

Road of Life's Program Logic Model

Situation

Children are unhealthy because they are physically inactive, have poor nutritional habits and are unaware of the dangers of tobacco use.

Priorities

Health education with an emphasis on eradicating preventable cancer and diseases of excess by educating children about the smoking, fitness, and nutrition decisions they can make to lead a healthier life.

Inputs

Curriculum; expert staff in communications, health education, grant writing, editing, economic and community development, and outreach; MPH and CHES certification; Curriculum Advisory Committee, Scientific Advisory Committee

Outputs

Activities:
Classroom Instruction

Participation:
Teachers, partnering school districts

Outcomes

Short-Term Medium-Term Long -Term

Students gain knowledge and change beliefs about behavioral risk factors for cancer and other diseases of excess by a statistically significant margin in a six month period. This improvement is based upon 80% of the students scoring higher on the post-test survey than the pre-test survey.

Initial change of behaviors based upon scoring higher on the second year follow-up behavioral survey. Scoring higher on the behavioral survey indicates an increase in physical activity, nutritional intake, and tobacco use prevention awareness.

Reduction in childhood obesity. If healthy habits (good nutrition, physical activity, and tobacco use prevention) are sustained in adolescence, studies show that individuals will have reduced rates of cancer, diabetes, and diseases of excess in adulthood.

- INDICATORS**
- Short-term: Pre-test and post-test surveys that focus on knowledge, belief, and behavior
 - Medium-term: Annual behavioral surveys
 - Long-term: BMI information collected by the school nurse
 - End-term: Research indicates that the participants with healthy habits will have reduced rates of cancer and diseases of excess including diabetes and obesity

- Additional**
- Published scientific paper in a peer-reviewed journal, co-authored by a professor at a University