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, as well as encouraging 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 chronic diseases including heart disease, diabetes, and cancer.

Faithful Families North Carolina Flagship Program

Faithful Families was developed and first implemented in North Carolina, where it continues to build statewide capacity while serving as the center for national program development.

In 2018, over 120 individuals across North Carolina participated in Faithful Families classes.

Through our partnership with the NC Division of Public Health, Faithful Families has tracked the implementation of policy, systems, and environmental (PSE) changes in five regions of North Carolina. In 2018, 23 faith communities participated in Faithful Families through this partnership, representing over 3,500 individuals impacted.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Of Participants</th>
<th>Improved</th>
</tr>
</thead>
<tbody>
<tr>
<td>56%</td>
<td>Fruit Intake</td>
<td></td>
</tr>
<tr>
<td>47%</td>
<td>Vegetable Intake</td>
<td></td>
</tr>
<tr>
<td>49%</td>
<td>Daily Physical Activity</td>
<td></td>
</tr>
</tbody>
</table>

National Implementing Partners

In 2018, Faithful Families developed a new model for engaging our national partners in the work of the program. National Implementing Partners (Partners) are now recognized on our website for the work that they do to promote Faithful Families in their states. We currently have 14 national implementing partners across the U.S. Faithful Families provides our Implementing Partners with training, curricula and instructional materials, evaluation tools, and national leadership support while the Partners provide hands-on engagement, local resources, and relationship building opportunities to initiate and sustain health initiatives in their respective communities.

Twelve of our Partners completed the 2018 Partnership Survey. It is clear they are doing substantial work to support chronic disease prevention and health promotion in the faith communities they serve. Across the U.S.:

- 70 FAITH COMMUNITIES were reached through Faithful Families programming
- 1168 INDIVIDUALS were reached through Faithful Families classes
- 165 PSE CHANGES were implemented, to improve healthy eating, physical activity, and clinical connections
- 11,032 INDIVIDUALS were reached through PSE changes implemented

Partnership and Training

On December 5th and 6th, 2018, we held the Faithful Families 2018 National Training for states interested in implementing the program in their respective communities. Participants represented 7 different states, including 2 new National Implementing Partners.

In North Carolina, Faithful Families is being implemented by Family and Consumer Science Agents, EFNEP Program Assistants, and local health department staff. On December 4th, we held the Faithful Families 2018 North Carolina Training for local health department and Cooperative Extension staff interested in implementing Faithful Families in their respective counties. The 40 participants represented over 30 counties across North Carolina.

LEARN MORE.
For more information visit FaithfulFamilies.com