

Logic Model: Train Your Brain: Nutrition, Neurobics, and Notable Ways to Keep Your Brain Healthy

Situation: Brain disease is one of the biggest health crises facing the world today. While dementia is more common as people grow older, it is not a normal part of aging. Over 110,000 Hoosiers live with Alzheimer's disease and is the sixth leading cause of death in Indiana. Nearly one in every three seniors who die each year has Alzheimer's or another dementia. The estimated total lifetime cost of care for someone with dementia is about \$350,000. Various disorders and factors contribute to the development of dementia. Having healthy lifestyles can lower some of the risks associated with dementia.

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?
<ul style="list-style-type: none"> Adaptation of program from Kansas State University. Collaborations between HD Specialist and Educators. Creation of program evaluation in Survey Builder. Development of Program Guide for Delivery. Development of marketing materials. 	<ul style="list-style-type: none"> Deliver educational program on brain health. Develop community partnerships with local agencies and organizations. 	Adults Older youth	Individuals gain knowledge about dementia and the warning signs. Participants gain knowledge about keeping your brain healthy by: <ul style="list-style-type: none"> understanding the aging process related to brain health (Q7) knowing ways to stay healthy and active to maintain brain health (Q9) knowing the importance of social connections when aging (Q8) knowing the importance of eating healthy foods knowing how to care for their bodies physically and mentally Participants will identify steps to take to make changes in their lifestyles to improve their well-being (Q5) for a healthier brain by: <ul style="list-style-type: none"> Improving sleep habits (Q3) managing self-care practices of relaxing and reducing stress (Q4) engaging in more social activities to connect with others (Q6) eating foods for better heart and brain health 	Participants will identify steps taken for a healthier lifestyle for better brain health by: <ul style="list-style-type: none"> setting goals to improve well-being (Q5) Improving sleep habits (Q3) managing self-care practices of relaxing (Q4) engaging in more social activities to connect with others (Q6) eating foods for better heart and brain health 	Participants will have a delayed onset of dementia in the aging process due to healthy lifestyles changes. Hoosiers will be more intentional in identifying risk factors and early signs of dementia. There is a decrease in the number of Hoosiers affected by dementia and/or Alzheimer's disease.

			<ul style="list-style-type: none">• getting adequate exercise through movement activities• challenging their brain		
--	--	--	---	--	--

Assumptions	External Factors
<ol style="list-style-type: none">1. Dementia is not part of the normal aging process.2. People are lacking knowledge of how to care for their brain health.3. What you do affects your brain health. Just like exercise helps with physical strength, brain health is also related to work-out and healthy lifestyles.	<ol style="list-style-type: none">1. Program is not delivered.2. Participants are resistant to make changes in their lifestyles.