

# NEWS BITES

**Update:** Due to the delays experienced in the CALS Business Office (CBO) invoice review and processing, the deadline for final invoices for Steps to Health Direct Education/PSE purchases has been moved to Monday, August 28, 2023. If a county has purchased items and desires to be reimbursed by presenting an invoice with backup documentation to Steps to Health extra time will be needed to process the request. Current trends show that documents submitted are in queue eight to twelve days before the review begins.

**Steps to Health Update:** ICYMI, Lauren Morris, RNEA, presented Walk & Roll to School in May. Learn ways counties have implemented Walk & Roll to School in both urban and rural communities.

[Recording link](#)



**Next STH Update:** June 6 10:00A-12:00P  
TOPIC: Social Marketing

# FAITHFUL FAMILIES

— Thriving —  
Communities

Who can teach Faithful Families?

FCS Agents, EFNEP Educators, or Health Department Educators

**Collaboration is encouraged!**

Utilizing **Faithful Families** curriculum and tools, trained facilitators partner with lay leaders to facilitate peer health education and encourage environmental changes to support health, and empower faith leaders and communities to engage in community-wide health initiatives.

Program tools and resources help facilitators build and grow relationships with faith communities who can be trusted resources and agents for change within wider communities.

Contact **Kim Eshleman (keshlem@ncsu.edu)** to get started!

Visit **www.faithfulfamilies.com** for more information and promotional materials and resources.



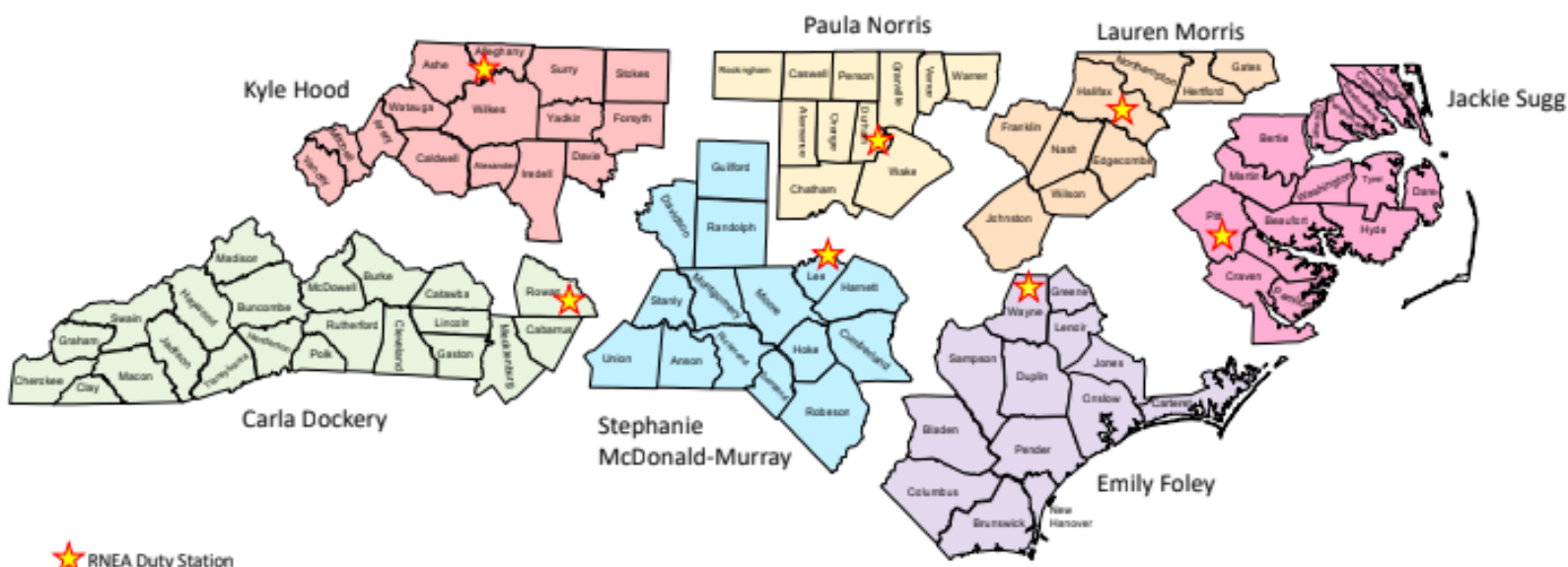
## Faithful Families Success in Wayne County

The Spring Hill Original Freewill Baptist Church in Goldsboro, NC recognized the need to address chronic disease prevention and management in their community. Members became concerned about their fellow congregation members who were experiencing obesity, diabetes, and heart disease, so they reached out to their local Family and Consumer Sciences Agent, **Michelle Estrada** for help.

Together with the church, Michelle was able to identify Faithful Families Thriving Communities as a program that could help the church address these issues, not only for their congregation members but for their partners at Hope Center Ministries, a local faith-based recovery center. The church provided leadership, space, and funds to support the program. Eleven participants completed the program and reported increased consumption of fruits and vegetables, lowered sodium intake, increases in physical activity, and reduced consumption of sugar-sweetened beverages. The hands-on activities and cooking class at the end of the program were big hits with participants who are excited to continue building their skills!

The church has also made some significant changes, including creating policies that support serving water and healthy food options at their gatherings and events. Their pastor, trained in physical education, has even started offering fitness classes at the church every Monday morning! The church hopes to continue working with Extension to offer classes on grilling food in the fall. What a strong start to an impactful partnership! We look forward to seeing what is next for Spring Hill Original Freewill Baptist Church!

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