

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 | | |

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: _____

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+