

9-5-2-1-0 – Your Winning Numbers for Health A Faith-Based Community Check List

Is your faith-based community promoting youth health and life-long healthy habits? Fill out this check list below to see if your worship community is doing all it should to promote healthy behaviors.

	<u>Answer:</u> "Yes" or "Not Yet"
1. Healthy snacks/drinks are available at youth programs, vending machines, and other events.	1. _____
2. Fruits and vegetables are available at place of worship functions.	2. _____
3. Place of worship inspirational messages link with healthy habits.	3. _____
4. Active family events are hosted to promote physical activity for parents and children.	4. _____
5. Healthy eating and physical activity are integrated in children/youth programs and classes.	5. _____
6. Healthy habits educational materials, including 9-5-2-1-0, are provided for parents/children and are posted in public areas/meeting rooms.	6. _____
7. Activities are available to teach members healthy habits: such as classes on food preparation and grocery store tours.	7. _____
8. Educational materials on 9-5-2-1-0 healthy behaviors are distributed to children, parents, and posted in public areas/meeting rooms.	8. _____
9. Staff are educated on 9-5-2-1-0 healthy behaviors and are encouraged to be good role models for children.	9. _____
10. Community-based efforts to combat childhood obesity and promote 9-5-2-1-0 healthy behaviors are supported/promoted by your faith-based community.	10. _____

Scoring Key

Excellent: 9-10 yes answers

Good: 7-8 yes answers

We're Getting There: 5-6 answers

How did you score?

Did you answer "yes" to most of the healthy faith-based community practices? If so, **CONGRATULATIONS!** Thanks for helping improve youth's health and for promoting life-long healthy habits. Don't forget to go to www.midsouthchurches.org/health_and_wellness to find more information, tools, and resources.

Is your place of worship "not yet" implementing healthy faith-based community practices? Why not get started today? Go to www.midsouthchurches.org/health_and_wellness to find information, tools, and resources. Don't forget to tell others about **9-5-2-1-0** healthy behaviors. Keep us updated on your progress on our Facebook Group: Y.E.S..