

What Is Faithful Families?

Faithful Families Thriving Communities (Faithful Families) is used in communities of faith across the country to promote health for individuals, families, and communities. Faithful Families is open to all religious traditions and engages religious communities across the socio-ecological model, through direct education, environmental supports, and community-wide efforts aimed at chronic disease prevention.

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. We empower faith communities to become changemakers to help their communities thrive — physically, mentally, and spiritually.



Improving Health

Faithful Families recognizes that faith communities play a special role as they support their community's health and work to decrease health disparities. They offer unique resources and perspectives to connect a community's faith or religious traditions with messages about long-term health and chronic disease prevention. Faithful Families helps faith community members develop new skills and set goals for healthy eating and physical activity and encourages them to make key connections with clinical services for chronic disease prevention and management. These changes can have long term impacts on families and communities and decrease the risk for developing chronic diseases including heart disease, diabetes, and cancer.

North Carolina Flagship Program

Faithful Families was developed and first implemented in North Carolina (NC), where it continues to build statewide capacity through a strengthened partnership with Steps to Health, NC State University's SNAP-Ed program. Through this partnership Faithful Families prioritizes work with NC communities that lack access to resources to support health.

In NC, Faithful Families is being implemented by Family and Consumer Science (FCS) Agents, EFNEP educators, Steps to Health nutrition educators, and health department staff. In 2023, our team worked to create a new model for program delivery, which includes an option for facilitators to mix-and-match lessons based on participants' interests and faith community needs, and we developed a new discussion-based version of the nine lesson curriculum that we are currently pilot testing. As part of this, we created a series of 18 videos (9 lessons in English, 9 lessons in Spanish) that accompany each of the lessons. They are available for participants at this [website](#). We saw a large upswing in the number of local educators interested in delivering Faithful Families in 2024.

43

FACILITATORS

from Extension and health departments across almost all NC counties were trained for program implementation in 2024

Partnership & Training

In 2021, Faithful Families scaled back our National Partnership model, making it easier for organizations outside North Carolina to access both training and curriculum materials. Online training continues to be available to organizations outside NC through the NC State Reporter system and Moodle and digital copies of curriculum materials are available for purchase online through an eCommerce platform facilitated through NC State Office of Information Technology. While the formal partnership model has been discontinued, we continue to support facilitators and organizations outside NC with ongoing technical assistance and support through webinars and newsletters and connection to resources that can supplement programming.

The Faithful Families team will continue to enhance resources for flexible program delivery, including the continued refinement of the discussion-based curriculum guide and related program resources to support faith communities across the U.S., as we work to meet community needs as we begin to address the long-term impacts of COVID.

LEARN MORE.
For more information visit
FaithfulFamilies.com



2024 Implementation

In North Carolina, 8 facilitators implemented the program in 2024, in 10 faith communities in 2024, reaching 116 people with the nine-lesson curriculum and impacting 521 people in those congregations through connections with clinical partners. Among those participants, 42 completed entry and exit data that tells us about how their behaviors changed as a result of the program.

90%
OF PARTICIPANTS

**REPORT THEY ARE EATING
MORE FRUITS AND
VEGETABLES**

64%
OF PARTICIPANTS

**REPORT AN INCREASE IN
PHYSICAL ACTIVITY**

51%
OF PARTICIPANTS

**REPORT THEY ARE NOW
COMPARING PRICES AND
SHOPPING FOR DEALS**

