ORGANIZATION \_\_\_\_\_\_\_\_ABC Agency\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE\_\_\_\_1/5/17\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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|  | **PROJECT OBJECTIVES** |
| 1. What is the GOAL & OBJECTIVE you are trying to accomplish?
2. What is the problem you are addressing?
3. How is this problem related to your organization?

(**SMART** – **S**pecific, **M**easurable, **A**chievable, **R**elevant, **T**ime-Bound)  | The ABC Agency assists children after school with tutoring, physical activities, healthy involvement to help them lead a healthy lifestyle, become active, thereby reducing negative influences, and helping them achieve in all areas of their lives. This program will reduce the obesity of children within the facility. A reduction in the body mass index of children will be measured to help impact obesity, high blood pressure and diabetes. |
| Is there a need for the program? | YES |
| Describe the data that supports the need for your program. | 1 in 3 children remain at risk for high blood pressure and diabetes (RWJF). Recent studies reported in ***The Journal of the American Medical Association*** and ***The New England Journal of Medicine*** clearly indicate that funding and policy initiatives to fight obesity must “think younger” (Cunningham et al. 2014; These studies are further supported by the fact that one in eight U.S. preschoolers are obese, with rates notably worse among African-American (one in five) and Hispanic (one in six) preschoolers (Ogden et al. 2014). A child who enters kindergarten overweight has nearly four times the risk of becoming obese (32 percent vs. 8 percent). “Weight fate” is set by age five and reflects the fact that half of obese 14-year-olds were already overweight by the age of five. |
| What population are you trying to support? | Pre-Schoolers through pre-teens |
| How large of a group can you influence? (Be reasonable and set a number that is achievable.) | 80% of the 200 children at the ABC Agency |

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| **ACTION STEPS:** | **BASELINE TARGET** | **OUTPUTS** | **OUTCOME** **PERFORMANCE TARGETS** |
| **Describe the action steps you will take to accomplish your goal.** | **What Outcome measure needs to change as a result of the needed program?****Please note:** *Surveys may measure what outcome measure needs to change and would fit here but* ***not*** *as an Outcome Performance Target.* | **Output: #’s & measures showing how many people were served, how many events were held, etc.** | **Outcome: #’s and measures indicating how participants are better off thanks to your program, measurable achievements, etc.** |
| * Focused education food choices
* Change menus to represent appropriate nutritional equivalent
* Increased programs of exercise
* Educational sessions for parents
* Collaborate on a local food garden for parents/children to make fresh fruits/veggies available
 | * Reduce obesity by measuring the BMI targets of children and determining the children in the Overweight and Obesity category
* BMI of 18.5 to 24.9 is considered healthy, a BMI of 25 to 29.9 is considered overweight and a BMI of [30 or more is considered obese](http://www.cdc.gov/obesity/).
* Offer BMI measures to parents
* Begin measurements on December 1st to obtain baseline measures.
 | * BMI Measurement on 160 children (some parents may elect not to have their child participate.)
* Increased physical activity for 200 children.
* Educate 50% of parents for 160 children on better meal choices
* Provide 80% of children/families with food/vegetables from local food garden.
 | * Reduce BMI Targets of 80 children who fall in the overweight and obese category by 10%
* Children will be retested in six months and nine months to determine progress.
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The above matrix and your application should answer the following questions:

* What actions will you specifically do to implement the Goals & Objectives?
* When will the program be implemented?
* How will the program be implemented?
* How will the results impact the healthcare in the Greater Wilson Community?
* What are the Output Measures?
* What are the Outcome Measures that will show the program has accomplished its goal?
* How will you know you have been successful? When will the program achieve the goal (i.e. what date)?