



Faithful Families Eating Smart and Moving More 2017 North Carolina Annual Report

North Carolina's Challenges

According to the 2015 North Carolina Behavioral Risk Factor Surveillance System (BRFSS) survey:¹

- Over half (**52%**) of adults do not get the recommended 150 minutes per week of moderate-intensity aerobic physical activity and almost three out of four (**71%**) do not meet the weekly muscle-strengthening exercise recommendations.
- One out of five (**22%**) adults does not consume vegetables at least once a day.
- Four out of every 10 (**43%**) adults do not consume fruits at least once a day.

Supporting North Carolina Communities

Through our partnership with NCDPH, we have tracked the implementation of policy, systems, and environmental changes in five regions of North Carolina through Faithful Families in 2017. Twenty-six faith communities have participated in Faithful Families through this partnership. Of those:

- **46%** (12 of 26) faith communities have implemented nutrition and beverage standards (ex: serve water, healthy food policies) affecting **1,595** individuals.
- **42%** (11 of 26) faith communities now promote physical activity through signage, worksite policies and shared use/joint use agreements affecting **1,687** individuals.

Additionally, in 2017, Faithful Families led to 16 policy and environmental changes in faith communities across North Carolina. These include changes such as establishing policies to serve water at all events, creating a farmers' market on-site at the community of faith, establishing guidelines that all meals offered at the faith community must be healthy, establishing physical activity breaks for all meetings, opening up spaces for physical activity on faith community grounds for community usage ("shared use"), and establishing community gardens.

Improving Health

In North Carolina, Faithful Families is implemented through local partnerships, led this reporting period by NC Cooperative Extension Family and Consumer Science Agents and Expanded Food and Nutrition Education Program Assistants along with local health department staff. Combined, these facilitators have worked with **197** people. **73%** of participants were African-American, **24%** of participants were white, and the average age of participants was **61**.

1. North Carolina Division of Public Health, The Importance of Healthy Eating and Physical Activity in the Prevention and Control of Chronic Diseases. Available from: www.communityclinicalconnections.com/_downloads/CCCPH_FactSheet_HE_and_PA_FINAL_Jan2018.pdf


What Is Faithful Families?

Faithful Families Eating Smart and Moving More (Faithful Families) is a practice-tested health promotion intervention developed by the North Carolina Division of Public Health (NCDPH) and North Carolina State University Extension. Faithful Families promotes healthy eating and physical activity in communities of faith through a nine-lesson curriculum. Additionally, Faithful Families facilitators work with each faith community to help them adopt environmental supports for healthy eating and physical activity.


Our national presence:


- Faithful Families was certified as a practice-tested intervention by the Center for Training and Research Translation at UNC-Chapel Hill.
- The program was designated the Signature Project for the SNAP-Ed and EFNEP Nutrition Education and Obesity Prevention Regional Center of Excellence—Southern Region, funded by the USDA in 2014.
- Recognized by an invitation to a Let's Move Faith and Community Partners meeting at the White House in March 2013.
- Implemented by state and local public health and extension organizations in twenty states across the U.S.

Faithful Families Makes a Real Difference

 **78%** of participants now practice better **food resource management**.

 **93%** of participants improved **dietary intake**.

 **49%** of participants have improved their **daily physical activity**.

 **67%** of participants have improved their **food safety practices**.

Local Successes

The goal of Faithful Families Eating Smart and Moving More is to support healthy eating and physical activity by partnering with communities of faith. Numbers don't tell the whole story. Faithful Families facilitators and participants tell how Faithful Families has helped faith communities to improve their overall health by eating smart and moving more.

Edgecombe County

In Edgecombe County, six faith communities partnered with the Down East Partnership for Children (DEPC) to implement the Faithful Families program. Through this partnership, members from St. Paul Missionary Baptist Church, St. Stephen Missionary Baptist Church, Leggett Chapel Missionary Baptist Church, St. Mark AME Church, St. Augusta Free Will Baptist Church, and St. James Baptist Church have all completed the curriculum. Participants from the congregations shared that they have started to cook healthier meals at home, drink more water throughout the day, and incorporate walking into their daily routine. The DEPC Communities Coordinator and Shayla Hayes, Region 9 Worksite/Faith Coordinator Obesity, Diabetes, Heart Disease and Stroke Project (ODHDSP), are also working with each congregation to implement policy and environmental changes that support healthy eating, physical activity, and chronic disease prevention. Each faith community has adopted healthy food and physical activity policies for their congregation. Through the ODHDSP project, they have also received healthy cooking kits to help them cook and serve healthy meals during church events. Several churches plan to have their church grounds measured for walking trails and will install signage to promote the trails to the broader community. St. James Missionary Baptist Church and Leggett Chapel Missionary Baptist Church have also established health observance Sundays, which gives them the opportunity to discuss various health-related topics with their congregation once a month during Sunday worship service. Each faith community is working to establish or enhance their health ministries to continue these health promotion efforts.

Johnston County

Pastor Joey Yow from Four Oaks United Methodist Church in Johnston County wanted to build congregational interest in healthy eating and active living. He invited Kimetha Fulwood, Health Educator with the Johnston County Public Health Department, to implement Faithful Families. The congregation responded enthusiastically about participating in the program. Participants shared that the curriculum encouraged them to make lifestyle changes, such as planning healthier meals ahead of time, choosing more nutritious foods, and engaging in more daily physical activity. By the end of the nine-lesson curriculum, participants were thinking about changes that their congregation could make to help their community to live healthier. Since the conclusion of the program, the congregation has provided members with resources on chronic disease prevention, installed exercise equipment that could be used by all church members, and worked with the town of Four Oaks to establish a walking route that connects the church to downtown. The church has also established policies to offer water, fruits, and vegetables at all church events.

Macon County

While participating in the Diabetes Prevention Program at East Franklin Baptist Church in Macon County, a member of the congregation heard about Faithful Families and thought it would be the perfect program to help her congregation continue their healthy living journey. With support from two Lay Leaders from the congregation, Lyndsey Henderson, the Community Health Promotions Coordinator at the Macon County Public Health, began facilitating the nine-lesson curriculum in August 2017. The participants were mostly older adults who were also concerned about preventing and managing chronic disease conditions. The Lay Leaders took great care in modifying physical activity breaks and recipes to accommodate the group's needs. For instance, they adapted recipes to contain no salt, instead using homemade spice blends. Twelve participants regularly attended the classes, and they were excited to improve their health by trying new recipes and incorporating walking into their daily routine. For instance, participants shared that they were getting more exercise by making sure to stand up and take a walk while talking on the phone. East Franklin Baptist Church has also made changes to support their community's health, such as making sure that bottled water is always available in their refrigerator and providing healthy food choices for community events. Moving forward, the church will be working to install walking signage around the facility to encourage their community to move more.

Wilkes County

Danner's Chapel Church in Wilkes County partnered with Katie Wagoner, Faithful Families Facilitator from the Health Foundation of Wilkes, to implement Faithful Families. In addition to members from the congregation, several of the pastor's co-workers attended nine classes. Despite initial hesitation from some participants, the group soon became engaged in asking questions about the lesson materials and participating in group discussions. During the *Making Smart Drink Choices* lesson, Katie led the class in an activity to examine the amount of sugar in popular beverages. Participants passed around beverage bottles that contained the amount of sugar used in that particular drink. After seeing how much sugar was being consumed from beverages, the pastor challenged his congregation and co-workers to take small steps to decrease the amount of sugar in their diet, starting with skipping adding sugar to their morning coffee. Within one month, the pastor's co-workers had all stopped adding sugar to their coffee. Five months later, the pastor and several members of the congregation had given up foods and beverages with added sugars.

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