

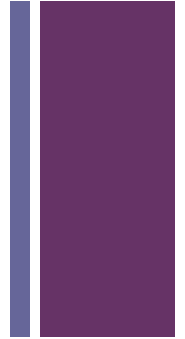
Faithful Families Eating Smart and Moving More

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+ Why work in the faith community?

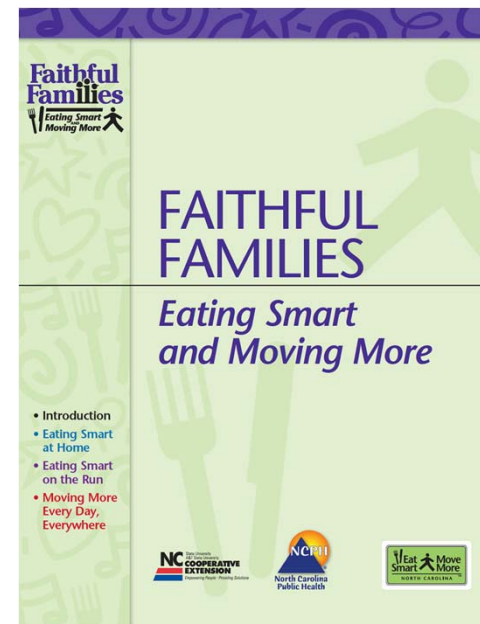


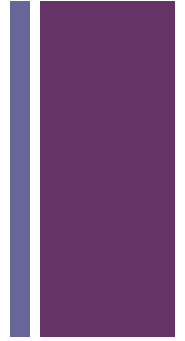
- Tangible and intangible health assets
- Emphasis on the whole person
- Expand reach of public health programming



+ Faithful Families

- Created in 2007, after state-wide stakeholder meeting
- Partnership between N.C. Cooperative Extension and the N.C. Division of Public Health





McLeroy, K. R., Steckler, A. and Bibeau, D. (Eds.) (1988). The social ecology of health promotion interventions. *Health Education Quarterly*, 15(4):351-377.

+ Peer Education & Community



EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



PARTICIPANTS

Find tips, recipes, programs
for a healthy life



PARTNERS

Organizations, teachers,
agencies, and stakeholders

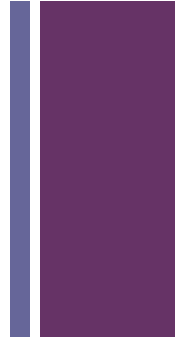


STAFF

Information and Resources
for Staff and Volunteers



+ Preparation - Stakeholders



- 50 + person stakeholder meeting
 - Faith leaders/clergy
 - Public health educators (local and state-level)
 - Cooperative Extension (local and state-level)
- Stakeholders agreed:
 - Program should be open to all faiths
 - Need to focus on low-income populations & health disparities

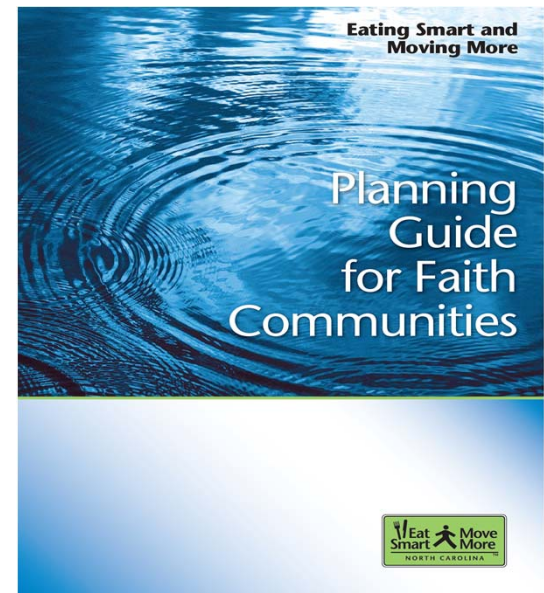
+ Faithful Families

- Faith communities who sign up for the program:
 - offer nine weeks of nutrition and health education classes, using the FF curriculum
 - complete one policy and one environmental change in the faith community within the year
 - connect with other county public health resources

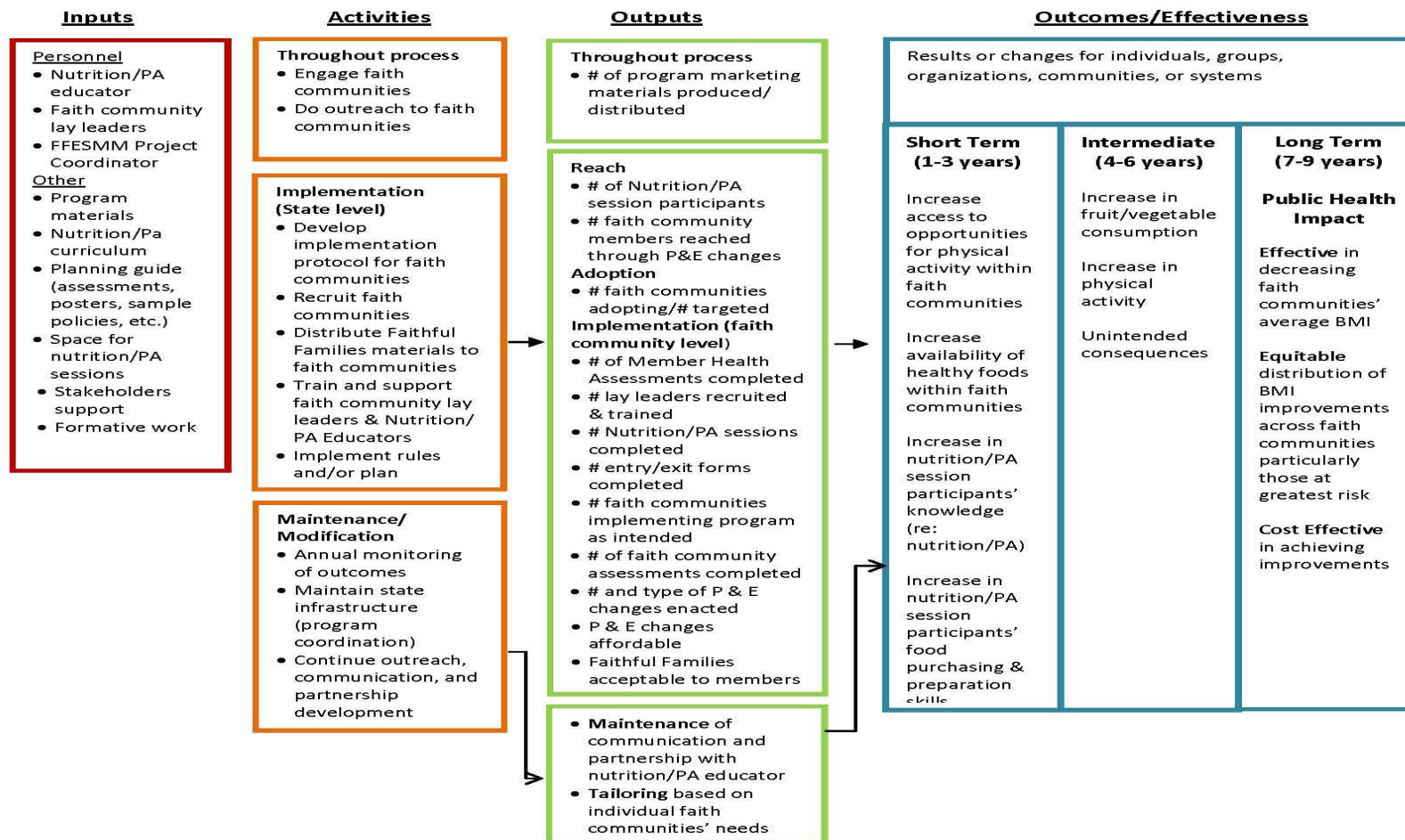


+ Policy and Environmental Changes

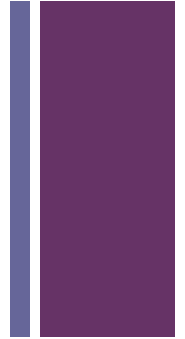
- ESMM Planning Guide for Faith Communities
 - Sample policies
 - Community Assessments
 - Health committee planning guide
 - Sample environmental changes



+ Evaluation

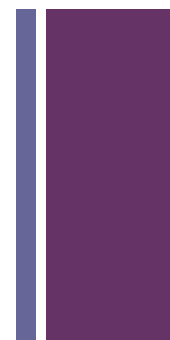


+ Evaluation



- Participant Evaluation – measure change pre-and post-lessons
- Member Health Assessment – picture of entire faith community behavior/demographics
- Faith Community Assessment – measure policy & environmental change pre-and post-one year

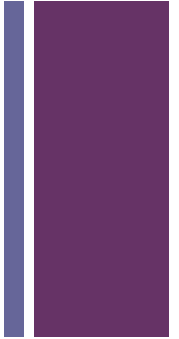
+ Program Outcomes 2013

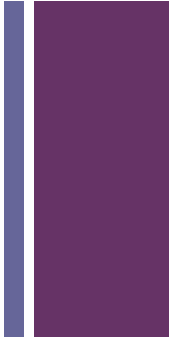


- 173 Individuals served, representing 558 people
- 95% showed improvement in one or more nutrition practice
- 85% showed improvement in one or more food resource management practices
- 99% showed positive improvement in at least one food group



+ Next Steps





About Us



Getting Started



Blog

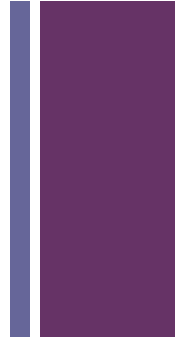


Materials



Recognition

+ Social Media



- Blog, featuring success stories and resources
- Materials, including assessment tools

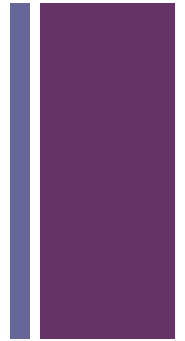
www.faithfulfamiliesesmm.org

Facebook:

Facebook.com/FaithfulFamiliesEatingSmartandMovingMore

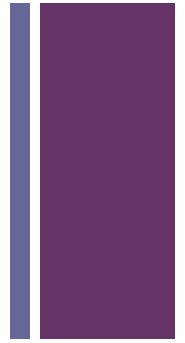
Twitter: @FFESMM

+ Local Successes

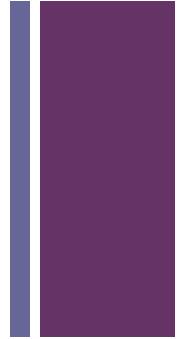


- <https://www.youtube.com/watch?v=rn-GsAxEzbc&feature=youtu.be>
- https://www.youtube.com/watch?v=lFA97JmFxMc&list=UUZz9nRDFmmQmQV_vWT-EcAg

+ Questions?



+ Thank YOU!



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