

Healthy North Carolina 2020
EVIDENCE BASED STRATEGIES

FOCUS AREA	Cross-cutting
OBJECTIVE	4. Increase the percentage of adults who are neither overweight nor obese

EBS PROGRAM DESCRIPTION	Provide Eat Smart, Move More, Weigh Less, a 15-week evidence based weight management program to individuals throughout the state.
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EBS LEVEL <i>CDC Ranking</i>	L = Leading
REFERENCE/CITATION <i>Data Supporting Level/Ranking</i>	<p>a) Guide to Community Preventive Services</p> <p>b) Dunn, C., Kolasa, K.M., Vodicka, S., et al. Eat Smart, Move More, Weigh Less, a weight management program for adults. <i>Journal of Extension</i>. 2010;48(1). Available at http://www.joe.org/joe/2010february/pdf/JOE_v48_1t1.pdf.</p> <p>c) Dunn, C., Kolasa, K.M., Vodicka, S., et al. Eat Smart, Move More, Weigh Less, a weight management program for adults - revision of curriculum based on first-year pilot. <i>Journal of Extension</i>. 2011;49(6). Available at http://www.joe.org/joe/2011december/pdf/JOE_v49_6t9.pdf.</p> <p>d) Whetstone, L.M., Kolasa, K.M., Dunn, C., et al. Effects of a behavior-based weight management program delivered through a state cooperative extension and local public health department network, North Carolina, 2008–2009. <i>Prev Chronic Dis</i>. 2011;8:A81. Available at http://www.cdc.gov/pcd/issues/2011/jul/pdf/10_0160.pdf.</p> <p>e) Dunn, C., Whetstone, L.M., Kolasa, K.M., et al. Delivering a Behavior-Change Weight Management Program to Teachers and State Employees in North Carolina. <i>Am J Health Promotion</i> 2013;27(6):378-383.</p>

PROGRAM ATTRIBUTES	
Influence Level	Individual
Target Population	Adults
Intervention Setting	Community, work site, or individual
Key Measures	
Cost	
Time to Implement	<u>Organization</u> <u>Patient/Client</u> 15-week program
Difficulty to Implement <i>Resource Intensity</i>	
ROI <i>if known</i>	Cost benefit analyses have indicated that for every \$1 organizations spend to implement the program approximately \$2.16 or \$2.75 (in person versus online classes) can be saved in medical care and lost-productivity costs.

PROGRAM CONTACT INFORMATION	
Organization	N.C. Division of Public Health, Chronic Disease and Injury Section, Community & Clinical Connections for Prevention & Health Branch and North Carolina State University
Contact Person	Surabhi Aggarwal
Email / Telephone	surabhi.aggarwal@dhhs.nc.gov/919.707.5225
Web Site	esmmweighless.com

CURRENT NC-DPH SUPPORT

T.A. – Yes/No Specific group? Other limitations?	Yes
T.A. Contact	Surabhi Aggarwal - surabhi.aggarwal@dhhs.nc.gov/919.707.5225
Funding – Yes/No Specific group? Other limitations?	
Funding Contact	

EBS PROGRAM IMPLEMENTED BY / NC EXAMPLES	
#1 – Organization Name / Contact Information	
#2 – Organization Name / Contact Information	
#3 – Organization Name / Contact Information	

OTHER COMMENTS / NOTES
Willing to work with communities to locate funding Implemented in 26-60 counties Some focus on health disparities

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EBS PROGRAM DESCRIPTION	Faithful Families Eating Smart and Moving More is a practice-tested intervention that focuses on healthy environmental and policy changes within faith communities. It promotes healthy eating habits and increased physical activity through a series of group nutrition/physical activity education sessions.
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EBS LEVEL <i>CDC Ranking</i>	B = Best/Proven
REFERENCE/CITATION <i>Data Supporting Level/Ranking</i>	Center TRT

PROGRAM ATTRIBUTES	
Influence Level	Multi-Level
Target Population	Targets limited-resource communities (low-income, at or below federal poverty levels), but open to all communities of faith
Intervention Setting	Faith community
Key Measures	Implementation: Document the number of trained facilitators and number of counties in North Carolina that offer the program. Reach: Document the number of Faithful Families classes implemented across the state. Using Faith Community Assessment, estimate the number of faith community members across all congregations participating in the program. Effectiveness: Collect EFNEP entry and exit surveys for educational class participants (including 24-hour food recall) OR collect participant survey at the end of educational series. Collect Member Health and Interest Surveys among all faith community members at beginning and end of year. Collect Faith Community Assessment completed at beginning and end of year to track policy & environmental changes.
Cost	Approximately \$75 for food costs for nine lessons
Time to Implement	<u>Organization</u> 1 year <u>Patient/Client</u> 9 – 12 weeks
Difficulty to Implement <i>Resource Intensity</i>	Low to Moderate
ROI <i>if known</i>	

PROGRAM CONTACT INFORMATION	
Organization	N.C. Division of Public Health, Chronic Disease and Injury Section, Community & Clinical Connections for Prevention & Health Branch and North Carolina State University
Contact Person	Annie Hardison-Moody, PhD
Email / Telephone	amhardis@ncsu.edu/ 919.515.8478
Web Site	www.faithfulfamiliesmm.org

CURRENT NC-DPH SUPPORT	
T.A. – Yes/No Specific group? Other limitations?	No
T.A. Contact	
Funding – Yes/No Specific group? Other limitations?	No
Funding Contact	

EBS PROGRAM IMPLEMENTED BY / NC EXAMPLES	
#1 – Organization Name / Contact Information	Wake County Cooperative Extension - EFNEP Kristin Larson 919-250-1119 knlarso2@ncsu.edu
#2 – Organization Name / Contact Information	Durham County Cooperative Extension - EFNEP Erin Roberts (919) 560-7978 Erin_roberts@ncsu.edu
#3 – Organization Name / Contact Information	Harnett County Cooperative Extension – EFNEP Debbie Stephenson 910-893-7530 Debbie_stephenson@ncsu.edu

OTHER COMMENTS / NOTES
Currently available in 43 counties across North Carolina with 81 facilitators trained in the program across local health departments and Cooperative Extension.