Logic Model

INPUTS

- Partnership with Women's Health Specialists, PPLC
- Trained healthcare providers
- Funding
- Educational materials (brochures, social media, etc.)
- Bone density screening equipment
- Exercise facilities

ACTIVITES

- Focus Groups: Assess the population's understanding of osteoporosis and identify any barriers to prevention.
- Educational Workshops
- Bone Density Screenings: Offer bone health assessments at community events.
- Resource Distribution: Use brochures, social media posts
- Training Healthcare Providers

OUTPUT

3 focus groups completed
- 10 educational workshops
- 5 community events with screenings
- 1,000 brochures distributed
- 20 social media posts made
- 75% of workshop participants show increased knowledge
- 40% of women meet daily calcium/vitamin D intake

MONITORING

- Participation tracking: Attendance Logs, Registration Data, Screening Records
- Pre- and Post-Workshop Surveys
- Follow-up Surveys
- Frequent monitoring and check-ins

RESULTS

- Short-term: Immediate increases in awareness, knowledge, and engagement
- Intermediate: Changes in behavior, including increased calcium and vitamin D intake and participation in weight-bearing exercises.
- Long-term: A measurable reduction in osteoporosis incidence and fracture rates in postmenopausal women in the target area.