



Virginia Tech
Center for Public Health
Practice and Research

Baptist General Convention and Virginia Tech Are Partnering Again!

BGCVA and Virginia Tech are partnering again for a new project called **Empowering Healthy Families!** Participants in our Balanced Living with Diabetes program asked for a program to help families with young children keep their kids healthy and reduce their risk of getting diabetes and other diseases.

We are happy to say that we have a new 5-year grant to work with BGCVA churches to provide 2 different programs to 24 congregations. Each church will get both programs, in random order, one program per year over two years.

Families with children aged 6 to 10 will have separate education for parents and children but will eat together and play together during program sessions. Each program is 9 weeks long, with 1 session per week. Cooperative Extension agents and program assistants will work with parents. Church members will be trained to use Cooperative Extension curricula to work with the kids and will receive a modest stipend. Participants will receive compensation for the time they spend to help with program evaluation.

The two programs are:

- **Healthy Children, Healthy Families.** This is about healthy eating and physical activity and ways to help parents and their kids make healthy choices every day. We will also work with the church to improve the nutrition and physical activity environment to support healthy choices for the whole congregation. Churches will receive funds to help make changes in the health environment.
- **MoneySmart.** This is about making smart decisions about money for parents and kids to make the most of what they have.

We hope your church will join us!

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