



# Empowering Healthy Families

A Church-Based Program for Family Health & Financial Wellness

The Info Session will begin shortly





## EHF Team

- Dr. Kathy Hosig
- EHF Director & Associate Professor & Director
- Center for Public Health Practice and Research at Virginia Tech





## EHF Team

- Rev. Tonia Burruss
- EHF Church Coordinator  
Engagement Specialist
- Baptist General Convention  
of Virginia





## EHF Team

- Dr. J. Elisha Burke
- EHF Project Lead & Research Partner
- Baptist General Convention of Virginia





## EHF Team

- Beverly Vaden
- Research Associate & Lead Curriculum Trainer
- Center for Public Health Practice and Research at Virginia Tech



## EHF Team

- Dr. Monica Motley
- EHF Project Manager & Senior Research Faculty
- Center for Public Health Practice and Research at Virginia Tech





## EHF Team

- Ozioma Chinaka
- Graduate Research Assistant
- Virtual programming and technology specialist





# Empowering Healthy Family (EHF) Partners

- Baptist General Convention of Virginia
- Virginia State University Cooperative Extension
  - Virginia Tech Cooperative Extension
- Virginia Tech Center For Public Health Practice and Research





# Our Time Together

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- Introduction to EHF
- Overview of EHF Programs
- Church Eligibility
- Getting Your Church Ready



# IT & ASL Support



- **Use the chat box.** Participants joining via web can use the chat box to respond to questions. Participants on the phone will also have an opportunity to share when prompted.
- **Phone Commands.** Press \*6 to mute/unmute. Press \*9 to raise your hand.
- **Be Mindful of Background Noise:** Turn ringer to low on mobile devices and laptops during session. Remain on mute until group chat or questions.

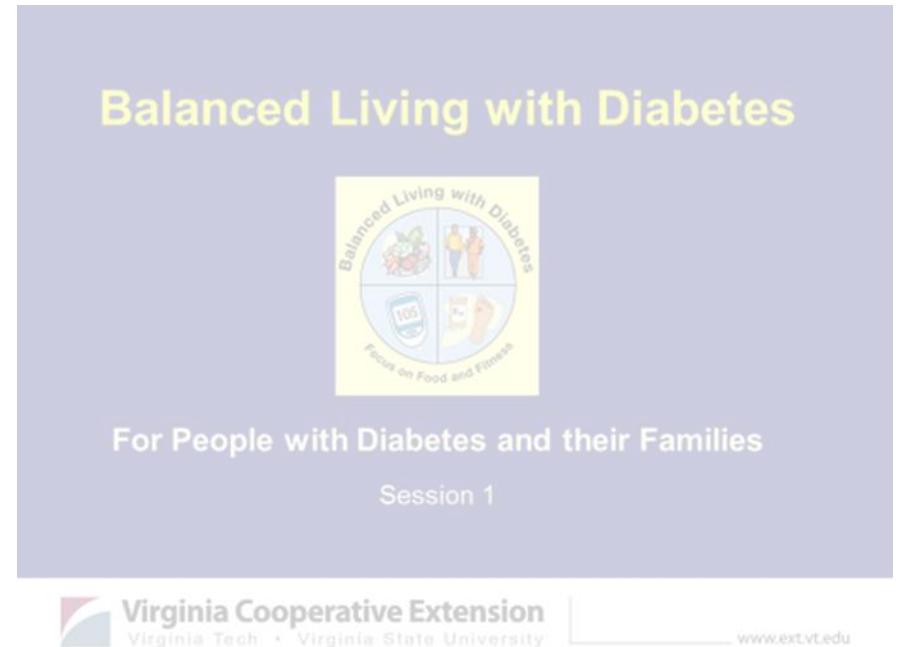


# Inspiration & Purpose of EHF



# Inspiration & Purpose of EHF

- Idea came from participants in the Balanced Living with Diabetes program
- How can families with young children keep the kids from getting diabetes?
- Need to involve the parents and caregivers and the kids
- Need to improve the church health environment
- Financial education is also important to families



# Inspiration & Purpose of EHF

- Religion and faith are linked to health
- Faith-based health programs improve health and health behaviors in communities with high risk of chronic disease
  - Diabetes
  - Heart disease
  - High blood pressure and stroke
  - Cancer
- Faith-based Organizations (FBO) are important leaders and partners for health and wellness programs



# Inspiration & Purpose of EHF

Empowering Healthy Families (EHF) is a project dedicated to helping families throughout Virginia improve healthy eating and money management habits.

With a particular focus on African American families and African American churches, EHF works hand-in-hand with places of worship to bring programs and resources directly to the congregants and communities they serve.





# How the EHF Program Works

# How Does The Program Work: Logistics

- 2-year program
  - Randomly assigned financial wellness or healthy eating/activity program
  - 2-hour program, 1x per week
  - Program lasts 8 weeks
  - Data collection to before, after, and 12 months
  - In-person or virtual option
    - Currently only virtual option available





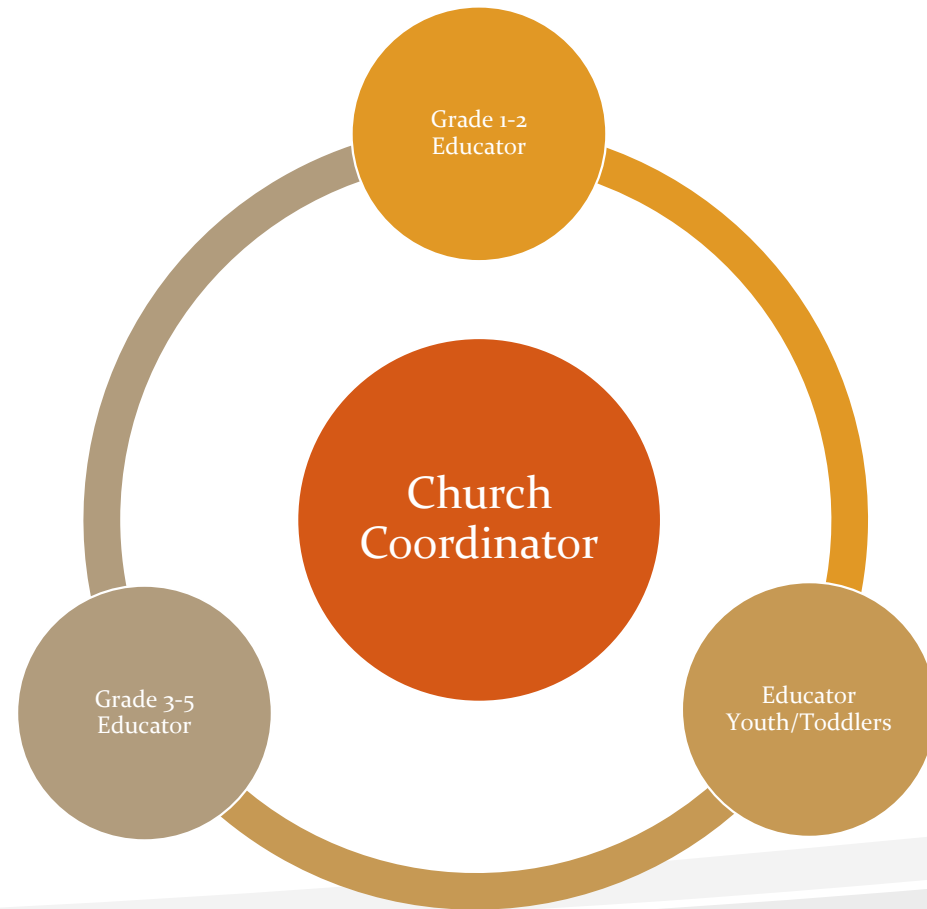
# How Does The Program Work: Church Eligibility

- 10-12 Families with children grade 1- grade 5
  - Congregation members
  - Other community members



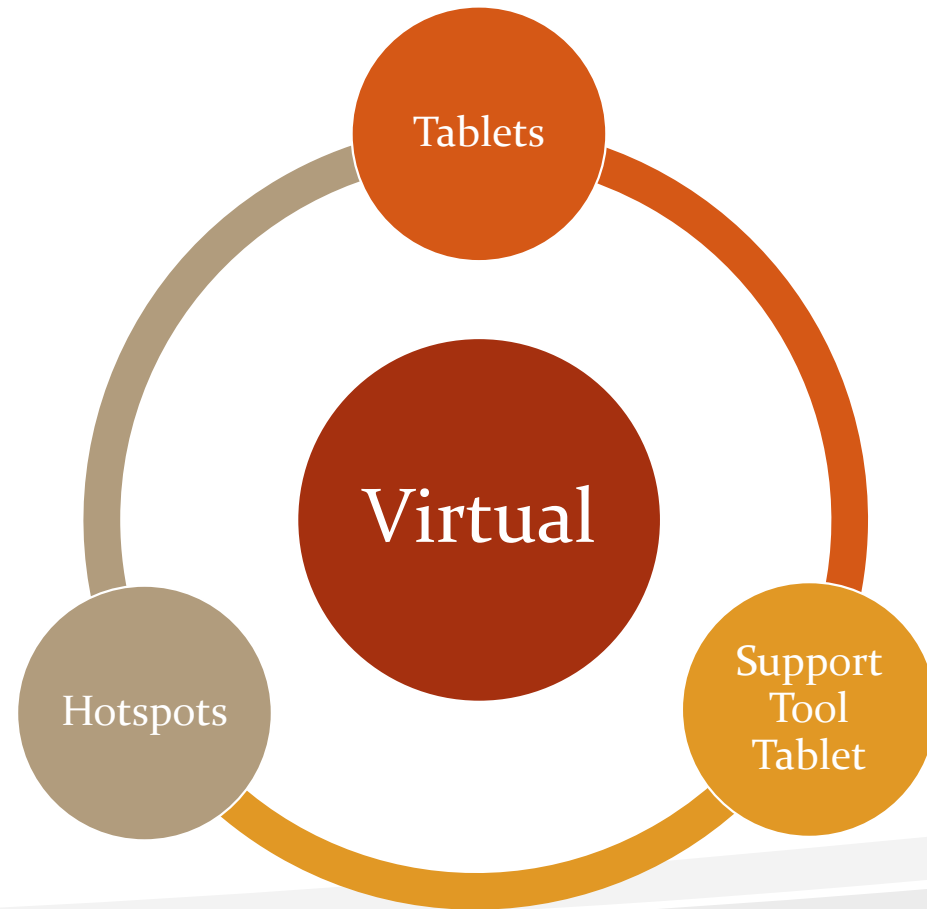
# How Does The Program Work: Church Eligibility

- Church team to coordinate and manage program
  - 1 Coordinator
  - 2 Church Educators trained to teach the kids grades 1-5
  - 1 Church Educator trained to provide childcare for kids grades k & under
  - 1 Church Educator trained to teach youth grades 6 & up (optional)

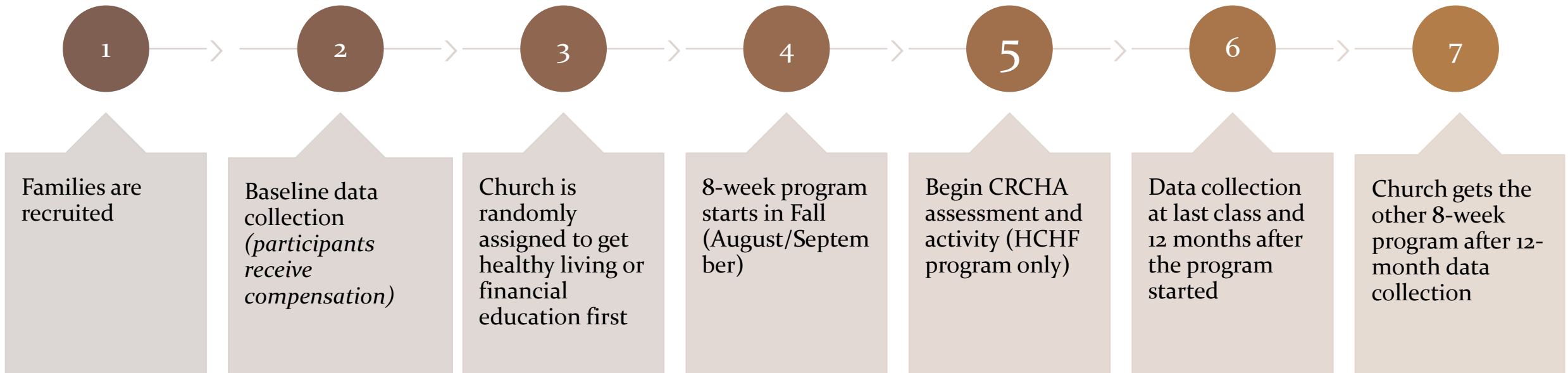


# How Does The Program Work: We're Going Virtual

- Program equipment to make e-learning simple
- Socially-distanced data collection
- Families participate in the comfort of their homes
- Support tools to include program into everyday life



# How does the program work? 7 Steps to Launch



45-90 Days from Preparation to Launch



# EHF Churches

## Summer 2016

First African Baptist Church  
2700 Hanes Ave, Richmond, VA 23222  
Dr. Rodney D. Waller

Gillfield Baptist Church  
209 Perry Street, Petersburg, Virginia 23803  
Dr. George W.C. Lyons, Pastor

Calvary Baptist Church  
218 Holbrook St, Danville, VA 24541  
Interim Pastor: Rev. Pat Daniels

## Fall 2018

Ebenezer Baptist Church-Essex (HCHF)  
3207 Quarter Hill Road, Supply, VA 22436  
Rev. Irving L. Woolfolk, Jr.

## Summer 2017

Vance Street Baptist Church  
206 Vance St, Danville, VA 24540  
Reverend Maurice Ferrell

Evening Light Baptist Church  
130 Bradley Rd, Danville, VA 24540  
Bishop Fred B. Kidd

Shiloh Baptist Church  
901 Betts St, Danville, VA 24541  
Rev. Cecil Bridgeforth

## Spring 2019

West End Baptist Church (MS)  
2413 Shell Road, Hampton, VA 23661  
Bishop Paul Thomas

Mt. Zion Baptist Church  
6030 Harrison Road  
Fredericksburg, VA 22407  
Rev. Charles Wormley

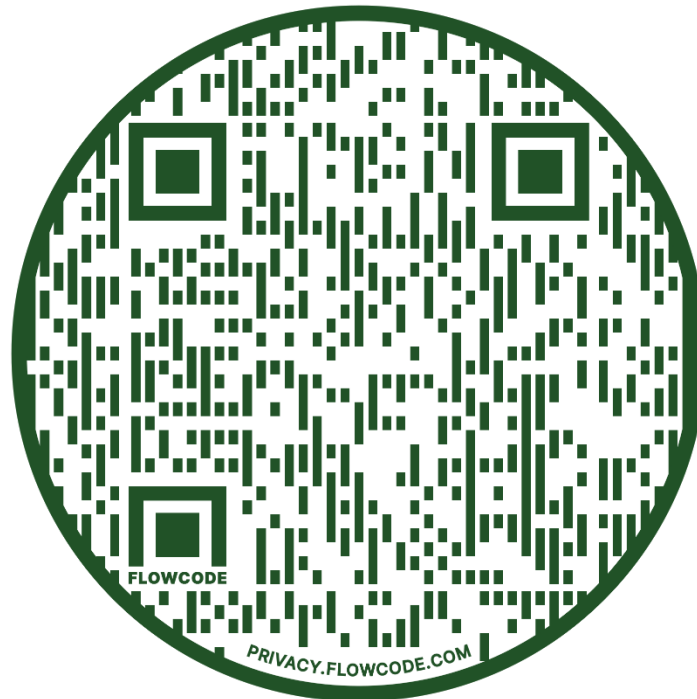
Pleasant Chapel Baptist Church  
7017 Rocksprings Rd  
Sutherlin, Virginia 24594  
Rev. Jonathan King

## Fall 2019

Tabernacle of Zion Baptist Church  
602 South Hicks Street,  
Lawrenceville, VA 23868; Bishop  
Dr. Ronald Thornhill



# EHF Churches To View Our Church



<https://cphpr.publichealth.vt.edu/ehf/churches.html>



# Let's Chat

Short Break & Questions





# Overview of EHF Curriculum



**FDIC**



**HEALTHY CHILDREN, HEALTHY FAMILIES  
Parents Making a Difference!**

**What are the two main programs  
offered?**



**HEALTHY CHILDREN, HEALTHY FAMILIES**  
**Parents Making a Difference!**



# Goal of Healthy Children, Healthy Families (*HCHF*)



We support families in making changes leading to healthier eating and activity patterns, one step at a time.

Through dialogue and collaborative action, we help families create healthier environments where children live, learn, and play.

# What makes up the HCHF Program?

- Three 1-hour data collection sessions (baseline, last class & 12 month)
- Eight 2-hour sessions
  - Each 2-hour session includes:
    - Healthy nutrition or active behavior
    - Paths to Success
    - Keys to Success
    - Active play break
    - Food tasting activity
    - “Take a Healthy Step” goal setting activity



# Table of Contents

## Overview of Healthy Children, Healthy Families: Parents Making a Difference!

	Session	Path to Success	Key to Success	Active Play	Food Prep/Tasting**
PS.	Pre-Session	Over the Rainbow: Paths to Success	Over the Rainbow: Keys to Success	Fruit and Vegetable Toss	<i>MyPlate Mexican Salad</i>
S1.	Introduction to <i>Healthy Children, Healthy Families*</i>	Overview of recommended nutrition and activity practices	<b>Firm &amp; responsive</b> parenting; <b>Supporting: encouraging</b> children; Overview of parenting skills in curriculum	Big Wind Blows	<b>Get Fresh!</b> Apple Cinnamon Wrap & Rolls
S2.	Think Your Drink	Drinking water or milk instead of sweetened drinks	<b>Guiding: Can do</b>	Group Juggling	Water w/ a Twist, Pineapple Fizz
S3.	Eating More Fruits and Vegetables	Eating more vegetables and fruits	<b>Showing: Teach by example, Supporting: respect feelings</b>	Vegetable Toss	Veggie and Fruit Dips
S4.	Playing actively	Playing actively	<b>Guiding: Divide responsibility for eating, Divide responsibility for active play</b>	Balloon Race	Make-Your-Own Salad
S5.	Making Healthy Choices Easier (Eating Fewer High-Fat, High-Sugar Foods)	Eating fewer high-fat high-sugar foods	<b>Shaping: Find solutions with others</b>	Fast Food Relay	<b>Get Fresh!</b> Broccoli Black Bean (or Spinach) Quesadilla
S6.	Sit Less – Reducing Screen Time	Limiting TV and computer time	<b>Shaping: Create family routines</b>	Balloon Toss	Veggie & Fruit Salads
S7.	Having Sensible Servings & Family Meals	Having smaller servings	<b>Guiding: Decide together</b>	Sun Salutations or Chair Stretches	Mini Pizzas or Taco Salad
S8.	Celebrate!	Review	<b>Shaping:</b> Changing environments outside the home	Macarena Dance	Fruit Parfait



# Goal of Money Smart

Designed to promote financial understanding in children and build a foundation to become financially responsible adults.



for Grades 3-5





# What makes up the Money Smart Program?

- Three 1-hour data collection sessions (baseline, last class & 12 month)
- Eight 2-hour sessions
  - Each 2-hour session includes:
    - **Warm Up:** introduces students to the topic and sparks inquiry
    - **Guided Exploration:** Learning activities that focus on key financial literacy learning objectives
    - **Wrap Up:** Reflection activities to review lesson concepts and demonstrate understanding

# LESSONS AT-A-GLANCE

Lesson Title	Topic	Learning Objectives	Time Required
<b>1 Money Matters</b>	Buying Decisions	<ul style="list-style-type: none"><li>• Explain the difference between needs and wants, and identify examples of each</li><li>• Compare and prioritize needs and wants</li><li>• Evaluate different choices when making a purchase</li><li>• Discuss impulse buying</li><li>• Discuss and explain opportunity cost</li></ul>	60 min
<b>2 Get Set for Goals</b>	Setting Goals	<ul style="list-style-type: none"><li>• Identify and develop ways to set short-term and long-term goals for saving</li><li>• Explain the importance of setting goals for saving</li><li>• Identify things that might affect decisions to spend or save money</li></ul>	60 min
<b>3 Make a Plan</b>	Budgeting	<ul style="list-style-type: none"><li>• Explain the term "budget"</li><li>• Identify categories of a budget (income, expenses, savings)</li><li>• Create a budget</li><li>• Apply budgeting skills to real-world scenarios</li><li>• Understand the concept of "pay yourself first"</li></ul>	60 min
<b>4 Save Your Money</b>	Saving	<ul style="list-style-type: none"><li>• Explain what banks do and what interest is</li><li>• Name benefits of saving money in a bank versus at home</li><li>• Understand risks and why it's important to save for emergencies</li><li>• Evaluate real-world scenarios that focus on saving for emergencies, unexpected</li></ul>	60 min



## LESSONS AT-A-GLANCE (continued)

Lesson Title	Topic	Learning Objectives	Time Required
<b>5 Which Way to Pay?</b>	Payment Options	<ul style="list-style-type: none"><li>• Explain the concept of credit and debit (including checks and money orders)</li><li>• Compare and contrast various payment methods (cash, credit, and debit)</li><li>• Apply knowledge of payment options to real-world scenarios</li><li>• Discuss the consequences of paying back credit past the due date</li><li>• Discuss identity theft and types of personal information that should not be shared</li></ul>	60 min
<b>6 Get Invested</b>	Introduction to Investing	<ul style="list-style-type: none"><li>• Explore the basic concepts of investing, including risk and return</li><li>• Compare and contrast several kinds of investments</li><li>• Analyze the savings outcome of several investment options</li><li>• Explain the value of long-term financial planning</li></ul>	60 min
<b>7 It's Great to Donate!</b>	Charitable Giving	<ul style="list-style-type: none"><li>• Explain the meaning of charitable giving, and its rewards</li><li>• Create a plan to raise money for a charitable cause</li><li>• Research various charitable causes</li><li>• Organize a charity drive</li></ul>	60 min
<b>8 Career Choices</b>	Exploring Careers and Income	<ul style="list-style-type: none"><li>• Identify and explore different types of jobs</li><li>• Evaluate personal interests related to careers</li><li>• Explain how money is earned and why it is taxed</li></ul>	60 min



# Let's Chat

Short Break & Questions





# Getting Your Church Ready



# Roles and Responsibilities: Church Coordinator

- Church Coordinator
  - Engage families to participate in the program
  - Assist program coordinator, Virginia Tech and Extension staff to coordinate program
  - Establish and co-lead a committee of congregation members who will complete an assessment of the church health environment and implement one small project to improve the church health environment.
  - Work with 4-H staff to identify possible opportunities for 4-H involvement.
  - Assist with baseline, last class, & 12-month data collection
  - Compensation: \$250 for each program coordinated + (\$30 x 3) for each data collection session= \$340
    - If desired, participate in training on child education programs (\$50 additional stipend)



# Roles and Responsibilities: Child Educator (Grade 1-2)

- Child Educator (for grade 1-2)
- Partner with agents (of the Cooperative Extension Family Nutrition Program) to be trained to teach:
  - Pick a Better Snack for grade 1-2
  - Teach the program for 9 weekly sessions with assistance from university students, EHF staff, and teens
- Enlist older youth to help teach if any of them are trained by 4-H.
- Assist with baseline, last class, & 12-month data collection
- Compensation: \$50 for training + ( $\$30 \times 9$  sessions) for each program + ( $\$30 \times 3$ ) for each data collection session = \$410



# Roles and Responsibilities: Child Educator (Grade 3-5)

- Child Educator (for grade 3-5)
- Partner with agents (of the Cooperative Extension Family Nutrition Program) to be trained to teach:
  - Choose Health - Food, Fun and Fitness (CHFFF) for grade 3-5
  - Teach the program for 9 weekly sessions with assistance from university students, EHF staff, and teens
- Enlist older youth to help teach if any of them are trained by 4-H.
- Assist with baseline, last class, & 12-month data collection
- Compensation: \$50 for training + (\$30 x 9 sessions) for each program + (\$30 x 3) for each data collection session = \$410



# Roles and Responsibilities: Childcare Provider (In-Person Only)

- EHF Childcare Provider for children under 6
- Provide childcare for children younger than 6 who attend the program with their families
- Assist with baseline, last class, & 12-month data collection
- Compensation:  $\$20 \times 9$  sessions for each program +  $(\$30 \times 3)$  for each data collection session = \$270
  - If desired, participate in training on child education programs (\$50 additional stipend)



# EHF Church Compensation (In-Person Only)

- Church Honoraria:
- \$300 for each program hosted (HCHF & Money Smart – different years)
  - 8 weeks of classes plus 3 data collection sessions = 12 sessions per program
  - Facility use for COVID-Safe data collection (e.g. parking lot, bathrooms)
- (Optional & HCHF Only) Funds for activities to improve church health environment = \$200





# Family Participants Compensation

- **(Baseline):** Assessments for research study (*optional*) – This involves a questionnaire and height and weight measurements. Can participate in both programs - EHF and Money Smart.
- Before the program starts: \$10 child / \$20 adult
- Last day of the program: \$10 child / \$25 adult
- 12 months after the program: \$10 child / \$40 adult
  - Total \$30 for children and \$85 for adults
- If participate in both programs: Empowering Health Families *and* Money Smart
  - Total \$60 for children and \$170 for adults



# Next Steps



# Spring Cohort 2022

## Program Schedule

- **EHF Orientation Presentation:** *January/February*
- **EHF Baseline Data:** *March*
- **EHF Program 1 Start:** *April*
- **EHF Program 1 End:** *June*
- **EHF Program 2 Starts one year after baseline date**

Refer to Program Calendar



## Fall Cohort

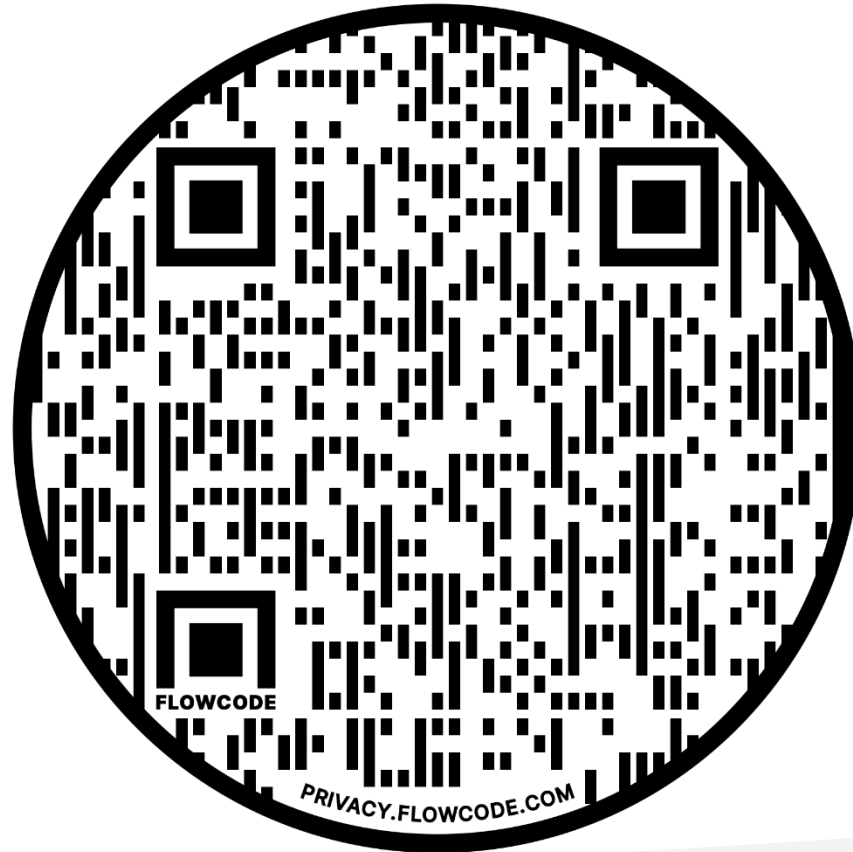
### Program Schedule

- **EHF Orientation Presentation:** *June/July*
- **EHF Baseline Data:** *August*
- **EHF Program 1 Start:** *September*
- **EHF Program 1 End:** *November*
- **EHF Program 2 Starts one year later after baseline date**

Refer to Program Calendar



## To Learn More About EHF



<https://cphpr.publichealth.vt.edu/ehf.html>



# Let's Chat

Short Break & Questions



### Empowering Healthy Families

A Church-Based Program for Family Health & Financial Wellness

The Fall Session will begin in October.

### EHF Team

- Dr. Kathy Hoing
- EHF Director & Associate Professor & Director
- Center for Public Health Practice and Research at Virginia Tech

### EHF Team

- Roxi Terisa Burrows
- EHF Church Coordination Program Specialist
- Baptist General Convention of Virginia

### EHF Team

- Dr. J. Elisha Burke
- EHF Church Coordination Research Partner
- Baptist General Convention of Virginia

### EHF Team

- Beverly Valen
- Research Associate & Lead Curriculum Trainer
- Center for Public Health Practice and Research at Virginia Tech

### EHF Team

- Dr. Monica Morley
- EHF Project Manager & Senior Research Faculty
- Center for Public Health Practice and Research at Virginia Tech

### Empowering Healthy Family (EHF) Partners

- Virginia General Convention of Virginia
- Virginia State University Cooperative Extension
- Virginia Tech Cooperative Extension
- Virginia Tech Center for Public Health Practice and Research

### Our Time Together

Orientation to EHF  
Overview of EHF Program  
Church Eligibility  
Getting Over Church Hurdles

### IT & ASL Support

For the best view, please use a desktop computer. If you are using a mobile device, please use a desktop computer. If you are using a mobile device, please use a desktop computer.

Please Contact: Tech Support  
Email: [techsupport@ehf.org](mailto:techsupport@ehf.org)  
Phone: 800-845-2345

In the event of an emergency, please call 800-845-2345 and high-priority support requests will be handled as soon as possible.

### Inspiration & Purpose of EHF

- Help you see the value of the program in your own life and the lives of others
- Help you see the value of the program in your own life and the lives of others
- Need to involve the parents and congregation and the church
- Need to improve the church health environment
- Personal education is also important to families

### Inspiration & Purpose of EHF

- Help you see the value of the program in your own life and the lives of others
- Help you see the value of the program in your own life and the lives of others
- Need to involve the parents and congregation and the church
- Need to improve the church health environment
- Personal education is also important to families

### EHF Churches

Churches are the backbone of the EHF program. We are currently looking for churches to join the program. If you are interested, please contact us at [ehf@ehf.org](mailto:ehf@ehf.org).

### EHF Churches To View Our Church

View a list of churches that are currently participating in the EHF program. You can filter by denomination, location, and church size.

### How the EHF Program Works

The EHF program is a church-based program that provides families with resources and support to improve their health and financial wellness. The program is delivered through church-based educators and is designed to be sustainable and scalable.

### How Does the Program Work: Logistics

- Church-based educators
- Program materials
- Program materials
- Program materials
- Program materials

### How Does the Program Work: Church Eligibility

- 40-45 Families with children grade 3-5
- Congregation available
- Other community members

### How Does the Program Work: Church Eligibility

- Church wants to coordinate and manage program
- Church has a church educator trained to teach the EHF program
- Church has a church educator trained to teach the EHF program
- Church has a church educator trained to teach the EHF program
- Church has a church educator trained to teach the EHF program

### How Does the Program Work: We're Going Virtual

- Program equipment to make e-learning simple
- Socially-distanced data collection
- Families participate in the comfort of their homes
- Support tools to include program into everyday life

### How does the program work? 7 Steps to Launch

1. Church-based educator
2. Church-based educator
3. Church-based educator
4. Church-based educator
5. Church-based educator
6. Church-based educator
7. Church-based educator

45-90 Days from Preparation to Launch

### EHF Churches

View a list of churches that are currently participating in the EHF program. You can filter by denomination, location, and church size.

### EHF Churches To View Our Church

View a list of churches that are currently participating in the EHF program. You can filter by denomination, location, and church size.

### Let's Chat

Short Break & Questions

### Overview of EHF Curriculum

The EHF curriculum is designed to be delivered over a 12-week period. It includes modules on nutrition, financial wellness, and family health. The curriculum is delivered through church-based educators and is designed to be sustainable and scalable.

### FOIC Money Smart

HEALTHY CHILDREN, HEALTHY FAMILIES  
Parents Making a Difference

What are the two main programs offered?

### Healthy Children, Healthy Families

Parents Making a Difference

### Goal of Healthy Children, Healthy Families (HCHF)

We support families in making changes leading to healthier eating and activity patterns, one step at a time.

Through dialogue and collaborative action, we help families create the health environments where children live, learn, and play.

### What makes up the HCHF Program?

- Three e-based data collection sessions (baseline, two check-ins)
- Eight e-based sessions
- Each e-based session includes:
  - Healthy nutrition or active behavior
  - Parent to Success
  - Active play break
  - Food writing activity
  - "Take a Healthy Step" goal writing activity

### Table of Contents

Section	Page
Introduction	1
Table of Contents	2
Goal of Money Smart	3
What makes up the HCHF Program?	4
Roles and Responsibilities: Church Coordinator	5
Roles and Responsibilities: Child Educator (Grade 3-5)	6
Roles and Responsibilities: Child Educator (Grade 3-5)	7
Roles and Responsibilities: Childcare Provider (In-Person Only)	8
EHF Church Compensation (In-Person Only)	9
Family Participants Compensation	10
Next Steps	11
Spring Cohort 2022	12
Fall Cohort	13
To Learn More About EHF	14
Let's Chat	15

### Goal of Money Smart

Designed to promote financial well-being for children and families, the program provides resources and support to help families make informed financial decisions.

### What makes up the Money Smart Program?

- Three e-based data collection sessions (baseline, two check-ins)
- Eight e-based sessions
- Each e-based session includes:
  - Money Smart education module on the topic and quick strategy
  - Guided Exploration Learning activities that focus on key financial literacy concepts
  - Money Smart education activities involving concepts and discussion

### LEARNING AT A GLANCE

Session	Topic	Duration
1	Introduction	15 min
2	Healthy Nutrition	15 min
3	Active Behavior	15 min
4	Parent to Success	15 min
5	Financial Wellness	15 min
6	Family Health	15 min
7	Summary	15 min

### Family Participants Compensation

Participants in the EHF program are eligible for compensation. The compensation is based on the number of sessions attended and the number of families served. The compensation is paid to the church-based educator.

### Let's Chat

Short Break & Questions

### Getting Your Church Ready

The EHF program is designed to be delivered over a 12-week period. It includes modules on nutrition, financial wellness, and family health. The curriculum is delivered through church-based educators and is designed to be sustainable and scalable.

### Roles and Responsibilities: Church Coordinator

- Coordinate the program
- Recruit and train church-based educators
- Monitor program progress
- Provide support to church-based educators
- Report program data

### Roles and Responsibilities: Child Educator (Grade 3-5)

- Deliver the EHF curriculum
- Monitor program progress
- Provide support to families
- Report program data

### Roles and Responsibilities: Child Educator (Grade 3-5)

- Deliver the EHF curriculum
- Monitor program progress
- Provide support to families
- Report program data

### Roles and Responsibilities: Childcare Provider (In-Person Only)

- Deliver the EHF curriculum
- Monitor program progress
- Provide support to families
- Report program data

### EHF Church Compensation (In-Person Only)

Church-based educators are eligible for compensation. The compensation is based on the number of sessions delivered and the number of families served. The compensation is paid to the church-based educator.

### Family Participants Compensation

Participants in the EHF program are eligible for compensation. The compensation is based on the number of sessions attended and the number of families served. The compensation is paid to the church-based educator.

### Next Steps

The next steps for the EHF program are to recruit church-based educators, train them, and launch the program. The program is designed to be sustainable and scalable.

### Spring Cohort 2022

Program Schedule

- EHF Orientation Presentation: January/February
- EHF Baseline Data: March
- EHF Program (Start): April
- EHF Program (End): June
- EHF Program 1 Starts one year after baseline date

Refer to Program Calendar

### Fall Cohort

Program Schedule

- EHF Orientation Presentation: June/July
- EHF Baseline Data: August
- EHF Program (Start): September
- EHF Program (End): November
- EHF Program 1 Starts one year later after baseline date

Refer to Program Calendar

### To Learn More About EHF

Visit our website at [ehf.org](http://ehf.org) for more information about the EHF program.

### Let's Chat

Short Break & Questions