

POW Logic Model Name: Healthy Lifestyles (2008) (APPROVED)

Reporting years: 2008,2009,2010,2011,2012

Situation:

Nutrition, physical activity, and stress play vital roles in overall health. Research links diet with many preventable causes of death, heart disease, diabetes, obesity and several types of cancer. Lifestyles with risky 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 times, 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 to healthy lifestyles. Media influence on consumer nutrition information is also increasing. In addition, adults are spending more and more time at work and less time with family, leading to an imbalance.

Outputs/Activities	Outcomes/Impact		
	Learning Outcomes	Action Outcomes	Condition Outcomes
<p>Lighten Up NH Website will be up and running for CE staff to access</p> <p>"Simple Ways to Improve your Diet"- a publication distributed to all CE staff</p> <p>"Guidelines for Healthy Meetings" - a publication distributed to all CE staff</p> <p>Healthy Lifestyles Team In service - open to all CE staff, held in the Spring 08'</p>	<p>UNHCE staff from all program areas gain knowledge about making healthier choices regarding nutrition, physical activity, and stress balance.</p> <p>UNHCE staff from all program areas gain knowledge in the importance of modeling healthy food choices, physical activity, and life stress balance during educational programs and workshops.</p>	<p>A model policy/guideline for healthy foods, physical activity, and balance is established for UNHCE events/meetings /classes.</p> <p>Extension programs and activities in all program areas promote healthy physical activity, healthy nutrition, and a healthy life balance.</p> <p>UNHCE staff members adopt and model healthy behaviors and lifestyles that reduce obesity, stress, and risky behaviors.</p>	<p>UNHCE staff members adopt healthy behaviors and lifestyles that reduce obesity, stress, and risky behaviors.</p>
	<p>HLS08-1 - # of CE staff who receive: 1) "Guidelines for Healthy Meetings" and 2) "Simple Ways to Improve your Diet." (statewide target is 100%)</p> <p>HLS2 - # of staff who receive "10 Guaranteed ways to improve your diet" and "Guidelines for Healthy Meetings" indicate using the information to improve their healthy life style choices, personally and model these choices for their meetings/classes. (statewide target is 25% of CE staff)</p> <p>HLS3 - # of Extension activities and programs that offer healthy food choices and five minutes of physical activity breaks for meetings longer than an hour (statewide target is 50%)</p> <p>HLS08-4 - # of UNHCE staff who participate in the Healthy Lifestyles in service or visit the Lighten Up NH! website who indicate that Healthy Lifestyles Team information was helpful in getting them on, or keeping them and their meetings/classes/events on a healthy lifestyle path. (statewide target is 60% of UNHCE staff).</p>		