

Logic Model: PRC Core Research Project – MOVE UP – Mobility and Vitality Lifestyle Program

Assumptions	Inputs	Activities	Outputs	Short Term Outcomes	Long Term Outcomes
<p>Why did we choose this intervention? What will this intervention allow us to accomplish?</p>	<p>Funding, collaborating partners, resources to support intervention</p>	<p>Processes, tools, events, actions to deliver intervention</p>	<p>Activities indicating successful delivery of intervention</p>	<p>Specific changes in participants' behavior, knowledge, skills, status, and level of functioning</p>	
<ul style="list-style-type: none"> • Obesity is common in older adults and threatens their mobility. • There are disparities in obesity and disability in older adults. • Traditional public health approaches to obesity must be evidence-based, cost-effective, sustainable and scalable. • Weight loss is effective in improving mobility in older adults. 	<ul style="list-style-type: none"> • Funding (University of Pittsburgh CDC PRC) • Look AHEAD evidence-based model • Pitt researchers and staff • Community partner organizations/site administrators • Community Health Workers (CHWs) 	<ul style="list-style-type: none"> • Modify Look AHEAD curriculum for delivery by a CHW • Recruit at least 25 sites for MOVE UP and implement program by recruiting 10-15 participants/site • Identify CHW for each participating site and conduct 3 training workshops for each CHW • Conduct 4 assessments over 13 month study period – baseline, 5 months, 9 months and 13 months in actively participating sites 	<ul style="list-style-type: none"> • Look AHEAD curriculum translated to MOVE UP curriculum • 75% of eligible MOVE UP sites implement a program • 90% of interested MOVE UP CHWs are successfully trained, paired with a site, and lead a complete 13-month program • 80% of MOVE UP participants will have remained in the research study for the complete 13 month period <ul style="list-style-type: none"> - 80% of those will have completed all 4 assessments 	<ul style="list-style-type: none"> • Create sustainable partnerships with community members and partner sites <ul style="list-style-type: none"> - 50% of sites/CHWs will wish to continue MOVE UP - 50% of those will work with the PRC to secure funding to do so • To promote weight loss and weight maintenance to improve physical function and prevention of chronic disease in older adults <ul style="list-style-type: none"> - 75% of MOVE UP participants will have reached 7% overall weight loss in 13-month period - 75% of MOVE UP participants will have improved their SPPB score by .5 points 	<ul style="list-style-type: none"> • Disseminate MOVE UP results to other PRCs • To demonstrate the feasibility of translating and implementing evidence-based interventions <ul style="list-style-type: none"> - Within 2 years translate MOVE UP to other venues (health plans, managed care orgs, AAAs) • At study end, widespread dissemination of research findings <ul style="list-style-type: none"> - Results will be shared in 3 academic journals, via 2 conference presentations/posters and results will be disseminated back to 100% of the partner sites and CHWs

