

## SRPLN (FCS) Nutrition Logic Model Details

<p style="text-align: center;"><b>Outcomes</b> (type: short term/learning, medium term/action, long term/condition)</p>	<p style="text-align: center;"><b>Indicators</b> (Direct, specific, useful, practical, culturally appropriate, adequate plus data collection methods)</p>
<p>1. Participants learn the importance of establishing healthy eating habits, incorporating physical activity in their daily lives, following recommended food safety practices and budgeting food dollars.</p> <p>2. Participants adopt healthy food behaviors based on the dietary guidelines and other research-based information.</p>	<p><b>Short term: Learning</b></p> <p>1.1 ___ of ___ participants learn to plan menus and choose foods around MyPyramid and Dietary Guidelines (DG)</p> <p>1.2 ___ of ___ participants learn to adjust recipes and/or menus to achieve certain goals, such as reduce calories, fat, sodium, etc., or increase nutrients &amp; fiber</p> <p>1.3 ___ of ___ participants learn to classify foods based on original source (plant or animal)</p> <p>1.4 ___ of ___ participants indicate an intent to use MyPyramid as a basis for their healthy diet</p> <p>1.5 ___ of ___ participants learn the importance of physical activity</p> <p>1.6 ___ of ___ participants learn about food safety practices</p> <p>1.7 ___ of ___ participants learn to make healthier food choices as they relate to ready-made foods and meal replacements</p> <p>1.8 ___ of ___ participants learn the importance of using food dollars wisely to eat healthy</p> <p><b>Medium term: Action</b></p> <p>2.1 ___ of ___ participants improved life style practices based on MyPyramid &amp; Dietary Guidelines by decreasing consumption of salt, fat, sugar and calories</p> <p>2.2 ___ of ___ participants improved life style practices based on MyPyramid &amp; Dietary Guidelines by increasing consumption of vegetables, fruits, whole grains and low-fat milk</p> <p>2.3 ___ of ___ participants increased the frequency of eating breakfast</p>

<p>3. Participants increase physical activity in their daily lives.</p> <p>4. Participants adopt food safety practices.</p> <p>5. Participants use food dollars wisely.</p> <p>6. Communities and institutions develop and implement a plan to improve diet quality and promote physical activity.</p> <p>7. Revision of laws, policies and practices related to the development of a healthy eating habits and lifestyles</p>	<p>3.1 ___ of ___ participants implemented a personal plan for regular physical activity which includes increased time/frequency of daily activity such as walking, hiking, or bicycling</p> <p>3.2 ___ of ___ participants increased participation of individual/family in games and play that involve physical activity</p> <p>3.3 ___ of ___ participants reduced the amount of time spent in sedentary activities (such as watching TV and playing video games)</p> <p>4.1 ___ of ___ participants used recommended food preparation practices</p> <p>4.2 ___ of ___ participants used recommended food storage practices</p> <p>4.3 ___ of ___ participants used recommended food serving practices</p> <p>5.1 ___ of ___ participants provided healthy meals for their families with the food dollars available</p> <p>6.1 ___ of ___ communities, institutions, agencies or organizations evaluated and made improvements to the quality of meals offered through their respective programs</p> <p>6.2 ___ of ___ communities, institutions, agencies or organizations promoted physical activity in their agency, organization or community by providing time and/or a safe environment for physical activity</p> <p><b>Long Term: Condition</b></p> <p>7.1 Description of change in structure, policy or practice regarding healthy eating habits and lifestyles.</p>
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<b>Activities</b>	<b>Outputs</b> <b>Participants</b>	<b>Inputs</b> <b>Resources to be invested</b>
Individual one on one Small group Large group Series of lessons Workshops Health fairs Radio Newsletters Internet Social Marketing Seminars Summits Interactive activities	General public Low income Elderly Teens Children 4-H Youth Parents Communities Schools State Agencies Non-profit organizations Diverse Audiences	Research-based curricula on healthy eating and physical activity FNP and EFNEP funding and educational materials Foundation funding Other external funding State Agency funding FCS and 4-H agents, horticulture agents State specialists Volunteers Technology Research and Statistics Local Advisory Committees