

LOGIC MODEL

Western Region Mental Health and Nutrition Network

Identified Needs & Assets	Desired Results	Indicators	Activities	Resources
<p>Needs</p> <ul style="list-style-type: none"> • Western US overall has poorer mental health • Wyoming, Alaska, Montana, New Mexico, Idaho, Colorado, and Utah all have high suicide rates • <u>Health and well-being, state health and nutrition professionals, and mental health specialists not connected</u> <p>Assets</p> <ul style="list-style-type: none"> • Interest in addressing mental health needs • Nearly all states have Nutritional Specialists and/or registered dietitians (RD), as well as other professionals extending research-based nutrition education in the communities 	<p>Short-Term</p> <ul style="list-style-type: none"> • Establish the WRMHNN • Increase awareness of relationships between diet and mental health • Create a roadmap outlining the existing resources and gaps, define priorities for research and extension efforts in food systems, mental health, and nutrition integration <p>Long-Term</p> <ul style="list-style-type: none"> • Develop resources that states can add to their portfolio of food, nutrition, and mental health efforts either as a stand-alone piece or additive to ongoing efforts. • Increase collaboration regionally and enhance fund development efforts 	<p>Short-Term</p> <ul style="list-style-type: none"> • 2-3 working groups • Steering committee • 3-4 priority areas • Newsletter <p>Long-Term</p> <ul style="list-style-type: none"> • Multi-state nutrition and mental health proposals • Development of NIH or NIFA grants to improve mental health through nutrition • Annual WRMHNN conference 	<ul style="list-style-type: none"> • Keynote speakers • 2 symposia on mental health and nutrition topics as defined through abstract submissions • Road mapping gaps and resources • Working group breakouts 	<ul style="list-style-type: none"> • Interest from the WPOLC • Strong existing organizational committee • Initial meeting is in a city that is easy to access and has affordable lodgings • Strong existing nutrition extension network • Variety of extension mental health efforts • High interest from local stakeholders in a nutrition and mental health network