



Faithful Families Eating Smart and Moving More
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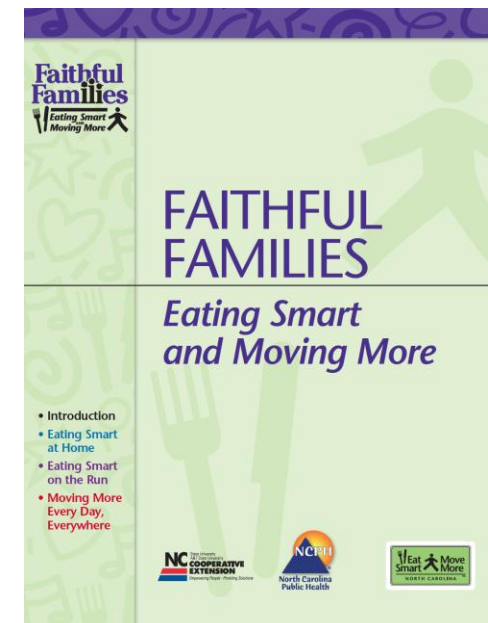
Why work in the faith community?

- Tangible and intangible health assets
- Emphasis on the whole person
- Expand reach of public health programming



Faithful Families

- Created in 2007, after state-wide stakeholder meeting
- Partnership between N.C. Cooperative Extension and the N.C. Division of Public Health



Program Design

- Drew on literature in faith-based health promotion research:
 - multi-level programmatic intervention (the socio-ecological model)
 - involve community in program design (community-based participatory research methods)

Program Design

- Faith communities who sign up for the program:
 - offer nine weeks of nutrition and health education classes, using the FF curriculum
 - complete one policy and one environmental change in the faith community within the year
 - connect with other county public health resources



Faithful Families Classes

- Co-taught by lay leaders from faith community and health professional
- Address key nutrition and physical activity behaviors

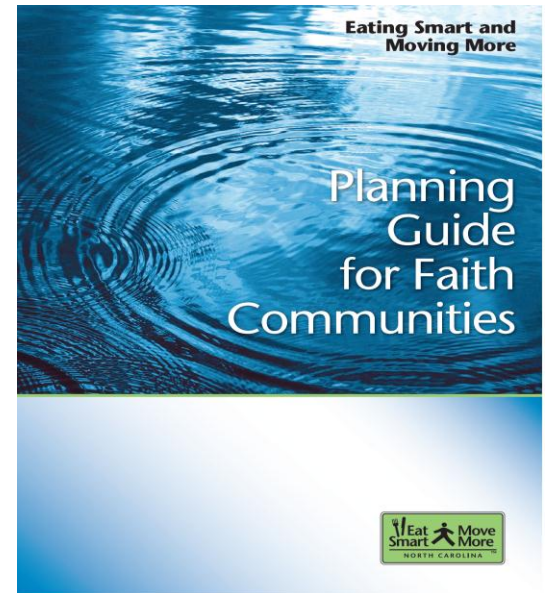


Faith and Health Connections

- Each lesson includes places for lay leaders to incorporate a faith message, scripture, prayer or teaching
- Each lesson includes open-ended questions for participants to discuss the connection between faith and health

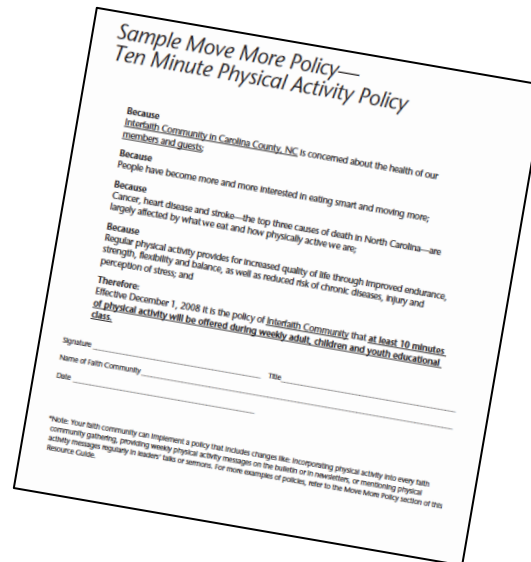
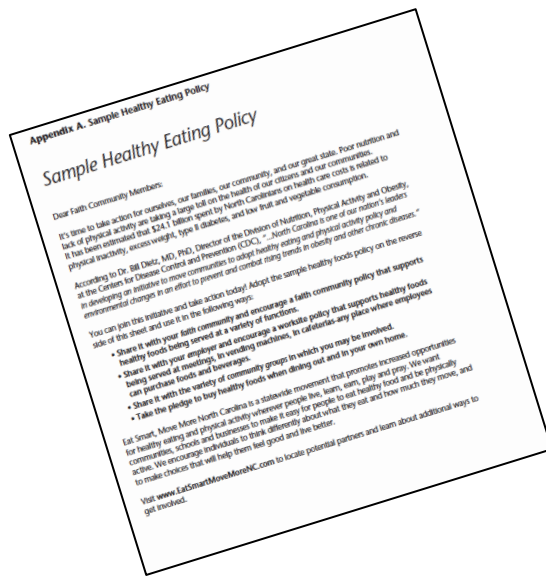
Policy and Environmental Changes

- ESMM Planning Guide for Faith Communities
 - Sample policies
 - Community Assessments
 - Health committee planning guide
 - Sample environmental changes



Policy Changes Include:

- Offering water at all events, serve fruits and vegetables at all events, offer healthy options (like grilled meats), and requiring physical activity breaks during meetings and classes.



Environmental Changes Include:

- Marking out walking trails, opening physical activity facilities to non-congregation members and creating community gardens that provide fresh fruits and vegetables to those in the faith community and other community members

Program Outcomes

- Over 560 participants from more than 40 faith communities have participated
- 83% have shown positive changes in at least one or more nutrition practice
- More than 170 policy and environmental changes enacted

Lessons Learned - Lay Leaders

- Leaders of faith communities have limited time. Ask them to appoint a lay person with whom you can partner. They:
 - Drive the policy and environmental changes (they know who the players are)
 - Bring the faith element into your program



Lessons Learned - Policy and Environmental Changes

“when [Faithful Families] came along, [I thought] this is a chance to educate us on how to prepare our foods...we don't have to cut out the fellowship meals, we just have to cut out the way we do them, the way we prepare them, the foods that we bring.” ~ lay leader



Lessons Learned - Faith Communities

- Flexibility and patience are key
- Don't be afraid to ask questions
- Remember that community work is a two-way street
 - “We learned a lot from [her]—but [she also] learned from us...[you need to be] open minded.” - participant

Lessons Learned - Community

- Faith communities are often the only point of contact for many individuals.
- Faithful Families helps to build county-level coalitions to expand policy & environmental change beyond the faith community.

The Future of Faithful Families

- Twenty-six counties in NC trained; curriculum available online for purchase
- How to make connections between faith communities?
- Health asset mapping
- Youth program
- Evaluating policy and environmental changes in FF faith communities

For more information, visit

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





Faithful Families Eating Smart and Moving More

The Faithful Families Eating Smart and Moving More (FFESMM) program is a multi-level intervention that changes individual behavior, as well as practices and environments of faith communities in regards to healthy eating and physical activity.

Resources for the program include a 9-session FFESMM curriculum and the Eating Smart and Moving More Planning Guide for Faith Communities.

The FFESMM curriculum is co-taught by nutrition and physical activity educators and trained lay leaders from faith communities in small group sessions. The Eating Smart and Moving More Planning Guide assists faith leaders in adopting policy and environmental change for their faith community and establishing health committees.

Who participates

- Members of Faith Communities
- Health Professionals seeking partnerships with faith communities to achieve individual behavior change, as well as changes in the faith community's practices that promote healthy eating and physical activity (ex: Providing water at each event or establishing a community garden)

How to obtain the program

If in North Carolina, [click here](#) to connect with someone who has been trained in FFESMM. If outside of North Carolina, [click here](#) for [order form](#).

Evidence-based Program

Faithful Families Eating Smart and Moving More (FFESMM) has been accepted as a "Practice-Tested Intervention" by the [Center of Excellence for Training and Research Translation \(Center TRT\)](#). Center TRT, in collaboration with the Centers for Disease Control and Prevention's (CDC) Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases, has developed a process for reviewing, translating and disseminating interventions. This process is applied to obesity prevention interventions that have been tested through research studies or have been developed and evaluated in practice. Interventions are recommended by expert reviewers and CDC for dissemination. FFESMM is the first faith-based intervention to achieve this status.

Publications

International Journal of Volunteer Administration. [July 2011](#)

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