

*THE ROLE OF Churches in Fairfield County IN PROMOTING HEALTHY LIFESTYLES

Fairfield County ranks 38 out of 46 for overall health outcomes in SC. More residents in Fairfield county have diabetes, obesity, and physical inactivity, and less residents have access to exercise opportunities and healthy food options compared to the state as a whole.

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 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

[differences were not seen for opportunities to eat fruits and vegetables]

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



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

10% vs 16%



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NOTE: 1,308 church member surveys were done to evaluate FAN. Results compare member responses from churches trained in FAN with member responses from untrained churches.

*Infographic modeled on the work from Active Living Research. www.activelivingresearch.org