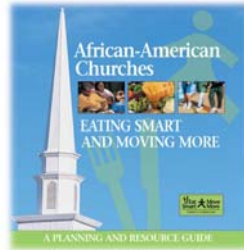




African American Churches Eating Smart and Moving More



What The *African American Churches Eating Smart and Moving More – A Planning and Resource Guide* is designed to assist churches with planning, promoting and implementing programs for health and wellness.

When The Physical Activity and Nutrition Branch of the N.C. Division of Public Health completed the development of the *African American Churches Eating Smart and Moving More – A Planning and Resource Guide* in June 2004, with funding from the advisory committee on Cancer Coordination and Control, Cancer Prevention and Control Branch.

Where The *Planning and Resource Guide* can be used in any community by churches, community agencies and organizations that want to develop or enhance their collaborative partnerships with African American churches. The Guide was developed to assist churches in implementing activities to improve the health of their members.

Why The *Planning and Resource Guide* was developed to reduce health disparities among African Americans in North Carolina by providing a tool for faith based organizations to increase opportunities for healthy eating and increased physical activity.

Who The primary audience for the *Planning and Resource Guide* is meant to be community health professionals and other interested parties working with African American faith-based organizations in North Carolina to improve the health of its members.

How The *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 nutrition and physical activity programs in the church. It provides guidelines and resources to create opportunities for church members to eat smart and move more.

The *Guide* focuses on promoting behavior changes such as increasing fruits, vegetables and other healthy foods and beverages, and increasing physical activity, rather than on treating specific chronic diseases.

The project is currently in its second phase of completion involving the marketing, dissemination, training and evaluation of the *Guide*.

For more information please visit
www.EatSmartMoveMoreNC.com

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