

# HEALTHY OKLAHOMA

## Food, Nutrition & Health Base Program Area ~ *Healthy Oklahoma* Impact Team Logic Model of SCHOOL/YOUTH Approach to Obesity Prevention

**Situation:** Over the past decade, the percentage of overweight youth has steadily increased in Oklahoma. As many as one in five Oklahoma children are significantly overweight or obese. Among children and adolescents, obesity increases the risk of diabetes, hypertension, hypercholesterolemia, cardiovascular disease, gall bladder disease and arthritis. The health of Oklahoma children can be improved by increasing knowledge, skills, attitudes and behaviors related to food, physical activity, and body image.

**Economic Impact:** Overweight, obesity and associated health problems have a significant economic impact. It has been estimated that the annual cost of overweight and obesity in the United States is \$117 billion. Just a 10% sustained weight loss has been estimated to reduce an overweight person's lifetime medical costs by \$2,200 to \$5,300.

Inputs	Outputs		Outcomes - Impact		
	Activities	Participation	Short Term (1 year)	Medium Term (1-3 years)	Long Term (4+ years)
<p><i>What we invest:</i></p> <ul style="list-style-type: none"> <li>*Time of professional &amp; support staff</li> <li>*Funds for training, promotional items, purchasing, developing or adapting curriculum, recognition/celebrations</li> <li>*Prep of technology for use with youth &amp;/or adults</li> <li>*Partners—county &amp; state</li> <li>*Volunteers</li> </ul>	<p><i>What we do:</i></p> <p>Training &amp; Programming Possible Curricula:</p> <p><b>Youth Topics</b></p> <ul style="list-style-type: none"> <li>*Basic Nutrition, Pyramid, Portions, Labels</li> <li>*Food Preparation, Food Safety, Hand washing</li> <li>*Eating Out, w hands-on</li> <li>*Breakfast, w prep, hands-on</li> <li>*Snacks w prep, hands-on</li> <li>*Physical Activities, suggest a variety such as walking, biking, sports--measured in minutes; could include Presidential Fitness Campaign, Jump for Life, Bike-a-thon, Walk Across ...</li> </ul> <p><b>Include:</b></p> <ul style="list-style-type: none"> <li>*Parents Page</li> <li>*Media promos</li> <li>*Kids Cookbook (snacks&amp; breakfast 3-4 ingredients),</li> <li>*Community events</li> <li>*Consider using technology for youth &amp; adults</li> </ul> <p><b>Could also include:</b></p> <ul style="list-style-type: none"> <li>*Body Image</li> <li>*Kids "journaling" on-line</li> <li>*via Science Fairs</li> <li>*May relate to PASS Objectives</li> <li>*Recognition/Celebrations</li> </ul>	<p><i>Who we reach:</i></p> <p><b>Youth</b></p> <ul style="list-style-type: none"> <li>School youth</li> <li>Home Schooled youth</li> <li>After School programs</li> <li>Summer Camps</li> <li>Day Camps</li> <li>PE Classes</li> <li>YWCA/YMCA</li> <li>Jr. &amp; Sr. High Athletes</li> <li>4-H Youth</li> <li>4-H Cloverbuds</li> <li>Tribal Youth</li> <li>Little League participants</li> <li>Via Science Fairs</li> <li>Tribal Youth</li> </ul> <p><b>Adults</b></p> <ul style="list-style-type: none"> <li>Parents of above youth</li> <li>School Cafeteria Employees</li> <li>Teachers, Coaches &amp; Adult Volunteers with youth</li> </ul>	<p><i>Individuals gain awareness, knowledge &amp; skills related to:</i></p> <ul style="list-style-type: none"> <li>*Improved knowledge about healthy eating and healthy food choices</li> <li>*Improved skill in selection &amp; preparation of healthy foods</li> <li>*Increased awareness &amp; knowledge of physical activity recommendations for health</li> </ul> <p style="text-align: center;"><b>Indicators</b></p> <p>50% of individuals indicate an intent to adopt one or more healthy food/nutrition practices.</p> <p>50% of individuals indicate an intent to begin or increase physical activity.</p>	<p><i>Individuals incorporate skills &amp; change behaviors related to:</i></p> <ul style="list-style-type: none"> <li>*Increased adoption of healthy food practices</li> <li>*Increased participation in regular physical activity</li> </ul> <p style="text-align: center;"><b>Indicators</b></p> <p>20% of individuals demonstrate adoption of healthy eating practices based on the MyPyramid &amp; Dietary Guidelines such as:</p> <ul style="list-style-type: none"> <li>*Improved intake of food group servings</li> <li>*Improved behavior change related to making healthier choices.</li> <li>*Increased frequency of eating breakfast.</li> </ul> <p>20% of individuals demonstrate adoption of increased time spend in physical activity practices such as:</p> <ul style="list-style-type: none"> <li>*Implementation of a personal plan to increase physical activity, such as increased time/frequency engaged in activity per day; actually beginning a specific activity such as walking, hiking or bicycling.</li> <li>*Reduction in time spent in sedentary activities such as watching TV and playing video games.</li> </ul>	<p><i>Individuals experience:</i></p> <ul style="list-style-type: none"> <li>*Decreased risk factors associated with obesity and overweight</li> </ul> <p style="text-align: center;"><b>Indicators</b></p> <ul style="list-style-type: none"> <li>*Individuals show decreased number of risk factors associated with obesity and overweight</li> </ul>