

Faithful Families Eating Smart and Moving More (FFESMM)

North Carolina Cooperative Extension, NC State University

Physical Activity and Nutrition Branch, NC Division of Public Health



Do you want to help faith communities promote healthy eating and increase physical activity?

Then you'll want to learn more about the Faithful Families Eating Smart and Moving More Program!

FFESMM focuses on both individual behavior change and policy and environmental change within the faith community.

FFESMM program strengths:

- ◆ Represents a partnership between the State Health Department and Cooperative Extension
- ◆ Adapts to ANY faith tradition
- ◆ Works well in economically disadvantaged communities
- ◆ Helps faith communities identify their needs and enact policies and changes to meet those needs
- ◆ Makes available materials to implement the program

Potential for Public Health Impact:

FFESMM has potential for broad reach, adoption, implementation and maintenance. The policy and environmental components of FFESMM are designed to reach all faith community members. Initial evaluations showed that most faith communities made multiple positive changes to their food and physical activity policies and environments.

Faithful Families ESMM is pleased to share:

- ◆ Program core elements
- ◆ Steps in implementation
- ◆ Resources required
- ◆ Keys to success
- ◆ Program materials:
 - ◇ Ordering information for the FFESMM Curriculum
 - ◇ Access to the free *Eating Smart and Moving More Planning Guide for Faith Communities*
- ◆ And much more on the Center TRT website: www.center-trt.org

FFESMM is a practice-tested intervention

Center of Excellence

for Training and

Research Translation

The Center of Excellence for Training and Research Translation (Center TRT) is devoted to bridging the gap between research and public health practice with an emphasis on nutrition, physical activity, and the prevention and control of cardiovascular disease and obesity.

To advance the skills of public health practitioners, the Center TRT provides in-person and web-based trainings. To promote evidence-informed practice, the Center TRT identifies, translates and disseminates interventions, including the one featured above. To download the translated intervention and accompanying materials, visit the Center TRT website at www.center-trt.org

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