

🌀 Section 5: Assessment – Information and Materials for Everyone 🌀

In addition to having actual physical activity and healthy eating opportunities and programs, it is important that you **get the message out** about physical activity and healthy eating to your church. Please answer the following questions.

1. Do **all** church members **see and hear messages about physical activity and healthy eating** during services and/or other church events or meetings?

Physical activity:

- Yes**
- Room for improvement**
- No**

Healthy eating:

- Yes**
- Room for improvement**
- No**

The following activities are **strongly recommended** as part of the FAN program:

- Pass out **bulletin inserts** (or include information in bulletins) about physical activity and healthy eating to the whole church (the FAN program will provide)
- Share **Health Moments** with physical activity and healthy eating messages with the whole church (the FAN program will provide)
- Pass out **handouts** (e.g., brochures, flyers) about healthy eating and physical activity (the FAN program will provide) to the whole church
- Create a **bulletin board** with information about physical activity and healthy eating and about opportunities to be active and eat well for the whole church to see

Here are some more ideas to help members of your church see and hear messages about physical activity and healthy eating. Please choose **one or two** that you would like to try or continue to do.

- Make **church announcements** about physical activity and healthy eating
- Have your Health Director or FAN Champion **attend church meetings** to talk about physical activity and healthy eating
- Put up **posters** about physical activity and healthy eating
- Dispel myths** about physical activity and healthy eating through training to **change attitudes** (e.g., “I’m going to die from something anyway.”)
- Provide education-based physical activity and healthy eating or cooking **classes** at church (e.g., 8 Weeks to Fitness, Clemson exchange classes, etc.)
- Host physical activity-related **fund raisers** like Walk-a-thons and involve the youth
- Host a **“Health Bowl”** with questions about physical activity, healthy eating, and diseases caused by inactivity and unhealthy diets (e.g., high blood pressure, sugar/diabetes, cancer)
- Other:

2. Does your church provide information to your **Pastor** (and Pastor's spouse) to help him/her be a **role model and supporter** of physical activity and healthy eating?

- Yes**
- Room for improvement**
- No**



The following activities are **strongly recommended** as part of the FAN program:

- Make sure that Health Directors (or Champions) have **time to talk about physical activity and healthy eating during worship services and church meetings**
- Provide messages and information about physical activity and healthy eating that Pastors can **talk about from the pulpit** (the FAN program will provide messages)
- Give your Pastor (and Pastor's spouse) a **pedometer** and encourage him/her to wear it to be a role model
- **Suggest guidelines and practices** that the Pastor can put in place at church to support physical activity and healthy eating (e.g., healthy foods must be available at every church function that has meals or snacks; physical activity breaks must be built into every meeting lasting 60 minutes or longer)

Do you have any **other ideas** for how you can support your Pastor (and spouse)?

- Other idea: _____
- Other idea: _____
- Other idea: _____