

Kansas FNP Logic Model - FY2004

Our logic model is a tool that will help us develop, fine-tune and convey what our program is all about.

Situation	Inputs	Outputs	
<i>What is known</i>	<i>What we invest</i>	<i>What we do</i>	<i>Who we reach</i>
<p><i>Purpose</i> - to help improve nutritional status of individuals and families who receive or are eligible to receive food stamps.</p> <p>168,240 individuals received food stamps in KS (August 2003)</p> <ul style="list-style-type: none"> - 300,000 Kansans are food insecure (1999 KS Health Institute) - 70% of WIC participants are eligible for food stamps in KS - 255 schools in KS have >50% students who qualify for free or reduced priced meals - 97 senior meal sites have clients who are at or below 130% of the federal poverty level <p>-10 Kansas counties had FNP in FY 1996</p> <p>- 87 Kansas counties had FNP in FY 2002</p>	<p><i>Financial resources</i></p> <ul style="list-style-type: none"> - Reimbursement dollars - In-kind match from Extension and collaborators (time, expertise, and supplies) - Time/nutrition ed activity <ul style="list-style-type: none"> <20 minutes 20-40 minutes 40-60 minutes >60 minutes <p><i>Planning programs</i></p> <p>Advisory</p> <p><i>Program Resources</i></p> <ul style="list-style-type: none"> - Curricula <ul style="list-style-type: none"> Book in a Bag Building a Healthy Diet Chef Combo 1999 Commodity Foods Cookbook EFNEP Adult Curriculum Feeding Our Youngest Good for You Have a Healthy Baby Healthy Eating for Life (HELP) Junior Master Gardeners KS 4H Food & Nutrition Kids Meal Time La Cocina Saludable Mission Nutrition Money for Food Nutrition PAGE Professor Popcorn Safe Food for Children 	<p><i>Conduct nutrition education and deliver nutrition messages</i></p> <p>Direct methods:</p> <ul style="list-style-type: none"> Group lessons One-on-one lessons <p>Indirect methods:</p> <ul style="list-style-type: none"> Displays Fact sheets Newsletters Calendars Radio/TV Video <p><i>Identify client need</i></p> <p><i>Provide staff training</i></p> <ul style="list-style-type: none"> - Content and process (Annual conference; Area meetings (face-to-face or via polycom)) - Social marketing - Evaluation - Train-the-trainer 	<p><i>Target audience</i></p> <p>Food stamp recipients and eligibles</p> <ul style="list-style-type: none"> Group home residents Homeless Immigrants Older adults Parents of pre-schoolers Parents of infants Parents of school age youth Pre-school youth School age youth Teen parents <p><i>Direct contacts:</i> 130,723</p> <ul style="list-style-type: none"> female 114,789 male 71,306 youth 90,083 teen 6,979 adult 64,085 senior 24,948 white 176,810 Hispanic 16,100 African -American 17,064 Asian 2,636 <p><i>Indirect contacts:</i> 80,602</p> <p><i>Community Partners</i></p> <ul style="list-style-type: none"> Childcare Center Church County Extension Dept of Education Domestic Violence Org Food bank/pantry Head Start Health Department

Situation	Inputs	Outputs <i>(From FY2001 FNP data)</i>	
<i>What is known</i>	<i>What we invest</i>	<i>What we do</i>	<i>Who we reach</i>
	<p>Team Nutrition Youth Curriculum Source Book</p> <ul style="list-style-type: none"> - Educational supplies - Food demonstration supplies - Equipment <p><i>People-expertise of</i></p> <ul style="list-style-type: none"> - Specialists - Community partners - Local extension personnel and boards -Volunteers - Local service partners 		<p>Community Partners, cont'd</p> <ul style="list-style-type: none"> Hospital Housing Authority Parks and Rec Dept Public Library Salvation Army School Senior Center Shelter SRS Tribal Organization WIC

Outcomes for Food Stamp Recipients (The “So What”)

Short-term	Medium-term	Long-term
<p><i>Diet Quality</i></p>	<p>FNP Behavioral Objectives:</p> <ul style="list-style-type: none"> - Participants will choose and prepare nutritious meals and snacks -Participants will balance the food they eat with physical activity 	
<p><i>Individuals <u>gain</u> awareness, knowledge and skills related to:</i></p> <ul style="list-style-type: none"> - improved attitudes about healthy eating - increased knowledge of healthy food choices - improved skill in selection of healthy foods - increased awareness, knowledge of benefits and recommendations of physical activity 	<p><i>Individuals <u>incorporate</u> skills and behaviors related to:</i></p> <ul style="list-style-type: none"> - increased adoption of health food practices - adoption of recommended diet-related practices for disease prevention and management - improved skill in selection of healthy foods - increased participation in regular physical activity - increased participation (family/individual) in community events that increase physical activity 	<p><i>Individuals <u>experience</u>:</i></p> <ul style="list-style-type: none"> - decreased risk factors for nutrition-related health problems
<p><i>Indicators of the Outcomes:</i></p>		
<p><i>Percentage of people who intend to:</i></p> <ul style="list-style-type: none"> 40% eat meals that include a variety of foods from the Food Guide Pyramid more often 58% eat more than one kind of vegetable or fruit per day more often 31% eat fried foods less often 33% increase time spent in physical activity each week 	<p><i>People who <u>have</u> adopted healthful practices by:</i></p> <ul style="list-style-type: none"> - eating meals that include a variety of foods from the Food Guide Pyramid more often - eating more than one kind of vegetable or fruit per day more often - eating fried foods less often - moving closer to the recommended number of servings of the FGP for one or more food groups - increasing time spent in physical activity each week 	<p><i>Individuals show:</i></p> <ul style="list-style-type: none"> - decreased # of chronic disease risk factors - decreased # of chronic disease complications

Short-term	Medium-term	Long-term
Food Security		
<p><i>Individuals <u>gain</u> awareness, knowledge and skills related to:</i></p> <ul style="list-style-type: none"> - knowing what to do when the individual or family has no food and is hungry 	<p><i>Individuals <u>incorporate</u> skills and behaviors related to:</i></p> <ul style="list-style-type: none"> - increased availability of food with reduced hunger 	<p><i>Individuals and families experience:</i></p> <ul style="list-style-type: none"> - a reliable food supply without hunger

Indicators of the Outcomes:

<p><i>Percentage of people who <u>demonstrated</u> the ability to:</i></p> <ul style="list-style-type: none"> - identify emergency food programs 	<p><i>Percentage of people who:</i></p> <ul style="list-style-type: none"> - have enrolled in non-emergency food assistance programs (WIC, food stamps) - have relied less on emergency food sources 	<p><i>Individuals and families:</i></p> <ul style="list-style-type: none"> - have reduced anxiety related to food security - have developed economic means for food security
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Short-term	Medium-term	Long-term
Food Safety		
<p><i>Individuals <u>gain</u> awareness, knowledge and skills related to:</i></p> <ul style="list-style-type: none"> - practicing personal hygiene - cooking food adequately - avoiding cross contamination - keeping foods at safe temperatures 	<p>FNP Behavioral Objectives:</p> <ul style="list-style-type: none"> - Participants will use safe food handling, preparation and storage practices. <p><i>Individuals incorporate skills and behaviors related to:</i></p> <ul style="list-style-type: none"> - practicing personal hygiene - cooking food adequately - avoiding cross contamination - keeping foods at safe temperatures 	<p><i>Individuals and families experience:</i></p> <ul style="list-style-type: none"> - decreased incidence of food-borne illnesses

Indicators of the Outcomes:

<p><i>Percentage of people who intend to:</i></p> <ul style="list-style-type: none"> 42% wash their hands more often before eating 37% wash their hands more often before working with food 28% keep raw meat separate from other foods more often 28% let meat and dairy sit out for 2 hours less often 35% cook eggs until no longer runny more often 	<p><i>Percentage of people who have demonstrated they have adopted the practice of:</i></p> <ul style="list-style-type: none"> - washing their hands more often before eating - washing their hands more often before working with food - keep raw meat separate from other foods more often - letting meat and dairy sit out for 2 hours less often - cooking hamburger until no longer pink more often - cooking eggs until no longer runny more often 	<p><i>Individuals and families show:</i></p> <ul style="list-style-type: none"> - decreased incidence of food-borne illness
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Short-term	Medium-term	Long-term
<i>Food Resource Management</i>	FNP Behavioral Objectives: - Participants will manage their food resources and use thrifty shopping practices for nutritious foods	
<i>Individuals gain awareness, knowledge and skills related to:</i> - identifying personal, family and community resources - determining the best resource strategies for stretching food resources - stretching the food dollar - planning a healthy diet, using low cost, nutrient dense foods	<i>Individuals incorporate skills and behaviors related to:</i> - using a variety of food resources to reduce food costs - providing culturally acceptable meals that are balanced for cost and nutrition - making safe, nutritious economical food choices away from home	<i>Individuals and families experience:</i> - eating nutritiously on a limited budget using resources appropriately
<i>Indicators of the Outcomes:</i>		
<i>Percentage of people who <u>intend</u> to:</i> 49% plan meals ahead of time more often 47% plan to shop from a list more often 29% plan to compare prices before buying food more often	<i>Percentage of people who have <u>demonstrated</u> they:</i> - plan meals ahead of time more often - shop from a list more often - compare prices before buying food more often	<i>Individuals and families show:</i> - reduced reliance on family/friends for food - ability to stock up on food - use of a food storage system