOVE MORE NORTH CAROLINA

