Goal: Improve underlying health behaviors that impact overweight and obesity: healthy eating and active living (HEAL) for children, youth, and adults

External Factors (that may affect outcomes): overweight or obesity stigma and bias, SDOH, differences among communities and organizations engaged with Let's Go!, and local, state, and federal policies.

Assumptions (for the logic model): continued funding as planned and healthy eating/active living and obesity guidelines will not change dramatically.
Logic Model and Component Definitions

The logic model is a tool for planning, describing, managing, communicating, and evaluating a program or intervention. It’s a graphic depiction of the relationship between the program’s activities and its intended effects or outcomes. It shows the “if-then” relationships among the program elements. If I do this activity, then I expect this outcome. It helps ensure clarity and consensus about main strategies/activities and intended outcomes.

The logic model provides a single-page summary of the program that is easily shared with staff, partners, and funders. Logic models are not static documents. Stakeholders should review logic models on a regular basis (at least annually), and update periodically to reflect new evidence, lessons learned, and changes in resources, activities, evaluations and expectations.

Inputs / Resources:
- Inputs are the resources that go into a program or intervention—what the program needs to operate.

Activities:
- Strategies/activities are events undertaken by the program or partners to achieve desired outcomes—what the program will do.

Outputs:
- Outputs are the direct, tangible results of activities—what we will get. They are the measurement tool of process evaluation, basic data on program participation. Outputs serve as documentation of progress.

Short-term Outcomes:
- Short-term outcomes are the immediate effects of the program or intervention activities including increased awareness and knowledge.

Medium-term Outcomes:
- Intermediate outcomes are typically behavior, environment and/or policy changes.

Long-term Outcomes:
- Long-term outcomes refer to the desired or intended results of the program and can take years to accomplish.