TARGET AUDIENCE
This program is for families in the faith community.

SUMMARY
The Faithful Families Eating Smart and Moving More (Faithful Families) program is designed to promote healthy eating and physical activity habits by encouraging families to eat more meals at home, to add more activity to their everyday routines, and to become advocates for environmental and policy changes within their faith communities.

EVIDENCE
No peer-reviewed publications evaluating the effectiveness of this program were located.

COMPONENTS
The Faithful Families program intends to improve nutrition/diet and increase physical activity for participants. The program focuses on the connection between faith and health as a means to achieving these goals. The following methods are used:

Nutrition/Diet
- Promote education-based strategies, such as lessons on nutrition, food safety, and food resource management and offer newsletters, bulletins, and sermons/lectures that reinforce healthy behavior messages.
- Utilize behavior-modification strategies, such as goal-setting, problem-solving, and skill-building.
- Encourage environmental-modification strategies, such as social support for healthy eating; policy and environmental changes, including offering water, serving fruits and vegetables, and presenting healthy options like grilled meats at all events; and creating community gardens to provide fresh fruits and vegetables.

Physical Activity
- Support education-based strategies, such as lessons on moving more throughout the day.
- Endorse behavior-modification strategies, such as goal-setting and problem-solving.
- Advocate for environmental-modification strategies, such as social support for physical activity and policy and environmental changes, which includes requiring physical activity breaks during meetings and classes and mapping out walking trails.

The Faithful Families curriculum was updated in 2016 to include updated nutrition information; social media connections; recipe videos for each lesson; a guide to carrying out family based classes; and tips on incorporating fresh, local foods through farmer's market tours. Partnering with a local Expanded Food and Nutrition Education Program (EFNEP) is suggested for optimal program implementation.

PREVIOUS USE
This program began in 2008 and was implemented as part of a year-long pilot study in North Carolina. As of October 2011, 39 faith communities in nine North Carolina counties had completed all elements of the program. No additional previous use information was located.

www.militaryfamilies.psu.edu
Clearinghouse@psu.edu
1-877-382-9185

December 2016
Faithful Families Eating Smart and Moving More (Faithful Families)

TRAINING
Trained nutrition/physical activity educators facilitate the program. A 2-hour training session for lay leaders who will work with the nutrition/physical activity educators to co-teach lessons and help deliver the program is required. Please contact the program developer using details in the Contact section for more information about training.

CONSIDERATIONS
Considerations for implementing this program include establishing a program coordinator, acquiring trained nutrition/physical activity educators, recruiting and training two individuals to become lay leaders, understanding the program curriculum and other materials needed for program implementation will need to be purchased, finding space to hold sessions, and realizing that creating and maintaining policy changes could be expensive and challenging.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing the Faithful Families program, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME
This program is implemented in 9 weekly lessons.

COST
The Faithful Families program curriculum kit is $100 plus $8 for shipping and can be purchased from www.faithfulfamiliesesmm.org/started.html. The free Eating Smart and Moving More Planning Guide for Faith Communities assists faith leaders in adopting policy and environmental change in their faith community and can be downloaded from the same website. Approximately $125 is needed to purchase food for optional recipe tastings. A complete set of skill builders for a group of 10 participants costs approximately $150. Skill builder materials may be purchased from North Carolina EFNEP at www.faithfulfamiliesesmm.org/_links/Faithful_Families_Skillbuilders_Price_List_and_Order_Form.pdf

EVALUATION PLAN
To move the Faithful Families program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Annie Hardison-Moody by mail Faithful Families Eating Smart and Moving More, Campus Box 7606, North Carolina State University, Raleigh, NC 27695, phone 1-919-515-8478, email amhardis@ncsu.edu or annie_hardison-moody@ncsu.edu, or visit www.faithfulfamiliesesmm.org/

SOURCE
www.centertrt.org/?p=intervention&id=1090 and www.faithfulfamiliesesmm.org/

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