

EVIDENCE-BASED PROGRAM OVERVIEWS

BUILDING HEALTHY FAMILIES: STEP BY STEP

program works to improve healthy eating habits of children and families by working with the person who buys and prepares the family meals and snacks.

HEALTH CONDITIONS:

Obesity

HEALTH BEHAVIORS:

Healthy Food buys
Healthy Cooking
Healthy Eating

PARTICIPANTS:

Adults, Children & Families

FAITH, ACTIVITY AND NUTRITION PROGRAM

is a church-wide program focused on fun activities to increase physical activity and healthy eating.

HEALTH CONDITIONS:

Obesity
High blood pressure
Diabetes
Heart disease
Stroke
Arthritis
Cancer

HEALTH BEHAVIORS:

Physical Activity
Healthy Eating

PARTICIPANTS:

Adults, Church & Community

WALK YOUR HEART TO HEALTH

is a group walking program that emphasizes social support and groups.

HEALTH CONDITIONS:

Obesity
High blood pressure
Diabetes
Heart disease
Cancer

HEALTH BEHAVIORS:

Physical Activity

PARTICIPANTS:

Adolescents 13-18, Adults,
Families & Community-based
organizations

THE BODY AND SOUL PROGRAM

is a combination of the best pieces from the Black Churches United for Better Health and Eat for Life programs.

HEALTH CONDITIONS:

Obesity
High blood pressure
Diabetes (high blood sugar)
Heart disease
Cancer
Kidney disease
Diabetes related blindness
Diabetes related amputations

HEALTH BEHAVIORS:

Healthy Eating
Stress Management

PARTICIPANTS:

Pastor, Congregation policy, &
Community