

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





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## Faith



[African American Churches](#) – Helping churches implement wellness programs.



[Health-Related Bulletin Inserts for the Faith Community](#) – Provides short, simple and easy to read messages that can be copied and shared with faith community members.



[Planning Guide for Faith Communities](#) – Provides step-by-step guidelines for starting and maintaining an Eating Smart and Moving More committee in your faith community

## You may also be interested in



[Bring Fresh Produce to Your Setting](#) – Planning and resource tool for anyone who would like to have fruits and vegetables, especially locally grown, available to buy in their worksite.



[ESMM Handouts](#) – Ready-to-use informational handouts



[Families Eating Smart and Moving More](#) – A toolkit that offers families simple solutions to help them eat smart and move more.



[Healthy Meeting Guide](#) – Guidelines for serving healthier foods and meetings and events



[Motivational Posters](#)



[My Eat Smart Move More](#) – Simple solutions on how you and your family can eat smart and move more.



[Snacks and Drinks Guide](#) – Simple solutions to help you and your family eat healthy



[A Guide to Creating Active Outdoor Play Spaces](#) – learn how to create play spaces that promote physically active play.



[Faithful Families Eating Smart and Moving More](#) – A guide to help faith communities eat smart and move more.



[Color Me Healthy](#) – Preschool curriculum on eating healthy and being active.



[Eat Smart, Move More, Weigh Less](#) – A 15-week group weight management program.



[Fruits and Veggies Challenge](#) – A fun way to encourage employees at your worksite to eat more fruits and vegetables every day.



[Meal Planner and Activity Logs](#) – Tools to help keep track of individual's eating smart and moving more efforts



[Move More Walking Map Guide](#) – Step-by-step guidelines to promote safe walking routes



[Physical Activity and Healthy Eating Policy](#) – Sample of an organizational policy change.



[Stairwell Guide](#) – Guidelines for creating a stairwell initiative

# African American Churches Eating Smart and Moving More

## Who is it for?

Church staff and members, health department staff, Cooperative Extension Agents and community partners.

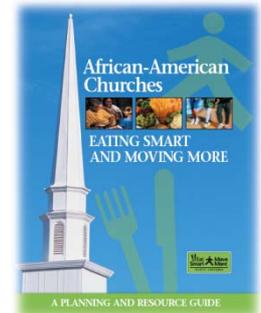
## How do you get it?

This resource is distributed electronically and can be downloaded on this page

## How is it used?

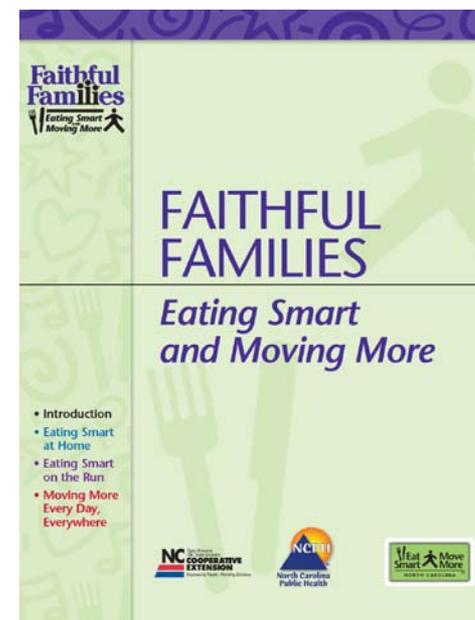
Provides guidance and tools for nutrition and physical activity programs in African-American churches.

African American Churches Eating Smart and Moving More - Planning and Resource Guide assists churches with planning, promoting and implementing programs for health and wellness.



# Faithful Families

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





## 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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Obesity Prevention

WISEWOMAN



Overview

Methods

Contributing Factors

Research-tested Interventions

- NAP SACC
- Weight-Wise
- New Leaf
- Baltimore Healthy Stores
- Baby-Friendly Hospital Initiative

Practice-tested Interventions

- VERB Scorecard
- Color Me Healthy
- FFFI Supermarket
- HFE Pricing Policy
- Smart Meal™ Seal
- RUSD Farmers' Market Salad Bar
- Kindergarten Initiative
- WV School Nutrition Standards
- Faithful Families ESMM

Emerging Interventions

- Trailnet - HAVC
- Eat Well Play Hard
- AHELP Worksite
- KaBOOM!
- NYC Childcare Regulations
- Health Bucks
- Oregon Farm to School Policy
- HI Complete Streets

Intervention Strategies

- Breastfeeding
- Healthy Eating
- Physical Activity
- Television Viewing
- By Setting

Faithful Families Eating Smart and Moving More

Download full description

Download flyer

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.)

- Intent of the Intervention
- Overview
- Health Equity Considerations
- Core Elements
- Implementation
- Resources Required
- Underlying Theory/Evidence
- Potential Public Health Impact
- Intervention Materials
- Evaluation Materials
- Training and Technical Assistance
- Additional Information

# Program Design

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

# Program Design

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

# Faithful Families Classes

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

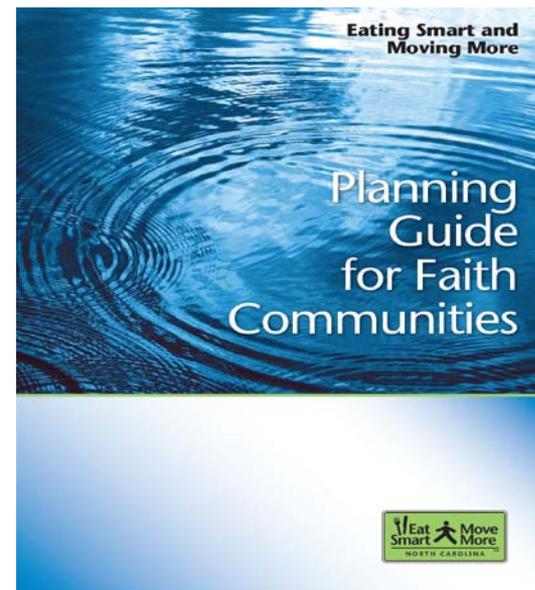


# Faith and Health Connections

- 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

- Eating Smart and Moving More Planning Guide for Faith Communities
  - Sample policies
  - Community Assessments
  - Health committee planning guide
  - Sample environmental changes



# 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

# Policy and Environmental Changes Include:

- Policy changes to: offer 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 like: 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

# Lessons Learned - Lay Leaders

- **Leaders of faith communities have limited time. Ask them to appoint a lay person with whom you can partner. They can:**
  - **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 can connect resources with underserved populations.
- Faithful Families helps to build county-level coalitions to expand policy & environmental change beyond the faith community (lay leaders often drive this work).

# The Future of Faithful Families

- Twenty-six counties in NC trained
- Making connections between faith communities
- Health asset mapping
- Evaluating policy and environmental changes in FF faith communities
- Youth program

For more information, visit

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



# Questions?

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919.515.8478