



SAN DIEGO COUNTY  
**CHILDHOOD  
 OBESITY  
 INITIATIVE**

Working Together to Shape a Healthy Future

# Live Healthy in Faith: A Brief Overview

*Resources for Faith Communities*

**icansandiego.org**



Throughout history—disaster, economic crisis, and basic daily needs, faith communities have played an important role serving the physical, mental, and spiritual needs of their congregants. Today, many faith communities are seeing the increasing impacts of poor nutrition and physical activity on their members and local community, such as obesity, Type 2 diabetes, and asthma. As a trusted source of information and vehicle for spiritual and social change, faith communities are uniquely equipped to meet the demands of this growing health crisis through a compassionate and comprehensive approach.

The ICANSANDIEGO *Resources for Faith Communities Toolkit* is designed to help faith leaders ensure a healthier future for its congregants and community-at-large by creating environments that support healthy habits. While researching wellness resources available to the faith community, the San Diego County Childhood Obesity Initiative discovered a faith-based publication from Live Healthy Georgia, a campaign designed to help Georgians live healthier lives and reduce their risk of chronic disease. *Live Healthy in Faith: A Faith Community Guide to Promoting Nutrition and Physical Activity (Live Healthy in Faith)* provides congregations a step-by-step guide on how to start a wellness committee and conduct nutrition and physical activity needs assessments, environmental assessments, and community asset mapping. It also includes policy and environmental suggestions, health promotion program ideas, and a monthly outline with activity suggestions, bulletin board ideas, faith leader talking points, newsletter inserts, etc. to organize faith communities around a particular health topic.

An overview of the *Live Healthy in Faith* Table of Contents is provided below:

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*Live Healthy in Faith* provides faith communities an excellent road map for creating environments that care for the body, mind, and spirit and address the numerous health issues impacting congregations. The San Diego County Childhood Obesity Initiative (Initiative) is available locally to support San Diego County faith communities in translating this document into meaningful nutrition and physical activity education, advocacy, and environmental change opportunities. Faith communities throughout San Diego County meet on a regular basis as part of the Initiative’s regional Faith Advisory Councils or workgroups to learn about childhood obesity prevention and reduction strategies, network, connect to resources, share best practices and lessons learned, and leverage opportunities to improve the health of congregants and the local

community. Several materials in the ICANSANDIEGO *Resources for Faith Communities Toolkit* are a result of this faith-based work including the wellness policy template and implementation tip sheet. To receive individual support and connect to other faith communities promoting wellness, contact the coordinator of the Initiative by [email](#) or at 858.614.1544.

The Live Healthy Georgia *Live Healthy in Faith* guide is available in English and Spanish on the ICANSANDIEGO *Resources for Faith Communities* web page or by visiting: <http://www.district4health.org/pdf/faithbased%20toolkit.pdf> (English Only)

This document was created with permission from the Georgia Department of Human Resources' Division of Public Health. *Live Healthy in Faith: A Faith Community Guide to Promoting Nutrition and Physical Activity* was created in conjunction with Live Healthy Georgia, a campaign designed to help Georgians live healthier lives and reduce their risk of chronic disease.

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