



Faithful Families

Eating Smart and Moving More



2014
North Carolina
Progress Report
2015



WHO WE ARE



Faithful Families Eating Smart and Moving More (Faithful Families) is a practice-tested health promotion intervention that promotes healthy eating and physical activity in communities of faith. The program is a partnership between the North Carolina Division of Public Health and Extension at North Carolina State University. Faithful Families helps individuals and families to adopt healthy behaviors like eating smart and moving more. Additionally, Faithful Families facilitators work with each faith community to help them adopt environmental supports for healthy eating and physical activity.

The Faithful Families curriculum is co-taught by nutrition and physical activity educators and trained lay leaders from faith communities in small group sessions. Connecting faith and health is an integral part of the program. Lay leaders from the faith community bring the spiritual elements into each session, through discussion questions and activity prompts in each lesson.

Program Success

The program has been certified as a practice-tested intervention by the Center for Training and Research Translation at UNC-Chapel Hill. Additionally, Faithful Families has been designated as the Signature Project for the Southern Regional Center for Excellence in Nutrition Education and Obesity Prevention. Although this report highlights the program successes for North Carolina, Faithful Families has been implemented in other states as well, including **Florida, Arkansas, South Carolina, New Jersey, Illinois, and Tennessee.**



GROWTH IN NORTH CAROLINA

Between 2014-2015, nineteen counties in North Carolina implemented Faithful Families, through local health departments, Extension offices, or a partnership of the two.

Beaufort
Bertie
Bladen
Chowan
Craven
Cumberland
Dare

Durham
Edgecombe
Gates
Greene
Lenoir
Macon

Rowan
Northampton
Pasquotank
Robeson
Wake
Washington

Results in Action

In addition to individual level results, faith communities have adopted environmental supports to improve healthy eating and physical activity among their members. Between 2014-2015, thirteen policy and environmental changes to encourage eating smart and moving more were implemented as a result of Faithful Families.

These include changes like:

- Establishing policies to serve water at all events
- Replacing sodas in vending machines with bottled water
- Establishing guidelines that all meals offered at the faith community must be low-fat, low-sugar and low-sodium
- Establishing physical activity breaks for all meetings
- Designing physical activity spaces for the whole community
- Establishing community gardens



OUR IMPACT BY THE NUMBERS

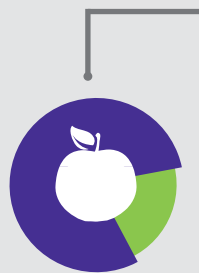
110

Individuals

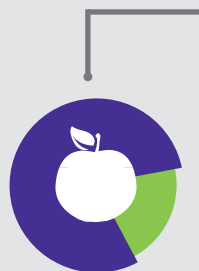
522

People
Impacted

This reporting period, Faithful Families has been implemented by the North Carolina Expanded Food and Nutrition Education Program (EFNEP) with 110 program families representing 522 people. Data from EFNEP-based Faithful Families classes shows that:



83% of participants showed improvement in one or more food resource management practices (i.e. plan meals, compare prices, does not run out of food or uses grocery lists).



86% of participants showed improvement in one or more nutrition practices (i.e. plans meals, makes healthy food choices, prepares food without adding salt, reads nutrition labels or has children eat breakfast).

In addition to EFNEP classes, Faithful Families facilitators from local health departments and extension offices have reported strong results. **115 participants attended their Faithful Families classes between 2014 and 2015.** After participating in Faithful Families classes:

56

% (64 of 115) of participants reported improvement in daily physical activity (at least 30 minutes most days of the week).

79

% (91 of 115) of participants reported being more mindful of what and how much they eat.

76

% (87 of 115) of participants reported being more mindful of including physical activity each

VOICES

These numbers don't tell the whole story. We invite you to hear from our Faithful Families facilitators and participants about how Faithful Families has helped faith communities to eat smart and move more!



"What I've seen through Faithful Families is growth as a mom. It has empowered me to know what's good for my family and has given me resources or assets to know what my family needs. Faithful Families has encouraged me as a busy mom and has kept my family healthy."

Faithful Families Lay Leader, Wake County

"I recently found out that I have high blood pressure as well as cholesterol issues. I live on a fixed income and believed that to eat healthy and tasty food would be too expensive and hard to make, but since the church offered to have Faithful Families classes through our church at no cost, I was real excited! I really have learned a lot about reading food labels and ingredients and some wonderful and very tasty recipes! There were also very easy to prepare. I have shared the information with family members and have even made some of the recipes. The classes have helped me to eat smart and move more."

Faithful Families Facilitator, Edgecombe County

"Faithful Families classes help churches to educate and support efforts to improve and maintain good health. It can be a very valuable tool in the community to provide information vital to combating chronic diseases. In communities with high rates of chronic diseases, the more opportunities available to educate and provide resources will help to eliminate health disparities as well as bring down the high costs. The Faithful Families component of EFNEP helps to reach out to many more families who can benefit from the classes available."

Faithful Families Facilitator, Edgecombe County

"Faithful Families Eating Smart and Moving More is a great way to reach people we would otherwise not have the ability to serve. The program is very easy to use and has recipes that people will actually eat. If I had to give up everything I do and only use one program, I would choose Faithful Families."

Faithful Families Facilitator, Macon County

For more information, visit
FaithfulFamiliesESMM.org

