

LOGIC MODEL for Healthy Living Niagara (2003-2008)

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| VISION | Community partners working together for a healthy Niagara! | | | |
| MISSION | To generate commitment to healthy eating, physical activity and smoke-free living among the people of Niagara to enhance cardiovascular health and improve health status. This mission will be pursued in collaboration with community partners by supporting, initiating and influencing policies and local activities. | | | |
| PRIORITY ACTION AREAS | <ul style="list-style-type: none"> ❖ Create a supportive environment for health. ❖ Strengthen community action for health. ❖ Influence policy to achieve & sustain health gains. | | | |
| PRIMARY AUDIENCE | Families with school-aged children (ages 4 to 18 years) Specific programs could expand to other populations with sound rationale and pending available resources. | | | |
| SETTING/SITE | SCHOOLS (Elementary & Secondary) | WORKPLACES | HOMES | COMMUNITY-BASED SETTINGS |
| RISK FACTOR FOCUS | Physical Inactivity Unhealthy Eating Tobacco Use | Physical Inactivity Unhealthy Eating Tobacco Use Stress | Physical Inactivity Unhealthy Eating Tobacco Use | Physical Inactivity Unhealthy Eating Tobacco Use |
| LONG-TERM GOALS¹ | <ol style="list-style-type: none"> 1. To increase the number of school boards and councils with a commitment to actions that promote healthy lifestyle choices in the school environment. 2. To increase the number of parents, children, and school staff practising and encouraging healthy behaviours at school. | <ol style="list-style-type: none"> 1. To increase the number of organizations with comprehensive workplace initiatives that encourage employees to adopt healthy lifestyle choices. 2. To increase the number of employees practising healthy behaviours at work. | <ol style="list-style-type: none"> 1. To increase the number of families with a commitment to actions at home that promote healthy lifestyle choices. 2. To increase the number of families that practise and encourage healthy behaviours at home. | <ol style="list-style-type: none"> 1. To increase knowledge in families of community supports that facilitate the adoption of healthy behaviours 2. To increase the number of opportunities for families to make healthy choices. 3. To increase knowledge about current public health recommendations for healthy eating, physical activity, and smoke-free living. 4. To increase the number of local decision-makers and community members who are aware of Healthy Living Niagara and its contributions to initiatives that promote and support healthy living in the region. 5. To increase initiatives that influence healthy eating and physical activity choices at points of access for families. |
| COMPONENTS/ APPROACHES² | P=Community Mobilization S=Supportive Environment | P=Awareness S=Community Mobilization | <i>Need to specify.</i> | P=Awareness S=Supportive Environment |
| PROGRAMS/ INITIATIVES | Awards Program (K-8) Peer Support (7-12) Board Policies | Workplace Wellness Program Healthy Workplace Award Eat Smart! Cafeteria Program | <i>TO BE IDENTIFIED</i> <i>Examples might be...</i> Healthy Homes Kit Home Cooking Parties <i>Others TBD? (see list attached)</i> | Eat Smart! Restaurant Program Savoury Samples Foodbank Program Trails (building & promotion) Media Advocacy Smoke-Free Niagara <i>Others TBD? (see list attached)</i> |

¹ These may require updating by working groups to better reflect where we want to be by 2008.

² Are specific to each setting or initiative and refers to the following: awareness, skill-building/education, environmental supports, community mobilization and policy. Ministry requires projects to identify a Primary and Secondary approach. This does not mean that others cannot be identified and added in if working groups wish to acknowledge the range of approaches used.