

Faith Health and Family Collaborative
Recommended Resources

Physical Activity

- [CDC Guide to Strategies to Increase Physical Activity in the Community](#)
Provides guidance for community leaders on how to select strategies to increase physical activity in the community.
- [Centers for Disease Control and Prevention \(CDC\) - Division of Nutrition, Physical Activity, and Obesity](#)
The CDC [Division of Nutrition, Physical Activity, and Obesity](#) provides information, guidance, and strategies for healthy living.
- [MOVE! Weight Management Program](#)
Weight management program for Veterans that consists of nutrition education and physical activity classes
- [Nourish Interactive - Family Nutrition Tips and Tools](#)
Grocery shopping tips, healthy recipes, activities for kids and more on this nutrition based site.



Healthy Eating

- [Heart Healthy Home Cooking – African American Style](#)
Find delicious healthy meals you can cook at home that can protect you and your family from heart disease and stroke.
- [Diabetes Awareness & Wellness Network \(DAWN\)](#)
Wellness services including recreation activities and nutrition education, for those diagnosed with, or at risk of developing, diabetes.

- [Community Garden Program](#)
Learn when and how to plant and grow nutritious foods at one of 11 community gardens across Houston.
- [Houston Department of Health and Human Services \(HDHHS\) Farmers Markets](#)
Monthly markets that aim to provide easier access to nutritious and affordable foods in underserved Houston communities
- [CDC Guide to Strategies to Increase the Consumption of Fruits and Vegetables](#)
[CDC Guide to Strategies to Increase the Consumption of Fruits and Vegetables](#) provides guidance for community leaders on how to select strategies to increase the consumption of fruits and vegetables.
- [MyPlate Community Toolkit for Healthy Eating](#)
Provides guidance for individuals, families, and communities to eat health-fully and be active to maintain a healthy weight.
- [Centers for Disease Control and Prevention \(CDC\) - Division of Nutrition, Physical Activity, and Obesity](#)
The CDC [Division of Nutrition, Physical Activity, and Obesity](#) provides information, guidance, and strategies for healthy living.



Knowledge is Power

Faith-based programs are effective in improving health outcomes of church members and their families. These church programs have been developed to target the health needs of the African American community, and consist of a variety of strategies to improve health through diet and physical activity. Click on the program links below to find out more, and to get access to materials you can use to improve the health of your church members!

- [Body and Soul](#)
[Body and Soul](#) is designed to increase fruit and vegetable consumption. Throughout this program, church members will be able to participate in fun activities such as taste tests and cooking demonstrations, while learning about the benefits of healthy eating!

- [Healthy Body Healthy Spirit](#)
[Healthy Body Healthy Spirit](#) targets both nutrition and physical activity. The program combines a variety of nutrition education and activities with a fun and easy physical activity workout matched to a gospel music audio tape.
- [Eating for a Healthy Life](#)
[Eating for a Healthy Life](#) aims to reduce salt, sugar and fat intake, and increase fruit and vegetable consumption. This program helps you to plan social activities at your church, such as nutrition discussions and cooking demonstrations that can teach and engage members in healthy eating!

Houston has a wide variety of free resources and useful programs, throughout the area, that include services available for community members that can improve healthy lifestyles and living habits.

Programs are designed to meet the needs of everyone in the family. Check them out below!

- [MD Anderson - Community Services](#)
If you would like to request other community programs and services available through our office, please complete an online form by clicking on the link below. Our team offers free community health education programs, tobacco prevention presentations, speaker's bureau, MD Anderson exhibits, brochures, and puppet shows.
- [Healthy Congregations Toolkit](#)
This toolkit offers suggestions and resources for ways to eat well and be physically active to improve the health of congregations.
- [Urban Harvest](#)
Community garden programs, gardening education classes and farmer's markets to increase intake of nutritious foods.
- [Centers for Disease Control and Prevention \(CDC\)](#)
The CDC conducts and supports health promotion and prevention activities with the goal of improving overall public health.
- [Obesity Action Coalition \(OAC\)](#)
OAC provides brochures, posters and guides on obesity and related topics
- [National Institute of Health](#)
Provides answers to why a healthy weight is important, explanations to balance energy and

helpful tools to make improvements on everyday choices that affect our lifestyle, health and weight.