

# What is Faithful Families?



Through state and local partners, **Faithful Families Eating Smart and Moving More** promotes personal, policy and environmental changes to support good health.

## Faithful Families Eating Smart and Moving More

(Faithful Families) is a practice-tested health promotion intervention that promotes healthy eating and physical activity in communities of faith.

The Faithful Families curriculum is co-taught by nutrition and physical activity educators and trained lay leaders from faith communities in small group sessions. Lay Leaders bring the spiritual elements into each session, through discussion questions and Lay Leader prompts in each lesson. Faithful Families can be used by any faith community.

### FAITHFUL FAMILIES IS SUCCESSFUL:

- 2015 data from North Carolina shows that 86% of participants made positive changes in at least one nutrition practice and 83% of participants made positive changes in at least one food resource management practice as a result of Faithful Families classes.
- In North Carolina alone, over 250 policy and environmental changes that promote healthy eating and physical activity have been made in faith communities.
- Trained lay leaders have become health ambassadors in their faith communities, their families and their communities.
- Faithful Families has been accepted as a “Practice-Tested Intervention” by the Center of Excellence for Training and Research Translation (Center TRT) at UNC Chapel Hill.

**Faithful Families Eating Smart and Moving More** addresses the problem of overweight and obesity by promoting healthy eating and physical activity through implementation of research-based policies, programs and environmental changes. Faith communities that participate in Faithful Families will:

1. Offer one Faithful Families class with nine sessions
2. Implement one policy change and
3. Implement one environmental change





**Faithful Families Eating Smart and Moving More** offers families simple solutions to help them eat smart and move more. Eating smart and moving more does not have to be difficult. **Faithful Families Eating Smart and Moving More** provides families with the skills to be able to eat more meals at home, and move more in their everyday routine.

Faithful Families Eating Smart and Moving More includes a Lay Leader Training Guide and nine lessons.

### LAY LEADER TRAINING GUIDE

This training guide provides an overview of the vital role of lay leaders in Faithful Families. Lay leaders are vital to the success of the program. Lay leaders are trained to promote the program, co-teach the curriculum, act as liaisons between the health educator and the faith community leaders, promote individual and organizational change related to healthy eating and physical activity, and connect their faith communities to local resources.

### EATING SMART AT HOME

Simple solutions for planning, shopping, fixing, and eating more meals at home. Families who eat together at home eat more fruits and vegetables and less fat. Eating at home as a family is a great way to begin to eat smart.

### EATING SMART ON THE RUN

Eating out can mean large portion sizes and too many soft drinks. *Eating Smart on the Run* provides families skills to choose beverages wisely when eating away from home.

### MOVING MORE, EVERY DAY, EVERYWHERE

Building physical activity into the day doesn't require special equipment or a special place. Families learn ways to take advantage of everyday opportunities like taking the stairs and parking farther away. Moving more can also be a fun family event like a trip to a park or a walk after dinner. Every step counts toward the recommended 30 minutes for adults and 60 minutes for children per day.

### FAITH AND HEALTH CONNECTION

Promoting the connection between faith and health is important to the success of Faithful Families. Families begin to consider how their physical health is connected to the faith they live out daily. Participants and lay leaders, in promoting the adoption of policy and environmental changes, will lead the faith community to promote nutrition and physical activity through its practices.

Through participation in Faithful Families Eating Smart and Moving More program, it is our goal to provide families in faith communities with the skills needed to eat healthier foods and be physically active. You will find resources, programs and tools on the Faithful Families website that can help you to promote healthy eating and physical activity in your place of worship.

Visit [FaithfulFamiliesESMM.org](http://FaithfulFamiliesESMM.org) today!

