

Logic Model: Purdue Extension Nutrition Education Program (SNAP-Ed & EFNEP)

Situation: Obesity, poor nutrition, and lack of physical activity are health concerns for many people in Indiana, especially among low-income residents. One in 8 Hoosiers overall and 1 in 7 children face hunger. Food insecurity, poor nutrition, and lack of physical activity are linked to many other health conditions. Educational programs promoting diet quality, physical activity and food resource management while increasing healthy food access for low-income residents is vital to addressing these issues in Indiana.

INPUTS	OUTPUTS		OUTCOMES – IMPACT		
	Activities	Participation	Short-term	Medium-term	Longer-term
What we invest	What we do	Who is reached	What do we think participants will know, feel, or be able to do after participating in program?	How do we think participants will behave or act differently after participating in program?	What kind of impact can result if participants behave or act differently after participating in program?
Financial Resources - SNAP-Ed and EFNEP federal grants - County support - Purdue University support Purdue Extension NEP Staff IDOH Planning Processes Educational Materials Nutrition Education Reinforcement Items (NERI) Local and Statewide Partnerships	In-person and Virtual Direct Education teaching: - Nutrition - Physical activity - Food resource management - Food safety - Food security - Food demonstrations Policy, Systems, Environment Changes - Nutrition supports - Physical activity and reduced sedentary behavior supports - Food systems Marketing - Eatgathergo.org - Facebook, Twitter, Instagram, YouTube - Newsletters - Brochures Multisector Partnership Development Evaluation efforts and reporting to stakeholders	SNAP-eligible adults, youth, and children - Limited-resource communities - Eligible Schools (50% or more, free & reduced lunch) Organizations serving low-income Indiana residents Impressions, total engaged users through social media	Increased knowledge about healthy food options Increased intention or goal setting related to fruit, vegetables, lean proteins, whole grains, low-fat dairy, water, sodium intake Increased knowledge on handwashing, avoiding cross contamination. Increased knowledge about nutrition facts labels or ingredient lists Increased knowledge about how to stretch food dollars Identified resources for food assistance Increased knowledge about physical activity recommendations Increased kitchen and food preparation skills Multi-sector partnerships and coalitions established Increased number of active partnerships in SNAP-Ed qualified sites and organizations Identification of priorities for PSE activities	Adopt 1 or more of the following: Increased consumption of whole fruits, vegetables, whole grains, water Reduced consumption of sugary beverages Reduced consumption of foods high in fat or added sugars Ability to read nutrition facts labels Increased safe food handling practices Increased use of a food budget Increased duration, intensity, and frequency of exercise, physical activity, or leisure sport Decreased time spent in sedentary behavior Implementation of PSEs - Number of sites and organizations that make at least one PSE change - Number of community initiatives to increase access to healthy food and physical activity - Assistance in grantwriting and securing funding for PSE implementation	Increased diet quality Decreased obesity and overweight in adult and youth Reduced number of individuals with chronic disease risk factors or complications Decreases in food insecurity rates Reduced incidence of foodborne illnesses caused by unsafe food handling practices Increased community policies that will support and sustain healthy behaviors Sustainability of PSEs Purdue Extension will be seen as a provider of nutrition education/ community wellness throughout the state

Assumptions	External Factors
<ol style="list-style-type: none">1. Knowledge of healthy food options and preparation, physical activity benefits and options, and food resources increases the likelihood of adopting these behaviors.2. People are motivated to change behaviors.3. Limited-resource audiences are interested in Nutrition Education programming.4. The full range of stakeholders will be interested and willing to participate in these programs.	<ol style="list-style-type: none">1. Unforeseen changes in national and/or state political and economic climates.2. Socio-ecological factors may negatively impact participant's ability to fully achieve the desired outcomes of the program.