THE ROLE OF Churches in Fairfield County IN PROMOTING HEALTHY LIFESTYLES

THE FAITH, ACTIVITY, AND NUTRITION (FAN) PROGRAM is an evidence-based program to help churches create healthier environments for physical activity and healthy eating.

42% of churches in Fairfield County were trained in FAN.

FAN CHURCHES CREATED HEALTHIER CHURCH ENVIRONMENTS FOR PHYSICAL ACTIVITY

Members of FAN churches were:
- 50% more likely to report opportunities to be physically active
- 86% more likely to see messages about physical activity
- 78% more likely to see their Pastor supporting physical activity

FAN CHURCHES CREATED HEALTHIER CHURCH ENVIRONMENTS FOR HEALTHY EATING

Members of FAN churches were:
- 83% more likely to see messages about healthy eating
- 74% more likely to see their Pastor supporting healthy eating

Members of FAN churches were LESS LIKELY TO REPORT NO PHYSICAL ACTIVITY

10% vs 16%