

**Food, Nutrition & Health  
Planning & Program Evaluation Logic Model 2008**

Inputs Resources & Activities	If, then	Methods	If, then	Target Audience(s) Participation	If, then	Short-Term Outcomes	Medium-Term Outcomes	If, then	Long-Term Outcomes
<p><b>1. Activity for the Program</b></p> <ul style="list-style-type: none"> <li>• Health and Nutrition:</li> <li>• Division of Agriculture faculty will develop, evaluate, and disseminate education programs and curricula, incorporating new research and emphasizing healthy lifestyles. Programs include but are not limited to:               <ul style="list-style-type: none"> <li>○ Walk Across Arkansas (Adults and Youth)</li> <li>○ Strong Women</li> <li>○ ServSafe</li> <li>○ Food Stamp Nutrition Education</li> <li>○ Expanded Food and Nutrition Education Program</li> <li>○ Reshape Yourself Healthy Weight Program</li> <li>○ Commercial Food Safety &amp; Processing:</li> <li>○ Improve food processing efficiency through an improved understanding of food chemistry.</li> <li>○ Determine the impact of food processing systems on product quality and food safety</li> </ul> </li> </ul>	➔	<p><b>Direct Methods</b></p> <ul style="list-style-type: none"> <li>• Demonstrations</li> <li>• One-on-One Intervention</li> <li>• Workshop</li> <li>• Group Discussion</li> <li>• Education Class</li> </ul> <p><b>Indirect Methods</b></p> <ul style="list-style-type: none"> <li>• Newsletters</li> <li>• Other 1 (Grant Development)</li> <li>• Billboards</li> <li>• Web sites</li> <li>• Public Service Announcement</li> </ul>	➔	<ul style="list-style-type: none"> <li>• Food Companies</li> <li>• Entrepreneurs and Restaurants</li> <li>• Food Service Employees and/or Food Handlers</li> <li>• Limited Resource Adults and Youth</li> <li>• Minority Adults</li> <li>• Youth, adults and senior adults</li> <li>• Employers &amp; Employees</li> <li>• Child Care Providers</li> <li>• School personnel</li> </ul>	➔	<p><b>Indicators:</b></p> <ul style="list-style-type: none"> <li>• # of research projects conducted related to Food, Nutrition and Health – Experiment Station</li> <li>• # of participants who indicated that they increased their knowledge related to food, nutrition and health following an educational class, seminar or workshop</li> <li>• % of participants who increased knowledge of chronic disease prevention</li> <li>• % increase in knowledge of healthy food choices among nutrition program participants</li> <li>• # of participants who indicate that they intend to adopt one or more healthy food/nutrition practices</li> </ul>	<p><b>Indicators:</b></p> <ul style="list-style-type: none"> <li>• # of food service managers who report improved food handling practices within a commercial establishment</li> <li>• # of growers, producers, distributors or retailers implementing one or more practices to minimize food safety hazards – Experiment Station</li> <li>• # of individuals that exchanged at least two unhealthy lifestyles for healthy ones as a result of completing an Extension program</li> <li>• # of individuals who increases strength training activities from less than 3 times per week to 3 or more times per week as a result of completing an Extension program</li> <li>• # of individuals</li> </ul>	➔	<p><b>Indicators:</b></p> <ul style="list-style-type: none"> <li>• # of participants receiving certification in Better Process Control School, Culinary Scientists and ServSafe</li> <li>• # of 4-H journals completed in Food, Nutrition and Health</li> <li>• # of food processing and safety laboratory services provided and nutritional labels developed</li> <li>• # of participants reporting reduction in body weight after completing a nutrition education program</li> <li>• # of participants reporting reduction in blood pressure after completing a nutrition education program</li> <li>• # of participants reporting a reduction in blood cholesterol after completing a</li> </ul>

<ul style="list-style-type: none"> <li>attributes.</li> <li>o Develop new food products that utilize Arkansas raw products.</li> <li>o Increase the research base on improved food processing systems to minimize food pathogens.</li> <li>o Improve detection systems for Listeria, Salmonella and other major food pathogens.</li> <li>o Identify health related nutritional factors that will improve human health.</li> <li>o Develop new food products that have improved nutritional content.</li> <li>o Conduct quarterly HACCP Roundtable meeting.</li> <li>o Conduct food safety workshops.</li> <li>o Conduct Better Process Control School.</li> <li>o Conduct Labeling workshop.</li> <li>o Conduct the ServSafe workshop.</li> <li>o Provide online distance education in food safety and manufacturing.</li> <li>o Conduct new product development workshop.</li> </ul>						<ul style="list-style-type: none"> <li>who increased aerobic exercise from less than 3 times per week to 3 or more times per week as a result of completing an Extension program</li> <li>• % of individuals who reported they now get 30 minutes of moderate physical exercise on most days as a result of completing an Extension program</li> <li>• # of Journal articles accepted – Experiment Station</li> <li>• % increase in adoption of healthy food practices among nutrition program participants</li> <li>• % increase in use of a variety of food resources to reduce costs among nutrition program participants</li> <li>• # of public and private representatives involved in discussions regarding public and organizational policies, regulations and</li> </ul>		<ul style="list-style-type: none"> <li>nutrition education program</li> <li>• # of participants reporting a reduction in blood glucose after completing a nutrition education program</li> <li>• # of revised and or adoption of new public laws and organizational policies and practices that support sustained improvement of diet quality and physical activity for Arkansas citizens</li> <li>• # of new food businesses started</li> <li>• # of small and very small meat and poultry plants that successfully completed an Action Plan developed in consultation with the University of Arkansas after a USDA-FSIS Food Safety Assessment</li> </ul>
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<ul style="list-style-type: none"> <li>○ Provide assistance to small food companies and entrepreneurs in the form of services, nutritional labeling, and consulting.</li> <li>○ Conduct culinology workshop for food technologist.</li> <li>○ Conduct research.</li> </ul>						<p>industry practices that are barriers to dietary quality and physical activity</p> <ul style="list-style-type: none"> <li>• # of individuals who increased walking activities from less than 3 times per week to 3 or more times per week as a result of completing an extension program</li> <li>• # of culinary participants sampled by survey that reported actual practice change as a result of the workshop within 2 years</li> </ul>		
EXTERNAL INFLUENCES		↑		↑		↑		↑
<b>Data Collection Plan:</b> <ol style="list-style-type: none"> <li>1. <u>Who? ( will collect data &amp; enter into AIMS or AES Survey)</u></li> <li>2. <u>How? (survey method/instrument?)</u></li> <li>3. <u>When? (When will the data be collected &amp; entered?)</u></li> </ol>								