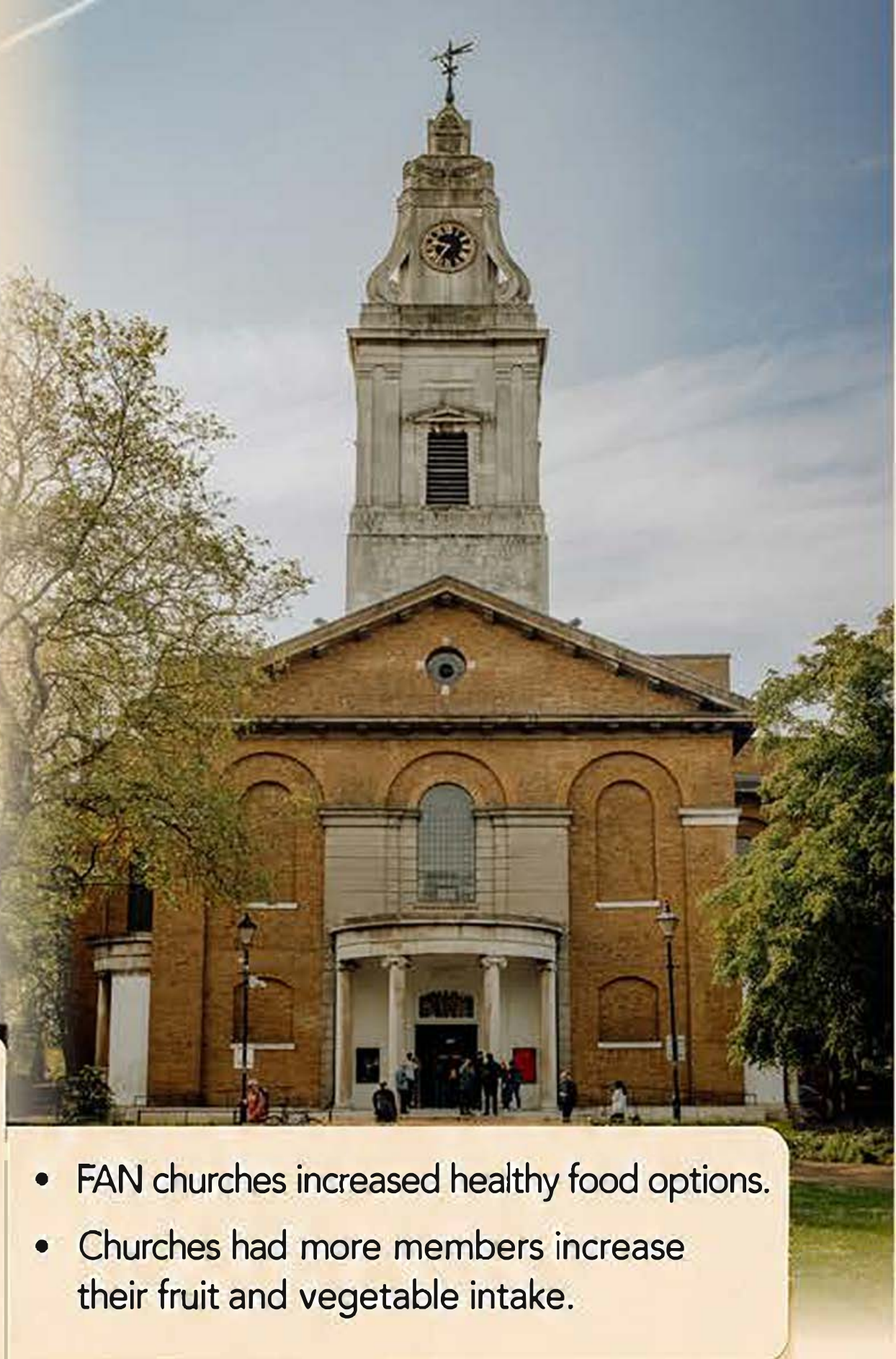


WHAT MAKES A HEALTHY CHURCH?

FINDINGS FROM THE FAITH, ACTIVITY,
AND NUTRITION (FAN) PROGRAM

WHAT DOES A HEALTHY CHURCH LOOK LIKE?



1



**PROVIDES
HEALTHY FOOD
OPTIONS**

- FAN churches increased healthy food options.
- Churches had more members increase their fruit and vegetable intake.

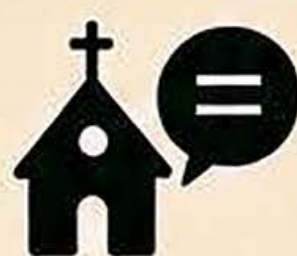
2



**INCLUDES MOVEMENT
AND PHYSICAL ACTIVITY
OPPORTUNITIES FOR
ALL AGES BUILT INTO
CHURCH GATHERINGS**

- FAN churches increased physical activity opportunities.
- Churches reduced the number of members who were inactive.

3



**SHARES MESSAGES
ABOUT HEALTHY
BEHAVIORS, THROUGH
SERMONS, BULLETINS,
AND CHURCH
COMMUNICATIONS**

- FAN churches increased sharing messages about physical activity and diet.

4



**LEADERS MODEL AND
SUPPORT HEALTHY
BEHAVIORS**

- FAN churches with engaged leaders were more likely to increase healthy church practices.
- Church leaders also increased their own physical activity and fruit and vegetable intake.

5



**HAS GUIDELINES OR
POLICIES SUPPORTING
PHYSICAL ACTIVITY
AND HEALTHY EATING**

- FAN churches with policies for physical activity and healthy eating had healthier church practices and member behaviors.

Faith 
Activity 
Nutrition 

Takeaways: 

-  Healthy church environments can lead to healthier communities.
-  Even small changes make a difference in overall health.
-  Faith-based programs like FAN help churches reach members at multiple levels.

*Where churches thrive,
communities thrive.*



Prevention Research Center
Arnold School of Public Health
UNIVERSITY OF SOUTH CAROLINA

