

START Now: Logic Model

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INPUTS	ACTIVITIES	OUTPUTS	S-T OUTCOMES	I-T OUTCOMES	L-T OUTCOMES
<p>Program team develops nutrition education (NE) curriculum for high school students.</p> <p><i>Personnel, pilot funds, school approval, school space and equipment, computer, smart phone, printer/print supplies</i></p>	<p>Program team partners with school(s) to implement new NE curriculum (healthy eating + PA) through high school health classes.</p>	<p>120 face-to-face NE lessons are conducted by a program facilitator during school health classes (pilot).</p> <p>300 students participate in NE lessons and a healthy habits challenge (pilot).</p>	<p>Students gain knowledge, skills, and self-efficacy around healthful eating and increased PA/reduced sedentary behaviors.</p> <p>Students gain social support from peers around engaging in healthy habits.</p>	<p>Students consistently make healthier food choices.</p> <p>Students consistently meet PA guidelines.</p> <p>School makes progress during district Wellness Policy Assessment (pilot).</p>	<p>Development of healthful eating and PA practices among students in targeted school(s).</p> <p>Overweight and obesity prevention among (former) students in target school(s).</p> <p>Improved school ratings for health/wellness metrics.</p>
<p>Program team develops complementary NE component for the parents of program participants.</p> <p><i>Personnel, pilot funds, school approval, school space and equipment, computer, smart phone, printer/print supplies</i></p>	<p>Program team partners with school(s) to implement NE program for parents that encourages their involvement through interactive, face-to-face sessions and digital newsletters (email and text).</p>	<p>12 NE sessions are conducted by program facilitator (pilot).</p> <p>75% of parents attend 2 NE sessions.</p> <p>1,200 e-newsletters are delivered (pilot).</p> <p>60% of parents engage with all 4 newsletters.</p>	<p>Parents gain knowledge and skills around nutrition concepts (healthful eating + PA) relevant to their teens.</p> <p>Students gain parental support and a healthier home environment (food choices, PA).</p>	<p>Parents consistently apply healthy practices (food, PA) at home.</p> <p>Teens make healthier food choices at home and move more.</p> <p>Other family members make healthier food and PA choices.</p>	<p>Development of healthful eating and PA practices among students in targeted schools and their families.</p> <p>Overweight and obesity prevention in Westmoreland County.</p>
<p>Program team partners with school staff, administrators, food service, and students to identify opportunities to improve school's food environment.</p> <p><i>Personnel, pilot funds, school partnership</i></p>	<p>Program team works with school(s) to improve food offerings, apply behavioral economics, and/or change food policies.</p> <p>Students form a program-sponsored coalition/club to advocate for school food improvements.</p>	<p>At least 2 changes are implemented in each school that improve the school food environment.</p> <p>Students continue to advocate for additional improvements to their school food environment.</p>	<p>Students gain access to and increased awareness of the healthful food options available at school.</p> <p>Students gain social support and believe that they have personal agency around food choices.</p>	<p>School(s) consistently offer and promote more healthful foods.</p> <p>Students consistently make healthier food choices at school.</p> <p>School makes progress during district Wellness Policy Assessment (pilot).</p>	<p>Development of more healthful eating practices and among students in targeted school(s).</p> <p>Overweight and obesity prevention among (former) students in target school(s).</p> <p>Improved school ratings for health/wellness metric.</p>