Welborn Baptist Foundation **HEALTHY EATING & ACTIVE LIVING LOGIC MODEL**

In collaboration with community partners, the Welborn Baptist Foundation commits to promoting a culture of Healthy Eating & Active Living

OUR TOOLS:

Grant dollars and fundraising leverage Capacity building Technical assistance Collaboration with community partners
Evaluation and data

OUR PRIORITIES:

NUTRITIOUS FOOD AND BEVERAGE AVAILABILITY

Increasing opportunities for healthy eating

PHYSICAL ACTIVITY OPPORTUNITIES

Increasing opportunities for active living

HEALTHY ENVIRONMENTS

Increasing opportunities for sustainable change



Increased policies and improved sustainable systems for greater access and availability of nutritious foods/beverages

Increased policies and improved environmental supports aligned with comprehensive master plans, to incorporate physical activity into daily life More environment-based sustainable availability of nutritious foods/ beverages, opportunities for physical activity AND expanded policies and practices promoting healthy eating and physical activity

EXPECTED OUTCOMES: MID to LONG-TERM

Residents will increase consumption of nutritious foods and beverages and decrease consumption of unhealthy foods and beverages

Residents will increase their minutes of moderate and/or vigorous physical activity

Environments where residents live, learn, work, play and worship will have healthier and more physically active cultures, e.g., increased access to nutritious foods, decreased access to unhealthy foods and beverages, and increased opportunities for physical activity

ANTICIPATED COMMUNITY CHANGE:

- More residents of all ages are meeting the recommended guidelines for nutrition and physical activity
- Fewer residents of all ages will have weightrelated chronic disease

RESOURCES = Available assets
OUTCOMES = The desired changes that will lead to community change

PRIORITIES = The way the assets are contributed to the cause **COMMUNITY CHANGE** = The improvement we all want to see