# **Active Ottumwa Logic Model**



### Inputs

- -Volunteers (PALs and Ambassadors)
- -Staff time
- -Printers, paper, computers
- -Partnerships in community
- -Spaces for classes
- -Equipment for activities

## **Activities**

- -Train PALs and Ambassadors
- -Hold physical activity classes
- -Engage community partners
- -Market program
- -Find spaces for Active Ottumwa activities to take place throughout community

### **Outputs**

- -# community members participate in activities
- -# PALs and Ambassadors trained
- -# of classes lead
- -# of community partners and involved organizations
- -# of locations with an activity

#### **Outcomes**

# **Short Term** Community

knowledge and beliefs about physical activity

## Mid Term

Increased physical activity levels in the Ottumwa community Increased number of adults reaching the guidelines for physical activity

**Long Term** 

# **IOWA**