

2018 Annual Report

What Is Faithful Families?

Faithful Families Thriving Communities (Faithful Families) works 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.



The Faithful Families team published article about our work in the March issue of the *American Journal of Public Health*. Check it out! Annie Hardison-Moody,

Julia Yao, “Faithful Families, Thriving Communities: Bridging Faith and Health Through a State-Level Partnership,” *American Journal of Public Health* 109, no. 3 (March 1, 2019): pp. 363-368.

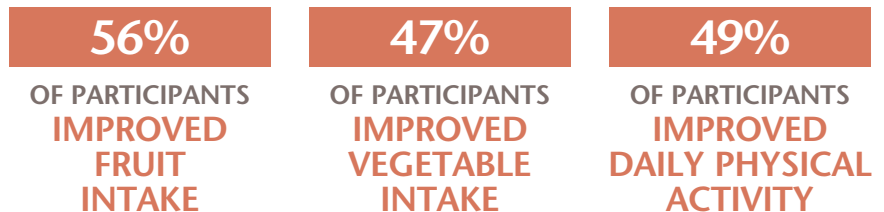
Improving Health

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.

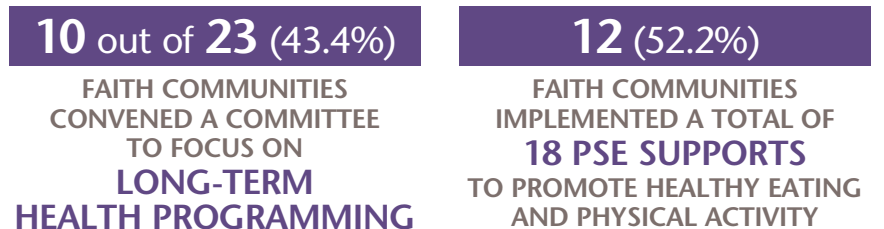
Faithful Families North Carolina Flagship Program

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.



These 18 PSE supports included establishing policies to serve water at all events, 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 creating health corners for sharing health tips and resources.



Re-Brand

In August FY 2018, Faithful Families rebranded from Faithful Families Eating Smart and Moving More to Faithful Families Thriving Communities to better reflect the program's mission and support its growing national network.

The rebrand consisted of a new program name, website, as well as implementation of a new National Implementing Partnership model.

To further support data collection and analysis, Faithful Families created an online portal system for national partners and NC facilitators to track program implementation and to submit evaluation data. Data collected through this portal system will be used for annual reporting in 2019.



LEARN MORE.

For more information visit FaithfulFamilies.com

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.