



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 (FFESMM):

- Is available and appropriate for any faith community
- Serves as a link between the faith community and local resources
- Is conducted by trained nutrition and physical activity educators
- Is co-taught by trained lay leaders from each faith community
- Encourages the faith community to adopt policy and environmental changes that promote better health
- Empowers the faith community members to make health-improving life changes for better health

FFESMM IS SUCCESSFUL:

- FFESMM lessons taught in various faith communities have resulted in individual behavior changes.
- Many policy and environmental changes that promote healthy eating and physical activity have been instituted or "put into place."
- Trained lay leaders have become health ambassadors in their faith communities, their families and their communities.

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 FFESMM will:

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



Faithful Families



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 Eat Smart, Move More... North Carolina website that can help you to promote healthy eating and physical activity in your place of worship.

Visit www.EatSmartMoveMoreNC.com today!

