

Healthy Body		
Health Outcome	By the end of the program cycle, obesity and overweight rates are reduced through the adoption of	
Behavioral Objective	By the end of the program cycle, participants are consuming enough healthier food to cover their caloric needs and are engaged in regular physical activity, in accordance to attitudes and practices promoted by BHS	
Vulnerable Population	Those who have a BMI above 30 and/or have a sedentary lifestyle(less than 150 minutes per week of activity)	
	Indicator	Definition
Health Impact	Poor physical health days	"Thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?"
Health Action	Leisure time in youth	Children and adolescents ages 6 to 17 years do 60 minutes or more of moderate-to-vigorous physical activity daily(doeny any kind of physical activity that increased their heart rate and made them breathe hard some of the time).
	Leisure time in adults	Adults who achieve at least 150 minutes a week of moderate-intensity aerobic physical activity or 75 minutes a week of vigorous-intensity aerobic activity
	Healthy eating in adults	Adults who report consuming fruit less than one time daily
	Healthy eating in youth	Youth who report consuming fruit less than one time daily
	Youth obesity rates	Youth in the 95th percentile of BMI or higher
	Adults with a BMI \geq 30	Those with a BMI at or above 30
Knowledge Area	Improved knowledge of risk factors and/or healthy behaviors associated with the priority area	The importance and benefits of diet and exercise

Healthy Family		
Health Outcome	By the end of the program cycle, participant mothers and children have improved access to prenatal care and child development programs	
Behavioral Objective	By the end of the program cycle, participant families are able to sustain habits that promote healthy child development (e.g. prenatal care, safe sleep, smoking prevention during pregnancy, teen pregnancy prevention)	
Vulnerable Population	Minority, low income, and smokers	
	Indicator	Definition
Health Impact	Infants born with low birth weight (< 2500 grams)	Babies born with a weight below 2500 grams
	Infant mortality	Infant deaths
	Pre-term birth	Babies born before 37 weeks
Health Action	Smoking during pregnancy	Women who reported they had smoked at any time during pregnancy.
	Those with a designated OB	Those who completed visits with an OB
	Normal weight during pregnancy	Gain only the appropriate amount of weight during their pregnancy
	Infants ever breastfed	Women who continued to breastfed their infant in the first 3 months
Knowledge Area	Improved knowledge of risk factors and/or healthy behaviors associated with the priority area	Participants demonstrate an understanding of risk factors associated with at-risk pregnancy

Healthy Mind		
Health Outcome	By the end of the program cycle, participants are better able to cope with mental and emotional distress through enhanced community capacities (ability to provide mental health services)	
Behavioral Objective	By the end of the program cycle, participants' socioemotional competences to reduce mental and emotional distress are strengthened	
Vulnerable Population	Those who have a history of mental illness or are at an impressionable age(17 and under)	
	Indicator	Definition
Health Outcomes	Poor mental health days	The number of poor mental health days that occurred in the past month
Health Action	Youth age 12-17 with adult in lives with whom they can talk about serious problems	Those who have one or more friends or family members to talk with about serious issues
	School Attendance/success	The number of days of school missed by students
	Adults who report having friends or family members with whom they talk about their health	Those who have one or more friends or family members to talk with about serious issues
Knowledge Area	Improved knowledge of risk factors and/or healthy behaviors associated with the priority area	Understanding of risk factors associated with mental and emotional distress and/or have an increased knowledge about the components of socioemotional competences

Healthy Spirit		
Health Outcome	By the end of the program cycle, participants are better able to cope with substance use disorder (SUD) by strengthening their socioemotional competencies	
Behavioral Objective	By the end of the program cycle, participants' socioemotional competences to reduce exposure to SUDs are strengthened	
At-Risk Population	Those who have a history of substance abuse(smoker, heavy drinker, or drug user) or are at an impressionable age(17 and under)	
	Indicator	Definition
Health Impact	Opioid/drug deaths	The number of reported deaths
	ER visits due to opioids/drugs	# of ED visits where opioids/drugs are identified as the cause
Health Action	Smoking rates in adults	Those who identify as smoking daily or some days
	Smoking rates in youth	Those who identify as smoking daily or some days
	Heavy or binge drinking	4 drinks for women and 5 drinks for men in about 2 hours and/or consuming 8 drinks or more per week for women and 15 or more for men
Knowledge Area	Improved knowledge of risk factors and/or healthy behaviors associated with the priority area	Understanding the risk of substance abuse