Logic Model for the Effectiveness of an IMB-Based Intervention for Reducing Sweetened Beverage Consumption in Preschool Children

Inputs	▶	Outputs	▶	Outcomes - Impact

Situation

Research

1) ↑Prevalence POW: intervention needs

Extension

2) Need to provide nutrition education to families at preschools

Education

3) Need to provide practical community experience to future nutrition education professionals (i.e. undergraduate nutrition students)

Priorities

↓SBC + 100% juice consumption

Develop and implement additional interactive nutrition education focusing on SBC + 100% juice consumption

Train students and allow them to get hands-on nutrition education experiences while serving the community

Inputs

1) Personnel:
   a. Student coordinator & assistant
   b. Site coordinator & assistant
   c. Behavior change model expert
   d. Statistics expert
   e. Office manager
   f. Budget organizer
   g. Principal Investigator

2) Student Interns/Educators

3) Previous research background and curriculum development experience

4) Equipment: computers

5) Partners in the community (see letters of collaboration)

6) Interactive display boards and Education Curriculum

Outputs

Activities

Data collection at baseline +1w+6m f/u Nutrition education intervention focusing on SBC + 100% juice consumption based on IMB model using interactive display boards

Individuals & Households
Nutrition education intervention (see above)

Communities & Institutions
1) Strengthen already established partnerships
2) Establish new partnerships with additional preschools and day care centers in CT
3) Other agencies/institutions/organizations

1) Classroom training
2) On-site community nutrition education experience
3) Measures of leadership and cultural competency

Participation

Research Participants (Parents of 3-5 yr old children)

Parents/Families of preschoolers in Hartford and Willimantic, CT area (primarily low-income, food stamp eligible, and multi-cultural)

Community preschools

Students enrolled in Husky Nutrition Program, Level III

Outcomes - Impact

	Short Term	Medium Term	Long Term
Individual	↑Parental IMB related to SBC	↓SB + 100% FJ intake and household availability	↓BMI% for at-risk and overweight children. Maintain reduction in caloric intake and household availability of SB and 100% FJ

validate effectiveness of intervention and overall goals

	Short Term	Medium Term	Long Term
Individual	↑Parental IMB related to SBC	↓SB + 100% FJ intake and household availability	↓BMI% for at-risk and overweight children. Maintain reduction in caloric intake and household availability of SB and 100% FJ
Agencies	Active agency participation in programming implementation/parent recruitment	Package materials at low or no cost to agencies; provide training for agency personnel to implement education/outreach	Agencies continue to implement programming using developed materials with their personnel
	Hands-on nutrition education experiences with low-income, culturally diverse families of preschoolers	↑Leadership skils and cultural competence Students develop desire to continue community nutrition education and appreciate its importance	↑Culturally competent nutrition professionals active in community education

Assumptions	External Forces