

IOWA NUTRITION NETWORK LOGIC MODEL (YOUTH)

INPUTS	OUTPUTS		OUTCOMES		
	Activities	Participation	Short-term	Intermediate	Long Term
<p>Financial Resources</p> <ul style="list-style-type: none"> • Food Stamp Nutrition Education (FSNE) funds • Community cost-share (BASICS) • State funds • Partner resources and grants <p>Planning Processes</p> <ul style="list-style-type: none"> • Network Advisory Team • BASICS Advisory Team • Input from DHS Food Assistance (FA) staff and ISU Extension • Health promotion team at IDPH <p>Materials</p> <ul style="list-style-type: none"> • Elementary school lessons • Pick a better snack™ & ACT • Low-fat milk campaign under development <p>People</p> <ul style="list-style-type: none"> • Expertise from IDPH staff • State nutrition programs (IFFL, School Meals, TN) • Network partners and advisors • Community partners participating in BASICS • Retail grocers • Consultants <p>Integrated Efforts</p> <ul style="list-style-type: none"> • SNAP • Health Promotion Team at IDPH • Social marketing team at IDPH • Media • FA Outreach • Action for Healthy Kids • Iowans Fit for Life 	<p>Individual, Family, Community Level</p>		<p>Individual, Family, Community Level</p>		
	<p>Individual</p>		<ul style="list-style-type: none"> • Improved sustainability of community-based, nutrition education programs targeted to low-income individuals and households • Improvement in mediators of nutrition behaviors (consumption of fruits and vegetables, low-fat milk and milk products) and daily physical activity <ul style="list-style-type: none"> ◦ <u>Youth</u> Awareness, knowledge, outcome expectations, preference, perceived benefits, attitudes/preferences, self-efficacy, and social norms of fruit and vegetable consumption and daily physical activity ◦ <u>Parents/caregivers</u> Awareness, knowledge, offering (availability), and role modeling; increased awareness and access to information on applying for Food Assistance 	<ul style="list-style-type: none"> • Improvement in nutrition and physical activity behavior <ul style="list-style-type: none"> ◦ <u>Youth</u> Increased nutrition practices that promote daily consumption of fruits and vegetables and low-fat or fat-free milk and milk products; Increased participation in daily personal and family physical activities ◦ <u>Parents/caregivers</u> Increased role modeling of positive diet and physical activity behaviors by parents; Increased participation in the Food Assistance Program allowing more parents to provide nutritious foods for their families 	<ul style="list-style-type: none"> • Healthy, active children (measure) • Decreased rates of childhood obesity • Improved food security among low-income households • Individuals living in poverty experience decreased incidence of health problems affected by poor diet and physical inactivity
	<p>Classroom-based education (includes food samples and PA demonstrations); after-school and summer nutrition education programs; family night out events</p>	<p>Youth in schools with participation rates of 50% or more in free/reduced-price lunch and their caregivers or parents</p>			
	<p>Family</p>		<p>Households receive information via schools</p>		
<p>Nutrition & PA family bingo cards and score cards; parent newsletters; incentive items</p>	<p>Households receive information via schools</p>				
<p>Community</p>		<p>Families, particularly moms, exposed to messages through one or more of these venues</p>			
<p>Outdoor media in qualified census tracts; Web-based recipes and links to Food Assistance; print, radio and/or television; point-of-purchase signage and activities in qualifying grocery stores, county PH clinics, Food Assistance offices, WIC Clinics, and farmers markets; direct mailings to Food Assistance participants</p>	<p>Families, particularly moms, exposed to messages through one or more of these venues</p>				

Funded by USDA's Food Stamp Program, an equal opportunity provider and employer, through the Iowa Department of Public Health. The Iowa Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, call 1-877-YES-FOOD.

