



# Faithful Families Eating Smart and Moving More 2016 North Carolina Annual Report

## North Carolina's Challenges

According to the 2013 North Carolina Behavioral Risk Factor Surveillance System (BRFSS) survey:<sup>1</sup>

- Over half (**52%**) of adults do not get the recommended 150 minutes per week of moderate-intensity aerobic physical activity and almost three out of four (**72%**) do not meet the weekly muscle-strengthening exercise recommendations.
- Almost one out of four (**23.7%**) adults does not consume vegetables at least once a day.
- Four out of every 10 (**42.9%**) adults do not consume fruits at least once a day.

## Supporting North Carolina Communities

Through our partnership with the NC Division of Public Health, we have tracked the implementation of policy, systems, and environmental changes in five regions of North Carolina through Faithful Families in 2016. Twelve faith communities have participated in Faithful Families through this partnership. Of those:

- **100%** (12 of 12) faith communities have implemented nutrition and beverage standards (ex: serve water, healthy food policies) affecting **2,031** individuals.
- **100%** (12 of 12) faith communities now promote physical activity through signage, worksite policies and shared use/joint use agreements affecting **2,031** individuals.

Since 2008, Faithful Families has also led to more than 200 policy and environmental changes in faith communities across North Carolina. These include changes such as establishing policies to serve water at all events, creating a farmers' market on-site at the community of faith, establishing guidelines that all meals offered at the faith community must be healthy, establishing physical activity breaks for all meetings, opening up spaces for physical activity on faith community grounds for community usage ("shared use"), and establishing community gardens.

## Improving Health

In North Carolina, Faithful Families is implemented through local partnerships, led this reporting period by NC Cooperative Extension Family and Consumer Science Agents and Expanded Food and Nutrition Education Program Assistants along with local health department staff. Combined, these facilitators have worked with **124** people. **90%** of participants were African-American and the average age of participants was **53**.

## What Is Faithful Families?

Faithful Families Eating Smart and Moving More (Faithful Families) is a practice-tested health promotion intervention developed by the North Carolina Division of Public Health and NC State University Extension. Faithful Families promotes healthy eating and physical activity in communities of faith through a nine-lesson curriculum. Additionally, Faithful Families facilitators work with each faith community to help them adopt environmental supports for healthy eating and physical activity.


### Our national presence. Faithful Families was:


- Certified as a practice-tested intervention by the Center for Training and Research Translation at UNC-Chapel Hill.
- Designated the Signature Project for the Southern Regional Center for Excellence in Obesity Prevention, funded by the USDA in 2014.
- Recognized by an invitation to a *Let's Move* Faith and Community Partners meeting at the White House in March 2013.
- Implemented by state and local public health and extension organizations in eight states across the U.S.

## Faithful Families Makes a Real Difference

 **79%** of participants now practice better **food resource management**.

 **90%** of participants improved **dietary intake**.

 **57%** of participants have improved their **daily physical activity**.

 **69%** of participants have improved their **food safety practices**.

1. North Carolina Division of Public Health, The Importance of Healthy Eating and Physical Activity in the Prevention and Control of Chronic Diseases. Available from: [www.eatsmartmovemorenc.com/Data/Texts/0116/CCCPH\\_FactSheet\\_HE\\_and\\_PA\\_FINAL\\_Nov2015.pdf](http://www.eatsmartmovemorenc.com/Data/Texts/0116/CCCPH_FactSheet_HE_and_PA_FINAL_Nov2015.pdf)

# Local Successes

The goal of Faithful Families Eating Smart and Moving More is to support healthy eating and physical activity by partnering with communities of faith. Numbers don't tell the whole story. Faithful Families facilitators and participants tell how Faithful Families has helped faith communities to improve their overall health by eating smart and moving more.

## Edgecombe County

Yvonne Murphy, Program Associate with the NC Expanded Food and Nutrition Education Program (EFNEP) partnered with St. Luke Church of Christ in Princeville to carry out a vibrant Faithful Families program in partnership with the wellness committee at the church. Seventeen participants attended classes, co-facilitated by Murphy and a Lay Leader. In addition to the skill builders provided by the EFNEP program to all seventeen program graduates (shopping pads, walking DVDs, measuring cups and spoons), the wellness committee offered a healthy gift basket to the participant with the most savings on their grocery bills. St. Luke Church of Christ was hit hard by Hurricane Matthew. Their buildings experienced a great deal of damage, and however, they did not stop them from taking the program off-site. They are committed to continuing their wellness activities when back in their regular church facility, and are looking forward to working with Shayla Hayes, Obesity, Diabetes, Heart Disease, and Stroke Prevention (ODHDSP) Regional Faith Coordinator on implementing changes to their faith community environment. As one participant stated, "I attended all nine sessions and felt that the classes were really informative. I really enjoyed the tastings of healthy versions of the food provided...and now will use more care in preparing food for my family!"

## Beaufort County

Beaufort County Public Health Education Specialist Kimberly Matthews partnered with St. John Church of Christ to implement Faithful Families in February of 2016. A diverse group of 20 individuals participated in the classes, ranging in age from teen to senior adult. Through a partnership with the local healthcare provider, Vidant Health Systems, participants at St. John Church of Christ received health screenings and were able to work with a personal trainer to develop and meet their fitness goals.

As a result of the Faithful Families program, St. John Church of Christ has implemented several changes to support healthy eating and physical activity in the faith community. These include:

- Serving water at all events
- Implementing a walking ministry at 5:45 am on weekdays
- Adding a Fitness Sunday on the third Sunday of the month, where members participate in fitness activities after worship

## Johnston County

Melissa Rockett, ODHDSP Regional Faith Coordinator, partnered with Micro Freewill Baptist Church, Johnston County Cooperative Extension, and the Johnston County Health Department to implement big changes for this church community. In addition to carrying out the nine-lesson Faithful Families class series with twelve members of the congregation, the church has also committed to:

- Increasing healthy options at meetings and church gatherings
- Making water more readily available as a beverage option
- Increasing healthier options at Vacation Bible School this coming summer
- Conducting regular cooking demonstrations for senior adults who attend daily meals provided by the church

Additionally, Micro Freewill Baptist and their local partners are working to build a walking trail around the community outreach center and church. They hope that this trail can connect to a local elementary school, so that the community can improve access to places to be active. The group is planning to conduct regular cooking demonstrations for seniors that attend daily meals provided by the church. All of the partners on this project are excited about continuing to work together to encourage a culture of health in the their community.

FaithfulFamiliesESMM.org

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