9-5-2-1-0 – Your **Winning Numbers for Health!**

A Faith-Based Community Check List

Is your faith-based community promoting child 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.

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

How did you score?

Did you answer "yes" to most of the healthy faith-based community practices? If so, ***CONGRATULATIONS!*** Thanks for helping improve children's health and for promoting life-long healthy habits. Don't forget to go to www.tippingthescales.net 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.tippingthescales.net to find information, tools, and resources. Don't forget to provide educational materials to parents/children on *9-5-2-1-0* healthy behaviors.

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