

# Theory of Change

## OUR STRATEGIES AND OUTCOMES

**Train the Trainers:** Equip the healthcare community with the knowledge, resources and support to prioritize preventive health and nutrition in patient-care

**Community Partners:** Key nonprofit and community partnerships advance health equity, justice, and resilience regionally through plant-based nutrition education

**Workforce Partners:** Employee wellness programs and training integrate nutrition concepts into the fabric of our community and promote a productive, healthy workforce

**Individuals and Families:** Bilingual, accessible educational resources, go-at-your-own-pace virtual learning, and clinical and community-based nutrition and food skills basics programming build confidence in behavior change and culturally-relevant sustainable habits.

## EXTENDED OUTCOMES

Healthcare providers empowered and united to prevent, expand treatment options for, and/or reverse chronic disease by prioritizing nutrition and lifestyle's central role in health.

Direct service and community organizations, food access teams and policy makers equipped with knowledge, resources and tools to prioritize access to foods and services that provide the most benefit to human health

Meeting community members where they're at with employer supported programs that improve health and workplace cultures/systems and support and prioritize employee and customer health and well-being

Community members equipped with the knowledge, know-how, encouragement, and community support to confidently make meaningful habit changes that improve health and lower risk of chronic disease.

## COMMUNITY IMPACT

- Better health outcomes
- Lower risk of chronic disease
- Lower healthcare and medical costs
- Improved healthcare provider and workforce well-being
- Improved patient satisfaction
- Advancement of health equity and resilience

