



Faithful Families Eating Smart and Moving More is a “practice-tested intervention,”¹ health promotion program that promotes healthy eating and physical activity in communities of faith. Resources for the program include a nine-session *Faithful Families Eating Smart and Moving More* curriculum and the *Eating Smart and Moving More Planning Guide for Faith Communities*. The curriculum is co-taught by nutrition and physical activity educators and trained lay leaders from faith communities in small group sessions. Lay leaders bring spiritual elements into each lesson and assist faith leaders in adopting policy and environmental change for their faith communities.

Learn more about Faithful Families Eating Smart and Moving More by visiting: www.FaithfulFamiliesESMM.org

1. Center Training and Research Translation. *Intervention: Faithful Families Eating Smart and Moving More*. www.centertrt.org/?p=intervention&id=1090. Accessed May 22, 2015.



Obesity, Diabetes, Heart Disease and Stroke Prevention (ODHDSP) Project Faithful Families Eating Smart and Moving More

APPROACH | The North Carolina Division of Public Health, in partnership with NC Cooperative Extension, NC State University, is reaching faith communities across the state with ODHDSP funding received from the Centers for Disease Control and Prevention.

Faithful Families is being implemented throughout North Carolina as part of the ODHDSP Project to:

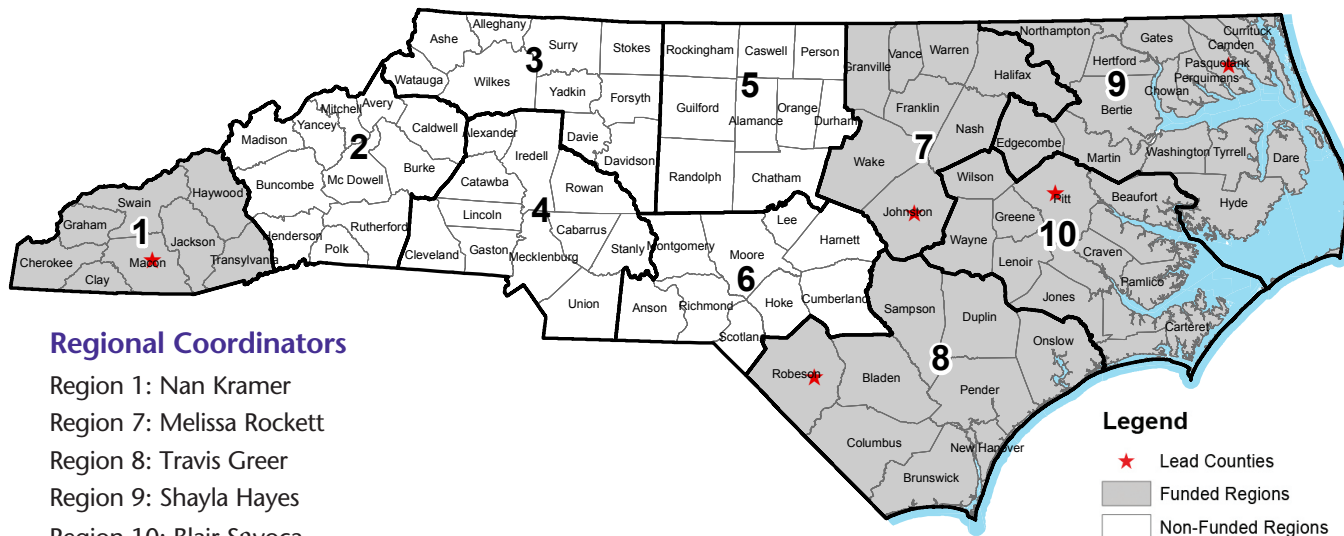
- Focus efforts in five regions in the state (see gray area on the map on reverse side).
- Work with at least 10 faith communities in the regions of focus each year from 2014–2018.
 - Provide technical assistance to goals for food and beverage standards.
 - Promote physical activity through signage, social support and joint/shared use of agreements.
 - Promote Diabetes Prevention Programs.

STAFFING | Faithful Families Eating Smart and Moving More is managed by the Program Director, Annie Hardison-Moody, housed at North Carolina State University at the Youth, Family and Community Sciences Department.

The ODHDSP grant provides funding for the following staff positions to implement Faithful Families:

- A Faithful Families Program Specialist, Vacant, housed at the NC Division of Public Health, Community and Clinical Connections for Prevention and Health Branch.
- ODHDSP Regional Coordinators housed in a local health department in each of the five targeted regions (see map and coordinator list on reverse side).

Obesity, Diabetes, Heart Disease, and Stroke Prevention (ODHDSP) Project



“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



“Our workout worship is every third Sunday. Our children get to dress down, we have gospel music during worship service and we have the opportunity to exercise during the worship service. Following our worship service, we all go outside and walk together, so we have the opportunity to exercise and fellowship.”

—Faith leader, Wake County

“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!”

—Faith community member, Edgecombe County



**Community & Clinical
CONNECTIONS
for Prevention & Health
Branch** NORTH CAROLINA
DIVISION OF PUBLIC HEALTH

This handout was produced by the Community and Clinical Connections for Prevention and Health Branch, Chronic Disease and Injury Section, Division of Public Health, NC Department of Health and Human Services. If you have any questions about information in this handout, please email contact@communityclinicalconnections.com. For more information on the Community and Clinical Connections for Prevention and Health Branch, please visit: www.communityclinicalconnections.com.