

INTERVENTION

Faithful Families Eating Smart and Moving More

North Carolina Cooperative Extension
North Carolina State University
North Carolina Division of Public Health



INTENT OF THE INTERVENTION

Faithful Families Eating Smart and Moving More (FFESMM) is a practice-tested intervention that focuses on healthy environmental and policy changes within faith communities. It also promotes healthy eating habits and increased physical activity through a series of group nutrition/physical activity education sessions.

FFESMM is a faith community-based program that addresses multiple levels of the socio-ecological (S-E) model. The program focuses on both the individual/interpersonal level (group nutrition/physical activity education series) and the organizational level (policy, practice and environmental changes within faith communities). State-level practitioners seeking to bring about changes in nutrition/physical activity policies and environments will find this intervention to be of interest. (For more information about the levels of the S-E model addressed by *FFESMM*, see the Overview section.)

OVERVIEW

Combining best practices that target individual behavior with environmental and policy changes, *Faithful Families Eating Smart and Moving More (FFESMM)* educates faith community members about food, physical activity and becoming advocates for healthy policy and environmental changes within their communities. *FFESMM* can be used with any faith tradition. Trained lay leaders from individual faith communities are paired with nutrition/physical activity educators to co-teach lessons and deliver the program. *FFESMM* has worked predominantly with low-income African-American faith communities, designated by percentage of their members who are eligible for Medicaid, eligible for free or reduced school lunches and/or are at 200% of the federal poverty level. The program has also demonstrated success in a limited number of non-African-American faith communities. This focus allows faith communities to link economically disadvantaged community members to education and resources, empowering them to eat healthier, increase their physical activity and become advocates for positive policy and environmental changes within their communities.

The program involves a partnership between the North Carolina Division of Public Health and North Carolina Cooperative Extension. Cooperative Extension employs a Faithful Families program coordinator. Supervision of this position is shared between the two organizations. The Faithful Families program coordinator maintains relationships with faith community partners and provides technical assistance to implement the program. A leadership team, with representatives from each agency who meet quarterly, provides oversight for the program. The Cooperative Extension's Expanded Food and Nutrition Education Program¹ nutrition/physical

¹ The National Institute for Food and Agriculture's (NIFA) [Expanded Food and Nutrition Education Program \(EFNEP\)](#) is a unique program that currently operates in all 50 states and in American Samoa, Guam, Micronesia, Northern Marianas, Puerto Rico, and the Virgin Islands. It is designed to assist limited-resource audiences in acquiring the knowledge, skills, attitudes, and changed behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being.

activity educators partner with lay leaders at each of the faith communities to co-lead the nutrition/physical activity sessions.

FFESMM is delivered at 4 levels of the socio-ecological model:

1. **Individual level:** The Faithful Families program coordinator and faith lay leaders work with each faith community to offer handouts and posters. In addition, individuals complete the Member Health Assessments and are recruited to participate in the nutrition/physical activity education series.
2. **Interpersonal (family) level:** Nutrition/physical activity educators, hired through NC Cooperative Extension, co-deliver with faith community lay leaders the series of nine nutrition, food safety and food resource management lessons. Through dialogue and goal setting, individuals and families in the classes are encouraged to change their risk behaviors and set goals for healthy eating and daily physical activity.
3. **Organizational:** Each faith community conducts a Faith Community Health Assessment to determine the most relevant and pressing policy and environmental changes needed. Additionally, *FFESMM* offers a comprehensive Eating Smart and Moving More Planning Guide for Faith Communities to enhance access to resources and supplement technical assistance for each faith community. Further, as requested, the Faithful Families program coordinator provides faith communities with sample newsletter ideas, bulletin inserts, and sermon/speaking topics to reinforce healthy behavior messages in the faith community.
4. **Community:** Faithful Families staff connect each faith community with existing county level resources, including programs offered through county Cooperative Extension offices and local public health departments. Additionally, faith communities are encouraged to enact policy and environmental changes that promote healthy eating and physical activity for the community at large. They are encouraged to think beyond the walls of the organization itself as they work for sustainable changes to promote healthy behaviors.

Intended population: Faith communities with limited-resource members

Setting: Faith communities

Length of time in the field: *FFESMM* began in 2008 as a year-long pilot study across 11 faith communities in Harnett County, NC. As of October 2011, 39 faith communities across nine NC counties had completed all elements of the program.

HEALTH EQUITY CONSIDERATIONS

Faithful Families Eating Smart and Moving More (*FFESMM*) is a practice-tested intervention that focuses on healthy environmental and policy changes within faith communities. Faithful Families Eating Smart and Moving More was evaluated with faith communities serving predominantly limited resource and African American members. For the 737 individuals providing data, 10.2% had less than a high school education, 46.6% were at or below 200% of federal poverty level, 72.2% were African American, and 76.4% were overweight or obese.

CORE ELEMENTS

This section outlines the aspects of an intervention that are central to its theory and logic and that are thought to be responsible for the intervention's effectiveness. Core elements are critical features of the intervention's intent and design and should be kept intact when the intervention is implemented or adapted.

1. **Recruit and train a nutrition/physical activity educator:** Consider partnering with the local Expanded Food and Nutrition Education Program (EFNEP). EFNEP staff can assist in teaching the nutrition/physical activity education series and can provide faith community members access to county-level resources. While other health professionals (e.g. a parish nurse) can also serve in this role, Cooperative Extension's EFNEP provides staff who are trained to deliver the nutrition and physical activity education component. Please note that EFNEP is available in every state, but not in every community.
2. **Recruit faith communities:** The nutrition/physical activity educator is responsible for recruiting faith communities. The Faithful Families program coordinator is responsible for training and providing ongoing technical assistance to the nutrition/physical activity educators, including strategies for recruitment. Consider giving preference to faith communities with a majority of members eligible for Medicaid, eligible for free or reduced school lunches and/or at 200% of the federal poverty level. While the strategy is appropriate in any faith community, low-resource communities face greater health disparities.
3. **Recruit and train lay leaders from each faith community involved in the program:** The faith community lay leader is essential to connecting with program participants. He or she uses scriptures, readings and faith-based practices to connect health information for faith communities. He or she also helps communities plan and implement policy and environmental changes that support healthy eating and physical activity.
4. **Administer health assessments to faith community members:** The faith community should agree from the outset to assess members' health at the beginning and at the end of the program. These assessments will help lay leaders and nutrition/physical activity educators as they tailor their curriculum and evaluate participants' progress over the course of the program.
5. **Recruit faith community members to participate in nutrition/physical activity sessions:** The designated lay leader is responsible for recruiting faith community members into the nutrition/physical activity sessions.
6. **Administer environmental and policy assessments:** Assessment at the beginning of the program will help determine what policy and environmental changes lay leaders and nutrition/physical activity educators can encourage faith communities to adopt.
7. **Commit to environmental and policy change:** The faith community should commit to at least **one environmental** change (e.g. posting a map of the parking lot or available trails that details distance) and **one policy** change (e.g. requiring that fruit be a dessert option) during the first program year.
8. **Implement policy and environmental changes:** Provide necessary materials to implement the program; ensure they are easily accessible, understandable and meaningful to faith community members. (See *Intervention Materials* section for FFESMM curriculum and Planning Guide that can be adopted as is or adapted for use. The FFESMM curriculum and Planning Guide are complementary tools designed to address the multiple levels of the S-E model.)

RESOURCES REQUIRED

Staff:

Faithful Families program coordinator (serves multiple faith communities)

- Establish a Faithful Families program coordinator position whose responsibilities would include coordination of all county and/or city projects occurring across the state; maintenance of partnerships with state-level organizations (Division of Public Health, Cooperative Extension, state-wide faith-based organizations, etc.); budget management; oversight and coordination with staff to compile data from evaluations; training nutrition/physical activity educators and providing technical assistance. The time needed for this position would be determined by the number of counties or faith communities involved in the program. When getting started, current staff may serve in this capacity; however, statewide programming requires a full-time coordinator.

Nutrition/physical activity educator (e.g., EFNEP staff or other health professional; such as, Cooperative Extension Family & Consumer Sciences Agent, parish nurse, etc.)

- Each county or city targeted will need a committed and trained nutrition/physical activity educator. This educator will add FFESMM delivery to his/her work plan with responsibilities to include: a) recruiting faith communities; b) working with the faith leader (minister, pastor, rabbi, imam, etc.) to identify and recruit lay leaders; c) training lay leaders to carry out the project; d) teaching five of the nine nutrition/physical activity education lessons with the lay leaders, e) maintaining weekly communication with the lay leaders; f) partnering with the lay leaders to conduct assessments and surveys; and g) working with both the faith leader and the lay leaders to ensure that policy and environmental changes related to physical activity and nutrition are adopted. The nutrition/physical activity educator should provide information about resources available to help the faith community sustain its health-based work after the program ends. At least quarterly, the educator should follow up with each faith community to determine how individual programs are progressing and what technical assistance they may need.

Lay leaders

- Lay leaders are volunteers from a faith community. They are either selected by the faith leader or are self-selected. It is important to have at least two lay leaders from each faith community to ensure coverage in each area of the program. Lay leaders are responsible for recruiting participants, delivering faith-based portions of each session, teaching four lessons on their own, making arrangements for building use, tracking attendance, sending reminders to participants and serving as liaisons to the nutrition/physical activity educator. The lay leaders also serve as liaisons between the faith leader and the faith community as a whole.

Materials:

Faithful Families Eating Smart and Moving More curriculum

- Each faith community will need a copy of the curriculum; ideally, each educator should also have a copy. The cost of the curriculum is \$100. Lay leaders will need access to the lessons they will teach and co-teach with the educator.

Eating Smart and Moving More Planning Guide for Faith Communities

- The Eating Smart and Moving More Planning Guide for Faith Communities can be downloaded from the Eat Smart Move More NC website at no cost. (www.eatsmartmovemorenc.com/FaithfulFamilies/FaithfulFamilies.html).

Food and supplies for nutrition/physical activity sessions

- If you provide recipe tastings, you will need approximately \$125 to purchase food for the nine sessions. This cost does not include the equipment needed to prepare the recipes. “Skill Builders,” which are practical items such as shopping pads, cutting boards, cookbook, etc., are available for purchase from NC EFNEP (efnep@ncsu.edu) for each of the sessions. A complete set of Skill Builders for a group of 10 costs approximately \$150. Purchasing of Skill Builders is not necessary to complete the intervention but does offer tools to help participants practice at home what they learn in the session.

Other Costs:

- Costs can be associated with implementing and maintaining practices and policies adopted by faith communities. If a faith community creates a walking trail or plants a garden on the faith community campus, investment of time and materials is necessary to ensure safety and effectiveness.
- Cost can be associated with having space to hold nutrition/physical activity sessions.

IMPLEMENTATION

Recruit faith communities

Partner with relevant organizations to identify potential faith communities for program implementation. Cooperative Extension centers, local health departments and local hospitals will have good information on faith communities they have already partnered with or who have a presence on their boards and/or committees. North Carolina followed this pattern to develop a working list of faith communities and faith leaders. The Faithful Families program coordinator trained and provided technical assistance to the nutrition/physical activity educators as they personally contacted faith leaders to determine their level of interest. Individual meetings were held to introduce the program and review the materials. Prior to initiating the program, faith leaders were requested to sign a commitment form that outlined both the expectations and benefits of participating in FFESMM.

Recruit faith community lay leaders

To effectively recruit program participants, maintain energy throughout the program, and lead the policy and environmental change discussion, people in these positions should be leaders within their faith communities. They use scriptures, readings and faith-based practices to connect health information to a particular faith tradition. They also lead four of the nine nutrition/physical activity sessions. Lay leaders help faith communities plan and implement policy and environmental changes that support healthy eating and physical activity. They should be comfortable leading an educational session, which includes teaching in front of a group.

Train faith community lay leaders

Lay leaders need training to understand project goals and their role as partners with the nutrition/physical activity educator. A Lay Leader Training session, which is included in the FFESMM curriculum, is an effective way to clarify the lay leaders' many roles and to promote a strong partnership between the educator and the lay leaders. The training lasts approximately

two hours. Time may vary depending on discussion and/or if you choose to model a food demonstration and/or share a meal.

Recruit faith community members to participate in the sessions

Lay leaders are key to recruiting participants for the FFESMM sessions. The curriculum provides ready-made posters, bulletin and program inserts to assist lay leaders in recruitment. Announcing the program details at regular faith community gatherings is also recommended. In North Carolina, faith communities recommended offering classes at night or on weekends to provide the greatest opportunity for members to participate. As part of ongoing recruitment, lay leaders track attendance, remind participants of the next session, and encourage absentees to return.

Administer environmental and policy assessments

Assessing faith community policies is important. The faith leader should complete a Faith Community Assessment, which provides the nutrition/physical activity educator and lay leaders a sense of environment, policies and practices before implementation of the FFESMM program. Then, through discussions during the nutrition/physical activity sessions, the lay leaders hear members' ideas to establish and/or modify the current environment, policies and practices of the faith community. The faith community should commit to at least **one environmental** change (e.g. marking a walking route around the parking lot) and **one policy** change (e.g. requiring that fruit be a dessert option) during the first year.

Implement FFESMM curriculum and Eating Smart and Moving More Planning Guide for Faith Communities:

Faith communities can develop or adapt their own materials to promote increased physical activity and healthy eating; however, materials should be easily accessible and understandable to members. The Eating Smart and Moving More Planning Guide for Faith Communities was developed for use in concert with hands-on technical assistance from county and state staff. This guide allows faith communities to take a more active role in promoting, enacting and sustaining their community's health programs and policy and environmental changes. (See **Intervention Materials** section for link to download the Planning Guide.)

Keys to Success:

- During the initial meeting with the faith leader, fully explain program expectations and time requirements and conclude the meeting by asking for a signed commitment.
- Schedule a follow-up meeting with the faith leader as part of the initial meeting. The follow-up meeting should be held after the education series is completed. The meeting's purpose is to emphasize the importance that the faith community follows through with making policy and environmental changes happen. Meeting soon after the sessions are completed will help sustain the energy and continue the feedback that the lay leaders and nutrition/physical activity educator receive from participants.
- The FFESMM program includes both nutrition education **and** policy and environmental changes. Both need to be maintained for the intervention to succeed.
- Flexibility is important when scheduling with faith communities. Sometimes meetings and events will arise, forcing the postponement of a session. Other priorities of the faith community may come before FFESMM.
- Some faith communities have to work through committees, business meetings and/or trustees to adopt a policy or environmental change. Patience and understanding of their process will help spur the adoption of these powerful changes to take place.

- Be prepared to explain in basic terms why policy and environmental changes are effective in creating a healthier environment in faith communities. Provide relatable and affordable examples such as policies that faith communities adopt regarding building use and meals.
- Different faith traditions may require different approaches. Flexible methods are necessary.
- Consistent encouragement and follow-up will help retain faith communities and participants in the program. Keep the lines of communication open with lay leaders and faith leaders. Learn the best way to contact each partner.

Barriers to Implementation:

- The faith community recruitment process is time consuming and it relies on building local relationships. Ensure the number of faith community contacts you gather from local partners far exceeds your goal.
- To fully implement the program, costs include materials and supplies for the FFESMM series. Environmental changes, such as a community garden, will also involve a cost. Securing grant funds is one strategy to meet these needs.

EVIDENCE REVIEW SUMMARY

Underlying Logic or Theory: *Faithful Families Eating Smart and Moving More* incorporates multiple levels of the socio-ecological (S-E) model.

Strategies Used²: *FFESMM* applies several evidence-based intervention strategies:

- **Social support for healthy eating:** Each participating faith community has lay leaders who provide social support for healthy eating. The lay leader is someone to whom others in the community naturally turn when they need help and support. Part of the lay leader's training involves connecting health information with faith-based practices, scripture and beliefs. Social support strategies are used in combination with other strategies; in *FFESMM*, they are part of a comprehensive nutrition program that allows for families to come together in a group setting. Faith communities employ techniques regularly used in social network-based interventions, including group-oriented goal setting, problem solving, discussion, and opportunities for healthy eating.
- **Social support for physical activity:** Each participating faith community has lay leaders who provide social support for physical activity. The lay leader is someone to whom others in the community naturally turn when they need help and support. Part of the lay leader's training involves connecting health information with faith-based practices, scripture and beliefs. Social support strategies are used in combination with other strategies; in *FFESMM*, they are part of a comprehensive nutrition program that allows for families to come together in a group setting. Faith communities employ techniques regularly used in social network-based interventions, including group-oriented goal setting, problem solving, discussion, and opportunities for physical activity.
- **Comprehensive obesity prevention programs in single setting:** Comprehensive nutrition programs include multiple intervention strategies targeting healthy eating and

² A full description of the intervention strategies used can be found on the [Center TRT website](#) with references to the sources of evidence to support the strategies

related outcomes. They focus on a single setting, e.g. a faith community, which distinguishes them from community-wide campaigns for healthy eating which are multi-sectorial in nature. Comprehensive nutrition programs include components targeting knowledge, attitudes, and/or skills at the individual level, while other components focus on improving supports for healthy eating at the interpersonal and organizational levels. At the individual level, FFESMM provides nutrition classes and health assessments; at the organizational and environmental levels, it promotes policy change.

- **Changing access and availability to favor healthy foods and beverages:** FFESMM's approach to increasing the availability of healthy foods in faith communities is derived from an organization's capacity to adopt policies aimed at increasing the number and/or types of healthy food and beverage items when they are served. Options for policy changes within the faith community include developing and implementing policies on the availability of healthy foods and beverages and training food preparers (volunteers or staff) to make existing menu items healthier.
- **Increasing access to and number of places for physical activity:** Through policies for mapping out walking routes or designating recreational space free of charge to faith community members, FFESMM allows those faith communities who are able to provide more accessibility of places or facilities for physical activity. When combined with informational or social support strategies, this can be an effective way to increase physical activity and improve other physical activity-related outcomes.

Evaluation Outcomes: The FFESMM Leadership Team has evaluated both processes and outcomes of the intervention. Process evaluation includes tracking attendance at all educational sessions and conducting focus groups with program participants and faith community leaders. Two surveys are administered at the beginning and end of each program year to assess intervention effects on individuals, environments, and policies.

In a pilot program of the intervention conducted in Harnett County, four faith communities completed the intervention and 59 of their members attended group sessions. A pre- and post-intervention survey of those who attended group sessions found improvements in dietary intake, dietary behaviors and physical activity. Of the 59 graduates from the FFESMM sessions, 43% increased fruit consumption; 47% increased vegetable consumption; and 35% increased the amount of their physical activity.

As of July 2010, 24 of the 35 (68.6%) faith communities participating in the FFESMM intervention across four counties had completed all elements of the program. All participating communities completed a Faith Community Health Assessment at both the start and end of the intervention year. Data collected using the assessment tool documented the number and type of new environment and policy changes implemented by each faith community. The results included the implementation of 14 Eat Smart policies, nine Move More policies, and five environmental change policies. Twenty-three of the 24 faith communities have enacted multiple policies.

POTENTIAL PUBLIC HEALTH IMPACT

Faithful Families Eating Smart and Moving More has potential for broad reach, adoption, implementation, and maintenance over time.

Reach: The policy and environmental components of the intervention have potential for broad reach to all members of the faith community. Because this intervention is tailored for low-income faith communities, reach to those at greatest risk is promising.

The classes have much more limited reach as enrollment was capped at 15 individuals per congregation and the drop-out rate was fairly high (36%).

Data collected on members of participating faith communities indicate that they serve a population at high risk of obesity.

From July 2008 to July 2010, 737 individuals across four North Carolina counties (Harnett, Lee, Durham and Moore) had provided data. Of those individuals, 10.2% had less than a high school education; 72.2% were African American; and 76.4% were overweight or obese. Of the 476 individuals who opted to provide income information, 261 (46.6%) were designated as low-income (at or below 200% of federal poverty level).

Effectiveness: Findings from initial evaluations of the intervention found that most involved faith communities made multiple positive changes to their food and physical activity policies and environments. From July 2008 to July 2010, 14 Eat Smart policies, nine Move More policies, and five environmental change policies had been passed across 24 faith communities and in four counties. Twenty-three of the 24 faith communities have passed multiple policies.

Findings suggest that the FFESMM nutrition classes may have an effect on individual behavior change. Of the 59 graduates from the FFESMM nutrition/physical activity sessions, 43% reported an increase in fruit consumption; 47% reported an increase in vegetable consumption; and 35% reported an increase in the amount of their physical activity.

Adoption: From July 2008 to July 2010, 24 of the 35 (68.6%) faith communities participating in the FFESMM intervention across four counties had completed all elements of the program. Through the Eat Smart Move More NC website, faith communities may also download a full Eating Smart and Moving More Planning Guide for Faith Communities; this allows them to take a more active leadership role in promoting, enhancing and sustaining their own health programs, along with policy and environmental changes.

Implementation: The capacity to implement this program depends on motivation of lay leaders and nutrition/physical activity educators with the faith community. In North Carolina, the leadership of the state-funded Faithful Families program coordinator is also key to implementation. The program is designed to bring together resources from NC Cooperative Extension and the NC Division of Public Health, both of which provide support for local faith communities' implementation of the program. Intervention materials provided for lay leaders are organized and well done. Thus, once a faith community adopts the intervention, implementation is relatively straightforward, given assistance from the program coordinator, nutrition/physical activity educators and lay leaders.

Maintenance: Maintenance is supported by systems that have been set in place to monitor progress, such as the *Progress Monitoring and Reporting System (PMR)*³. These systems were

³ The *Progress Monitoring and Reporting System (PMR)* is an evaluation system used by the Physical Activity and Nutrition (PAN) Branch of the NC Division of Public Health to document and evaluate local efforts toward environmental and policy changes related to physical activity and healthy eating.

put in place once faith communities adopted new policies to promote healthy eating and increased physical activity.

INTERVENTION MATERIALS

Faithful Families Eating Smart and Moving More Curriculum

Note: The curriculum, including nutrition content and recipes, have not been reviewed by the Center TRT.

Faithful Families Eating Smart and Moving More has a curriculum, which nutrition/physical activity educators and lay leaders use while teaching the nine nutrition, food safety and food resource management lessons. The Expanded Food and Nutrition Education Program (EFNEP) originally created the curriculum for its *Families Eating Smart and Moving More (FESMM)* Program. Collaborating with original authors, EFNEP adapted the FESMM curriculum for the Faithful Families Program by including open-ended questions about faith and spirituality. Faith community lay leaders receive this curriculum after they are trained by EFNEP personnel. The FFESMM curriculum begins with a Leader's Guide section, which instructs nutrition/physical activity educators in using the curriculum. After an initial training session, lay leaders partner with nutrition/physical activity educators to conduct the FFESMM program.

The topics for the nine nutrition/physical activity sessions are:

1. Plan: Know What's for Dinner
2. Shop: Get the Best for Less
3. Shop for Value, Check the Facts
4. Fix it Fast, Eat at Home
5. Choosing More Fruits and Vegetables
6. Fix it Safe
7. Making Smart Drink Choices
8. Choosing to Move More Throughout the Day
9. Making the Connection

The curriculum for the nine nutrition/physical activity education sessions and the Leader's Guide can be purchased from the Eat Smart Move More website:

www.eatsmartmovemorenc.com/FaithfulFamilies/FaithfulFamilies.html

The cost of the curriculum is \$100.

Eating Smart and Moving More Planning Guide for Faith Communities

Faithful Families Eating Smart and Moving More developed a full planning guide that makes adoption by others both feasible and straightforward. It contains draft policy and environmental change templates that a faith community can present to its members for adoption and sample documents to publicize once the changes are implemented. The Planning Guide also includes information on how to establish a health committee within a faith community. Step-by-step guidelines for starting and maintaining an amended version of FFESMM are also provided.

Planning guide contents include:

- Faith Community Health Assessment survey (targets organizational level)

- Member Health and Interest survey (targets individual level)
- Sample posters
- Sample program plans
- Sample Eat Smart and Move More policies (target environmental level)

FFESMM distributes the Eating Smart and Moving Planning Guide for Faith Communities electronically and free of charge at:

<http://www.eatsmartmovemorenc.com/FaithfulFamilies/FaithfulFamilies.html>

EVALUATION MATERIALS

Center TRT developed an evaluation logic model and evaluation plan for Faithful Families Eating Smart and Moving More (FFESMM) program. The logic model is intended to guide the evaluation process (as opposed to the planning process). The evaluation plan focuses on the implementation and effectiveness of FFESMM in changing faith community policies and environments to support healthy eating and physical activity. The evaluation addresses the reach, adoption, implementation and effectiveness of FFESMM in changing faith community environments to prevent obesity. The evaluation is a pre-post design with no comparison group. The evaluation plan provides guidance on evaluation questions and types and sources of data for both process and outcome evaluation. If you are interested in answering evaluation questions not listed in the evaluation plan, please refer to the list of additional evaluation questions found on the Center TRT Website. We suggest a variety of data collection tools throughout the evaluation plan. The FFESMM Logic Model and Evaluation Plan can be found on the [Center TRT website](#).

In addition, FFESMM created several materials for its evaluation that are also available for your use. Some of these tools have been incorporated into the evaluation plan that Center TRT developed. **Please note that Center TRT has not reviewed these tools.**

The following materials may be downloaded from the [FFESMM website](#). **Please provide credit to Faithful Families Eating Smart and Moving More when reproducing materials in the original, or adapted, form:**

- FF Member Health and Interest Survey- in English & Spanish
- FF Faith Community Assessment- in English & Spanish
- Healthy Eating Policy Template
- Physical Activity Policy Template

TRAINING AND TECHNICAL ASSISTANCE

Residents of North Carolina working with faith communities in areas of health can attend training and receive the *Faithful Families Eating Smart and Moving More (FFESMM)* materials by contacting the local Cooperative Extension Family & Consumer Sciences Agent or the health educator at their local health department.

Outside North Carolina, training is available for interested organizations. Contact annie-hardison-moody@ncsu.edu for additional information.

A Center TRT archived webinar presentation is available on the implementation of FFESMM, which includes an overview of the intervention, its core elements, summary of evidence and potential for public health impact. You can access the archived webinar from the Center TRT website.

ADDITIONAL INFORMATION

Web links: *Faithful Families Eating Smart and Moving More*

Primary Website:

<http://www.faithfulfamiliesesmm.org/>

Facebook Page:

<https://www.facebook.com/FaithfulFamiliesEatingSmartandMovingMore>

Twitter Handle:

@FFESMM

<https://twitter.com/FFESMM>

Blog: Be sure to sign up for the newsletter!

<http://www.ncfamilieseatingbetter.org/faithfulfamilies/blog/>

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Related Resources:

www.eatsmartmovemorenc.com

www.myeatsmartmovemore.com

www.ces.ncsu.edu/EFNEP/

Publication

Hardison-Moody A, Dunn C, Hall D, Jones L, Newkirk J, Thomas C. Faithful Families Eating Smart and Moving More: The Role of Volunteer Lay Leaders in the Implementation of a Faith-based Health Promotion Program. *International Journal of Volunteer Administration*. 2011 July; 28(2), 18-28. Available from URL: http://www.ijova.org/PastIssues/volume_xxviii_02.htm.

Hardison-Moody A, Dunn C, Hall D, Jones L, Newkirk J, Thomas C. Multi-Level Partnerships Support a Comprehensive Faith-Based Health Promotion Program. *Journal of Extension* [Online], 49(6) Article 6IAW5. Available at: <http://www.joe.org/joe/2011december/iw5.php>