

**HEALTH FIRST INDIANA**  
**PURDUE UNIVERSITY EXTENSION: NUTRITION EDUCATION PROGRAM**

This program aims to increase awareness of chronic illness prevention strategies among Lake County residents by providing health literacy education that will increase participant's understanding of health-related terminology, importance of nutrition and label reading, the benefits of physical activity and making better decisions about their overall health.

First Quarterly Payment	\$19,757.50
Second Quarterly Payment	\$19,757.50
Third Quarterly Payment	\$19,757.50
Fourth Quarterly Payment	\$19,757.50
Total Program Cost	\$79,030.00

**KPIs, Deliverables, and Metrics**

1. **Chronic Disease Prevention.** Preventing and reducing chronic diseases such as obesity, diabetes, cardiovascular disease, and cancer.
  - a. Deliverables
    - i. Move Your Way County Wide Physical Activity Initiative
    - ii. Nutrition Class Series for Adults Delivered in the Community
    - iii. Grocery Store Experience
    - iv. And more ...
  - b. Metrics
    - i. Number of adults participating in nutrition and physical activity education programming
    - ii. Number of sites/groups participating in nutrition and physical activity education programming
    - iii. Number of adults participating in nutrition and physical activity education programming
    - iv. Number of seniors participating in nutrition and physical activity education programming
    - v. Number of youths participating in nutrition and physical activity education and programming
    - vi. Number of grocery store stipends distributed
    - vii. Percent of individuals participating in nutrition and physical activity programming showing increase in time spent in physical activity
    - viii. Number of people screening positive for food insecurity
  
2. **Maternal and Child Health.** Services focused on the health and well-being of mothers, children, and families, including prenatal care.
  - a. Deliverables
    - i. Nutrition class series for prenatal women delivered in the community
    - ii. Linking individuals screening positive for food insecurity to area food resources
    - iii. Develop a WIC referral system implemented through NEP Nutri Ed classes pre/post survey

- iv. Develop a food insecurity screening system implemented through NEP Nutri Ed classes pre/post survey
      - v. And more ...
    - b. Metrics
      - i. Number of prenatal women provided nutrition education/support
      - ii. Number of families referred or connected to local food pantries
      - iii. Number of women referred to WIC
      - iv. Number of pre-and post-natal women screened for food insecurity
      - v. Number of prenatal women provided breastfeeding education or support
      - vi. Number of prenatal women referred to breastfeeding education or support
      - vii. Number of women provided breastfeeding education or support
      - viii. Number of women referred to breastfeeding education or support
      - ix. Number of postpartum women provided nutrition education
      - x. Number of women referred to WIC
      - xi. Number of families referred or connected to local food pantries
3. School Health Liaison. Assisting schools with resources to promote whole student health.
- a. Deliverables
    - i. Nutrition Lessons for Youth delivered in a school setting
    - ii. Nutrition Lessons for teens delivered in a school setting
    - iii. And more ...
  - b. Metrics
    - i. Number of children receiving supplemental nutrition education programming at school (such as CATCH or GOAL)
    - ii. Number of teens receiving supplemental nutrition education programming at school (such as Teen Cuisine)
    - iii. Number of children receiving supplemental nutrition education programming at school (such as CATCH or GOAL)
    - iv. Number of pediatric referrals for clinical care: obesity/overweight
    - v. Number of adult referrals for clinical care: obesity
    - vi. Number of individuals referred to insurance navigation or Medicaid/Medicare
4. Access and Linkage to Clinical Care. Facilitating access to essential healthcare services for all members of the community.
- a. Deliverables: Class(es) delivered in healthcare setting, and more ...
  - b. Metrics:
    - i. Number of adults participating in nutrition and physical activity education programming
    - ii. Number of adults participating in nutrition and physical activity education programming
    - iii. Number of seniors participating in nutrition and physical activity education programming