Clinic: High level wellness through HEALTHY EATING AND ACTIVE LIVING so my community can THRIVE

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<th>Resources</th>
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| Community Groups, Your Staff, Clinic Staff | Exercise Programs, Farmers Markets, Exercise Prescriptions, Breast Feeding, Education, Dietary Education | HOW ARE YOU MEASURING THIS? | -Lower rates of obesity  
-Fewer Heart Attacks  
-Fewer cases of diabetes |
| XX existing programs | | | |

Assumptions
Assumptions

= Conditions that must exist and expectations that must be met in order for your project to come through – i.e., your logic to hold true

• Some assumptions to consider:
  
  o Expectations of patient, provider or other group
  o Linkage between behavior and health outcomes
  o Results of a certain intervention
  o Dependence on system or technology
Assumptions – Examples

- Patients who are more involved in self management of their condition will have improved health outcomes
- Attending diabetic nutrition classes and committing to diet changes will result in lower blood sugar levels for patients
- Blood pressure will be lowered if patients understand what a good reading is and are made aware of their readings at each appointment
- Interface between X and X will result in improved information at point of contact
- Changing the method of prescribing exercise will improve weight, blood pressure and cholesterol levels
How to Create Change

- **TACOS**
  - T Trialability
  - A Advantage
  - C Compatibility
  - O Observability
  - S Simplicity

- **SWITCH**
  - Speak to the Head
  - Speak to the Heart
  - Shape the Path
Clinic:

AIM Statement: