

Examples of Short Term Outputs and Long Term Outcomes

Health Improvement	Outputs (Short Term)	Health Outcomes (Long Term)
Increase Physical Activity	<ol style="list-style-type: none"> 1. Increase % students who complete at least one classroom activity break daily... 2. # of low income individuals who participate... 3. Increase ave. # steps per day (via pedometer)... 4. Increase # minutes of moderate activity performed... 5. Increase % children active during recess... 6. Increase # who bike or walk to work... <p>From X to Y.</p>	<ul style="list-style-type: none"> • Increase % kids who complete at least 60 minutes moderate activity per day (per biannual Youth Risk Behavior Survey)... • Increase aerobic capacity rates... • Increase % of kids who get <2 hours of screen time daily (per parent survey)... • Decrease BMI... <p>From X to Y.</p>
Increase Healthy Foods	<ul style="list-style-type: none"> • Serve at least one fresh vegetable daily • Eliminate sweetened beverage consumption • Increase sales/consumption of vegetable and fruits • Increase donations of garden produce... • # attended cooking demonstration and (survey) reported X... • # new produce items that students will sample... <p>From X to Y.</p>	<ul style="list-style-type: none"> • % of individuals who report (via survey or sales data) consuming at least X servings fruits and vegetables per day... • Increase sales of healthy foods in cafeteria or grocery store... • Decrease problem classroom behaviors by X% • Decrease BMI... <p>From X to Y.</p>
Improve Emotional Wellbeing	<ul style="list-style-type: none"> • # participate in program... • # who report X on survey... • % of teachers who report X after training... • % of time new procedure is followed... <p>From X to Y.</p>	<ul style="list-style-type: none"> • Increase # people who report ability to... • Decrease # individuals who report poor mental health on Youth Risk Behavior Survey • Increase attendance among high risk students... • Decrease school discipline occurrences... <p>From X to Y.</p>
Enhance Healthy Child Development	<ul style="list-style-type: none"> • % High-risk families referred for services... • % of parents who report X after parent training program... • % of teachers who report learning effective strategies to help children cope with trauma... • Reading/math/social scores improve... • % of children attending preschool... <p>From X to Y.</p>	<ul style="list-style-type: none"> • Increase % of 3-5 year olds who read daily... • Increase % of children ready for Kindergarten as evidenced by... • Increase % of children in 4 or 5 star centers... • Decrease ER visits for dental emergencies... <p>From X to Y.</p>