Barnes County ON THE MOVE Grade 5: Logic Model

**Inputs/Resources**
- **Human Capital**
  - Sharon Buhr, Director of YPHHP, & OTM Network Administrator and fiscal agent
  - 2 dieticians
  - 5th grade teachers

- **Facilities**
  - Classrooms

- **Funding Sources**
  - Revenue from sales of nutrition education visual aids by Young People’s Healthy Heart Program

- **Stakeholders**
  - 3 participating elementary schools
  - Parents of participants
  - 5th grade students
  - Elementary school teachers
  - OTM member organizations and staff
  - Young People’s Healthy Heart Program

**Activities**
- Lesson plans, created by Sharon Buhr, are made available free online at www.healthyheartprogram.com
- 5th grade students are given lessons regarding exercise and nutrition 2-3 days per week for 7 weeks
- 5th grade participants are challenged to create health goals for themselves and their families and are encouraged to keep a nutrition and activity journal
- Students engage in a motivational exercise where they get to ‘travel’ on the world map each time they meet a goal
- Pre-tests on knowledge and behavior are given to students the first week of class
- Post-tests on knowledge and behavior are given to students the last (seventh) week of class
- Surveys are sent home to the parents of participants to assess whether family and child health goals were met

**Outputs**
- (Service delivery/implementation targets)
- Majority of 5th graders from three Barnes County schools complete the 7-week course each school year
- Student nutrition & activity journals are completed
- Six years worth (2009-10, 2010-11, 2011-12, 2012-13, 2013-14, 2014-15) of pre- and post student data collected [prior to that the program and surveys were structurally different]
- Four years worth (2010-11, 2011-12, 2012-13, 2013-14) of parent survey data collected

**Short Range Outcomes**
- (1-3 years)
- Participating youth exhibit behavioral change and have increased knowledge regarding healthy food choices and activity.
- Students and families meet their personal wellness goals for the course.
- Responses are correlated and used to make minor adjustments to the lesson plan.

**Long Range Outcomes**
- (4-6 years)
- Youth and their families have decreased obesity levels and decreased risk of chronic disease.
- Community norms regarding nutrition and activity are changed.
- The last 4 years of data are used to conduct an impact evaluation of OTM Grade 5

**Impact**
- Knowledge of nutrition and healthy behavior increases
- Youth and families have permanent behavior change towards increased activity levels and healthier diets
- Overall wellness of young people in Barnes County increases.