

Goal: Implement nutrition or physical activity education through the DC SNAP-Ed program.

Inputs	Activities	Outputs	Outcomes		
			Short Term (1 Year)	Intermediate (2-4 Years)	Long-Term (5 Years)
Funding	Establish relationships with community members and/or partners to implement programming	Relationships established	Increased intention to increase consumption of healthy foods and beverages (ST1)	Increased consumption of healthy foods and beverages and decrease consumption of unhealthy foods and beverages (MT1)	Reduce percent of high school students who drink soda one or more times per day
Staffing	Conduct needs assessment of targeted setting to identify community member resources and opportunities related to healthy eating <u>or</u> physical activity behaviors	Needs assessment of chosen targeted setting	Increased intention to purchase foods that promote health and well-being (ST2)		Increase percent of adult residents who report eating vegetables at least one time per day
Partnerships	Choose an evidence-based or evidence-informed curriculum(s) based on results of needs assessment	Evidence-based or evidence-informed nutrition education <u>or</u> physical activity curriculum(s) identified	Increased intention to implement budgeting practices while shopping for food (ST2)	Increased access to affordable foods that promote well-being and prevent disease for all residents (MT2)	Reduce prevalence of obesity in children < 18 years old
Space to hold classes	Plan implementation of curriculum(s) through classes	Class schedule	Increased intention to to increase duration, intensity, and/or frequency of exercise, physical activity, or leisure sport (ST3)		Stop the increase in prevalence of obesity in adults (<25%)
Supplies to support class activities	Collect baseline data of participant health behaviors as it relates to either nutrition <u>or</u> physical activity	Baseline data collected and submitted		Increased adoption and promotion of nutrition-related supports in sites and organizations (MT5)	
Curriculum	Implement evidence-based or evidence-informed nutrition education <u>or</u> physical activity curriculum(s)	Number of series-based sessions held			Increased number of individual jurisdictions where governments enacted policies and practices to increase access to healthy food and/or opportunities for physical activity (MT7)
Incentives	Collect post-class data of participant health behaviors as it relates to either nutrition <u>or</u> physical activity	Post-class data collected and submitted			
	Implement DC SNAP-Ed social marketing campaign activities	Social marketing campaign activities implemented			
	Plan implementation of indirect education activities	Work plan submitted			
	Implement indirect education activities	Indirect education data reported in PEARS			
<p>Assumptions: Implementing nutrition or physical activity education will support healthy behavior changes; SNAP-Ed-approved curriculums will be acceptable for District residents;</p>			<p>External Factors: Participants ability to join classes; Staffing turnover; Food environment; Built environment; Other social determinants of health that may influence a person's ability to choose healthy behaviors.</p>		

