LOGIC MODEL

Name of Program: Dining with Diabetes (DWD)

Situation: Diabetes adversely impacts the lives of 788,000 adults in Indiana dealing with or at risk of developing this chronic condition. People with diabetes may experience a shorter life expectancy, financial struggles due to higher healthcare costs, and are at increased risk for developing long-term health problems associated with diabetes. In 2007, diabetes was the seventh leading cause of death in Indiana. The estimated cost incurred by the State of Indiana for annual health care costs specifically attributed to diabetes approaches \$4 billion. Studies have shown that with proper diet and modest, consistent physical activity, Type 2 diabetes can be delayed, controlled, and even prevented.

- 1. http://www.state.in.us/isdh/files/HP2020_Diabetes_FINAL.pdf
- 2. http://www.state.in.us/isdh/files/BR Diabetes-2011.pdf

INPUTS		OUTPUTS		凵	OUTCOMES - IMPACT		
		Activities	Participation	$igsqcup \langle$	Short	Medium	Longer term
What we invest	, J	What we do	Who is reached	Y	What do we think participants will know, feel, or be able to do after	How do we think the participants will behave or	What kind of health impact will result if the
Purdue Extension DWD Taskforce: Educators		Extension educators and specialists market	Adults with or at risk of developing Type 2 diabetes		participating in the program? Increased knowledge of clinical	act differently after participating in the program?	participants behave or act differently after participating in the
Campus faculty Campus specialists		the program to the intended audience	Family members/ caregivers of		tests related to diabetes care, as well as diabetes complications	Improved behaviors related to diabetes prevention and	program? Decreased financial
Undergraduate and graduate students		Extension educators offer a series of four face-	people with Type 2 diabetes/pre- diabetes		Increased knowledge of the connection between food choices and the risk of chronic disease	control:Food selection	burden of diabetes and a healthier society
Purdue Ag Communications Local, regional, and state		to-face educational sessions and a follow-up session			Increased knowledge of nutrition label reading, food selection and	and meal planningPhysical activitySelf-management	Improved health through positive lifestyle changes
partners Purdue Extension Administration		Provide an opportunity for participants to share and learn			menu planning Increased knowledge of cooking techniques and healthful ingredients	skills	Reduction in the development of pre- diabetes and Type 2 diabetes
Financial Resources: Local, state and federal funding Grant funding Participant registration		from one another.			Increased knowledge of physical activity recommendations as a component of diabetes control Increased self-management and		Reduction in diabetes- related complications
Program and Marketing Materials					self-efficacy in managing diabetes Increased self-awareness about behaviors affecting diabetes prevention and control		

ASSUMPTIONS

- People living with Type 2 diabetes and their caregivers look for and will benefit from research-based resources to prevent or delay diabetes and to better manage diabetes.
- 2) Knowledge gain leads to behavior changes which results in healthier adults.
- 3) Participants that attend the DWD program are willing and able to make lifestyle modifications.

EXTERNAL FACTORS

 The DWD program addresses topics and bridges the gap between the primary care setting and the practical implementation of behaviors related to diabetes prevention and control.