

Final Draft Healthy Lifestyles Logic Model ...9/20/04

LOGIC MODEL FOR HEALTHY LIFESTYLES Interdisciplinary Issue Team,

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CSREES goals:

Goal #3 - A healthy well nourished population

Goal #5 - Enhanced economic opportunity and quality of life

Situation Statement:

Nutrition and physical activity play vital roles in overall health. Research links diets with many preventable causes of death- heart disease, diabetes, obesity and several types of cancer. Lifestyles with risk behaviors that include poor diet, high stress, smoking, drinking and physical inactivity increases the chances of hypertension, high cholesterol, obesity and diabetes. Obesity continues to increase and is of concern in both youth and adult populations.

More meals are eaten away from home and people have less knowledge of and less connection to foods and agriculture. Adults tend to under consume foods from the fruit, vegetable, and dairy groups while diets exceed recommendations for fat, sugar and sodium. Research further documents links between food insufficiency and poor health outcomes. Sedentary lifestyles, computerization and mechanization changes in employment, increased television and computer time, lack of regular physical education in schools, availability of snack food and beverages, hectic schedules filled with eating on the go, increased time in commutes are barriers. Media influence of consumer nutrition information is also increasing.

Barriers:

An environment with too many food choices, especially high fat, high sodium and high calorie choices.

Availability and cost of local, year round high quality foods and physical activity options.
Increased commute times and changes in the workplace (more mechanization and computerization and less physical dimensions in many jobs

Large amount of time spent watching television or on the computer

Availability of soda and snack vending machines

Extremely busy lifestyles make it difficult to prioritize time for regular physical activity.

Decrease in physical education classes in schools.

Many youth do not participate in community sports.

Limited workplace support for physical activity during working hours

Increasing numbers of meals prepared or eaten away from home

Increase in reliance on microwave ovens and microwave-able dinners.

Decreasing skill levels of purchasing and preparing nutritious foods

Decrease in participation or understanding of food production

Limited understanding of the science of nutrition and physical activity and how to interpret the wealth of information relating to health, foods and fitness.

Confusion among consumers about nutritional and health topics due to media messages, diet books/plans and unhealthy food environment due to the way food is produced, packaged and promoted.

People are often aware that they need to decrease portion sizes, eat nutritious foods and increase physical activity but consistent practice of these behaviors is difficult. People may be in the

pre-contemplative or contemplative stages of behavior change according to the Transtheoretical Model of Behavior Change.

People often do not respect their body cues... like eating when hungry and stopping when full. Likewise we need to give ourselves permission to eat and enjoy foods while understanding the basics of a healthy diet and be less obsessed with food.

Limited educational interventions available to NH residents which would increase knowledge and promote behavior change

Lack of perceived health risks associated with sedentary lifestyle and poor eating habits.

Limited role models for children to follow with regards to diet and exercise.

Perceived lack of time for eating healthy and especially for physical activity

Poor parenting, letting kids determine what gets bought and eaten...not setting limits.

Too much emphasis on dieting and not enough on overall healthy lifestyles

Commercial advertising provides a continual bombardment of food ads often on foods that we should eat sparingly, or not at all

Many poorly planned communities with no sidewalks for walking or bikeways.

I. INPUTS:

A. Survey staff on what is happening in Extension as well as in communities, agencies, and organizations relating to healthy lifestyles. Refer to key theme reports from Gap Analysis.

B. Sharing session for Extension staff on the topic of healthy lifestyles. Include Maryann Kasprzak's findings from her Master's project focusing on health of Extension personnel.

C. Help promote through Extension networks the November 8 session on sustainability at UNH organized by Tom Kelly (Colette Janson-Sand is key staff person to distribute registration info.)

D. Promotional materials for social marketing with focus on healthy lifestyles, nutrition education, fitness and environmental factors.

E. Share ideas at staff program meetings.

F. Extension Educators, Specialists, Program Associates, volunteers, collaborators, graduate assistants, student or dietetic interns from UNH, UNHM, Keene State, PSU, and Americorps

G. Materials/curriculum from Extension programs/projects that currently exist in the Healthy Lifestyles area.(Power of Choice-middle school to teens; Eat Smart Play Hard,-elementary aged children. New materials/curriculum/surveys for programs/projects that may be developed or discovered.

H. \$3,000 seed money for Healthy Lifestyles Initiative.

II. OUTPUTS: Activities

-INDIVIDUAL

- A. Individuals will try 3 new fruits and vegetables and incorporate one more fruit or vegetable into a meal or snack daily
- B. After school Veggie Volunteer Program (VVP initiated in Carroll County). Children participate in an after school education program that combines nutrition educational activities and growing vegetables. Culminates with trip to farm to pick veggies and prepare them to sample.
- C. Compile list of farms willing to let families participate in certain activities on their land.(recreational, non motorized activities, ie: cross country skiing, snowshoeing, hiking, biking, orienteering, geo-caching)
- D. Extension Educators implement the Making Healthy Lifestyle Changes (MHLC) program for the general public. 50 individuals complete the Making Healthy Lifestyles Changes program.
- E. Increase nutritious foods (fruits & veggies) and exercise opportunities at UNHCE meetings.(Make sure healthy options are offered and short stretch/exercise breaks are included.)
- F. Establish a WEB calendar to be a clearing house for information on healthy lifestyle focused events.
- G. Establish a WEB page (in cooperation with Lighten Up NH) as a link to other WEB sites in NH that deal with wellness.for adults and youth. Example www.smallsteps.gov site
- H. Continue 4H food & nutrition & health projects and activities.
- I. Survey WEB resources for youth nutrition/physical activities to appropriately link to UNH CE website
- J. Link with after school program efforts with Plus Time and Operation Military Kids.
- K. Provide volunteer training on nutrition & physical activity.
- L. Continue programming in Nutrition Connections program, Family Lifeskills Program for low income families and youth.
- M. Gather data on all existing nutrition, physical activity for accessibility currently being done by Extension and by community partners.
- N. Research funding opportunities for Healthy Lifestyles
- O. Encourage each county Extension officeto plan a Family Fun Day. Invite people from all over the state to participate.
- P. Develop/adapt nutritional programs currently not available to middle income families, individuals.

-COMMUNITY

- A. Increase the number of farmer's markets that accept food stamps.
- B. Develop an Idea list for Family Fun Days. Communities have committees to plan and sponsor Family fun Days that focus on physical activities for a broad range of participants.
- C. Support Lighten Up NH initiatives, i.e. Alliance Summit.
- D. Promote the consumption and awareness of local fruits and vegetables.
- E. Communities identify and publicize public areas for recreation in their town.
- F. Extension educators and specialists will continue to assist towns/individuals in recreational trail design and plans for their establishment.
- G. School Veggie Volunteer Program glean vegetables from local farm and distribute to Food Pantries and food assistance programs. Utilize volunteers come from all over the community and all ages.
- H. Local/county Nature walks will be conducted/promoted through Extension.
- I. Increase the numbers and effectiveness of Wellness Teams in counties. Extension Educators, in collaboration with the statewide NH Celebrates Wellness project, encourage the creation of new Wellness Teams and serve as Action Plan Advisors and Resource Contacts for existing Wellness Teams.

III. A. SHORT TERM IMPACTS:

-INDIVIDUAL

- A. Families understand the importance of choosing more fruits and vegetables in diets. Healthy food choices are made available at meetings, schools, fairs, sports, etc.
- B. Extension staff more knowledgeable of existing Extension and community program efforts in healthy lifestyles.
- C. Extension activities(in all program areas) and Extension programs are designed with healthy physical activities and good nutrition options.
- D. Individuals and families will increase knowledge and skills in making food and physical activity choices.
- E. Individuals will gain awareness, knowledge and skills related to healthy lifestyles and nutrition education from:
 - increased knowledge provided at grocery stores and point of purchases of food
 - increased knowledge of benefits of physical activity

F. Youth and adults will become more knowledgeable about where food comes from & the nutritional value of foods.

G. Parents and children understand the importance of being more physically active together

-COMMUNITY

A. Increase awareness of the importance of open space; for recreation, food production, and the environment.

B. Increase knowledge of local accessibility to nutritious food products and physical activity.

C. Increase number of Wellness Teams at worksites, schools, municipalities, etc.

D. Increase awareness of local produce available and access to fresh fruit and vegetables.

E. Agencies and interested individuals partner together to meet goals.

III. B. MID-TERM IMPACTS:

-INDIVIDUAL

A. People will increase activity by 10 minutes./day.

B. Participants in Extension Educational programs will increase physical activity by 10 minutes a day.

C. People will indicate 2 ways they have increased physical activity.

D. People will indicate a decrease in food portion sizes.

E. Individuals will adopt 2 eating changes & 1 fitness change; or adopt 1 positive health behavior; or eliminate/reduce a risky behavior.

F. People will increase their consumption of fruits & vegetables by 2 a day.

G. People will increase eating meals at home by 2 meals/wk. Encourage eating a balanced breakfast!

H. Extension staff practice healthy lifestyle choices.

I. Youth will equate local food production with healthy eating and good nutrition.

J. Parents and children become more physically active together.

-COMMUNITY

A. The number of opportunities for physical activity in a community will increase.

B. People will utilize wellness opportunities in their communities.

C. Increase fresh fruit and veggies consumption in schools, gleaning and farmers markets.

D. Increase communication and link resources between nutrition educators, health educators. and wellness teams. Use of WEB site monitored

E. The number of schools which have adopted a food policy will increase

F. The number of schools with healthy vending options will increase

G. NH will retain its open spaces as food production, recreation and working landscape.

H. Communities will incorporate physical activities into community events and increase facilities that focus on well being of individuals and families.

J. Wellness Teams who are involved with the NH Celebrates Wellness project and with Extension Educator Action Plan Advisor Support will have implemented 50% of their projects on their Action Plans.

III. C. LONG RANGE IMPACTS:

-INDIVIDUAL

A. Individuals and families will adopt healthy behaviors and lifestyles.

-increase physical activity

-increase positive health

-reduce factors related of obesity

-reduce risky behaviors

-COMMUNITY

A. Communities will enhance their capacity to improve the health of citizens.