

Logic Model for I am Moving, I am Learning (IMIL)

Situation: Increasing childhood obesity is a public health threat that affects children, families, and communities in Indiana and in America. Almost 15% of 2-5 year olds from low income families are obese in Indiana and over 16% are overweight (CDC data).

ASSUMPTIONS

- 1) Parents want their children to be in good health.
- 2) Low-income families and child care facilities on limited budgets select foods that are least expensive which are more likely to be foods higher in calories, fat, and cholesterol.
- 3) Many adults don't like children being physically active because of the noise volume and activity level of the children that can lead to undesirable behaviors.

EXTERNAL FACTORS

- 1) Poverty and food insecurity lead to less healthy food choices and options.
- 2) Children in low-income areas are less likely to be physically active due to indoor and outdoor space limitations and lack of active play materials.
- 3) Children don't play outside due to safety concerns by adults, especially in low-income areas that have high crime rates.

