

# Project Title: Project Blue Zones Virtual Healthy Habits

Goal: Study the impact of Virtual Healthy Habits (VHH), test how it improves nutrition, meal preparation efficacy and social connectedness in order to become an evidence-based program.

## Measurable Outcome(s):

- Adapt current program into a new virtual workshop format.
- Create research protocol and evaluation methodology to determine if VHH influences positive behavior change and more social connectedness.
- Develop train-the-trainer and leader manuals, participant workbook, toolkits and other materials.
- Establish client-centered, sustainable models for meal provision and delivery with each Area Agencies on Aging.
- Reach 500 (\*800) participants with a 70 (\*80) % completion rate.
- Analyze results and disseminate findings through peer-review publications, conference presentation and webinars.

✓ Part or original work plan

+ New to the work plan (\*) followed by text = new /added

⊘ Remove from the work plan Italicized text = remove

Once the workplan has been submitted and approved by the granting agency, the workplan becomes part of the official grant agreement and documentation. Any changes in key tasks, lead personnel, and/or significant shifts in timelines (greater than 30 days) that can affect deliverables, milestones or overall completions, must be discussed with the granting agency. Grantees should contact the granting agency for further direction or guidance before implementing any changes.















Major Objective 5: Reach 500 (\*800) participants with a 70 (\*80)% completion rate.

Key Tasks	Lead Person	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug		
Identify and recruit Master Trainer and Leaders for Virtual Healthy Habits workshops (including previously trained Healthy Habits for Adults volunteers)	Smith and Brown	✓	✓	✓	✓	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Conduct Virtual Healthy Habits leader training	Smith and Brown	-	-	-	-	✓	✓	✓	-	-	-	-	-	-	-	-	-	remove	remove	remove	-	-	-	-	-	remove	remove	remove	-	-	*	*	-	-	-	-	-	-	-





