

African-American Churches Eating Smart and Moving More - A Planning and Resource Guide

This *African-American Churches Eating Smart and Moving More - A Planning and Resource Guide* provides African American Church staff and members, health department staff, community partners and others with information and tools to plan and conduct multi level nutrition and physical activity programs in the Church. The goals of the *Guide* are to:

- ◆ Describe the major health problems of African Americans
- ◆ Examine why church-based programs are effective in improving African-American's health
- ◆ Explain the benefits of using a variety of approaches to changing individual's health behaviors
- ◆ Describe steps that churches can take to address healthy eating and physical activity
- ◆ Integrate lessons learned, best practices, and materials from previous research and community projects conducted in partnership with African American churches in North Carolina
- ◆ Offer suggestions to community agencies and others who are not members of a church on developing a trusting and productive partnership with the church to improve the health of church members.
- ◆ Describe how policy and environmental change may be achieved in a church to support individual health behavior change
- ◆ Provide tools (i.e., sample letters, survey forms, educational and promotional materials)