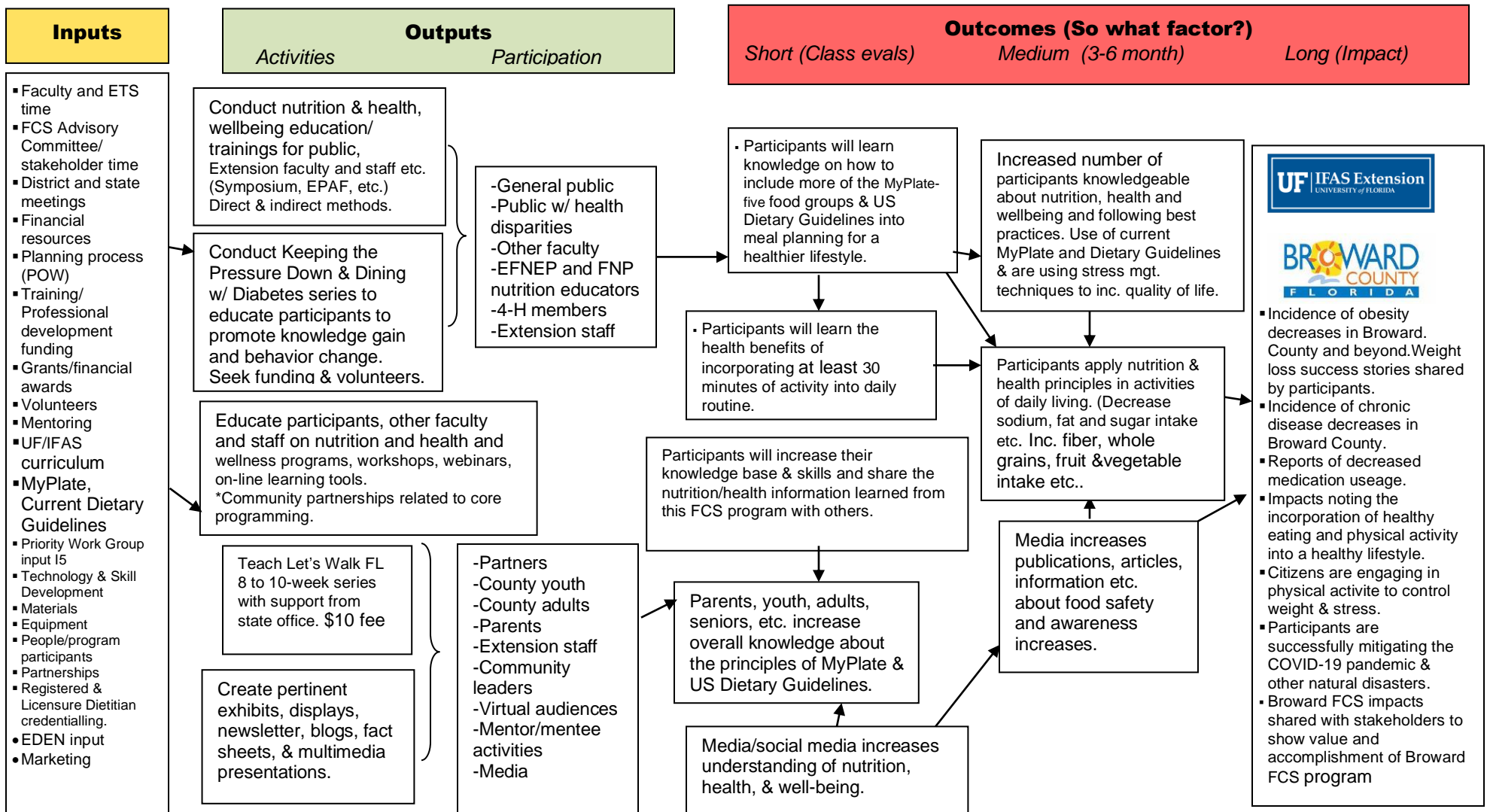


## Logic Model

### Program I: **Nutrition, Health & Wellbeing (75%) (Brenda Marty-Jimenez, MHM, RDN, LDN, FAND, UF/IFAS Extension, Broward County FCS Agent IV)**

**Situation:** Broward County is made up of 1.9 million people and is a diverse, urban area. Belief systems among ethnic groups varies. Obesity is high as well as incidence of chronic disease and mental health concerns. The Healthy People 2020 reports define health broadly to include the social determinants of health and includes the conditions and environments in which people live that affect their nutritional status, health, and quality of life. Family and Consumer Sciences programs address the social determinants of health to help citizens improve personal, social, economic, environmental, wellbeing and thus their quality of life, through increased nutrition, health and well-being knowledge gain and the adoption of best practices or behavior change. Extension programs teach clientele the skills and knowledge they need to make responsible consumer choices and positive health decisions to maintain a healthy weight, engage in physical activity as well as manage stress with the goal of maintaining sound health throughout the life cycle. [Healthy People - Healthy People 2020 \(cdc.gov\)](https://www.cdc.gov/healthypeople/) [MyPlate | U.S. Department of Agriculture](https://www.myplate.gov/) [Home | Dietary Guidelines for Americans](https://www.dietaryguidelines.gov/)



**Assumptions:** Best practices in nutrition & health education are taught and emphasized via programming. Agent keeps up to date with emerging trends, skills, knowledge base, and new information. Classes follow MyPlate, US Dietary Guidelines 2020-2025 & fidelity of curriculum, Diabetes mgt. basics and principles. All information presented is research based and factual. Agent can have local, state, national & international reach. Agent & ETS will attend IST's to keep up to date and network with colleagues. Transfer logic model info to ROA/POW.

**External Factors:** The COVID-19 Pandemic, natural disasters & unplanned events. The obesity epidemic. Incidence of chronic disease. Fluctuating funding and resources. Availability of volunteers. Internet, technology and digital capabilities and availability. Credibility-RDN and LDN credentialing. Trainings available to update skill set on current nutrition and health recommendations & emerging issues. Nutrition quackery. Public perceptions. Myths that circulate.