

## BDI Logic Model

Dr. Douglas Kirby developed the **BDI (Behavior-Determinant-Intervention) Logic Model** to help design and implement programs that *more intentionally* ensure the **interventions** directly influence the specific individual/ family/ community **determinants (risk and protective factors)** that research has shown to actually influence the core **behaviors** (abstinence; effective, consistent use of contraception; decreased frequency of sexual intercourse) that lead to reducing teen pregnancy/STDs.

In theory, the BDI Logic Model would be created before interventions were selected. The basic format has four columns, which are initially developed from the *right to the left*.

- 1) Start by putting the primary **Health Goal** in the far right-hand column. Example: "Reduce teen births"... by a specific percentage in numbers and/or rates by a specific date.
- 2) Next, move one column to the left and list the specific **Behaviors** necessary to achieve the goal.
- 3) Once the behaviors have been identified, move one more column to the left to identify the key **Determinants** -- those risk and protective factors that precede, and according to research, are able to influence/change the behaviors. A critical point here: the determinants identified need to be ones that your program *can actually influence*. Example: Your program may be able to change a young person's attitudes, knowledge, skills with a quality, evidence-based, well-presented sexuality education program. Your program cannot change a young person's parents, the parents' education level, the family structure or the family income level.
- 4) After the determinants that are appropriate to and can be influenced/changed for your target audience have been identified, move to the far left column and identify specific **Interventions** (programs/activities) that again, according to research and best-practice strategies, have been shown to influence those determinants and that your organization has the capacity to provide.

During the process of creating a BDI logic model the arrows between columns point and move to the left. Once the model has been completed, the arrows are switched, pointing to the right to show how interventions are directly and intentionally connected to the achievement of the goal.

For organizations already providing programs, creating a BDI Logic Model provides a valuable review to assess what is being done and why. It helps ensure that the program effort and is actually influencing specific determinants, which in turn, directly influence the teen behaviors required to achieve the goal.

### Resource Links:

Dr. Doug Kirby's initial description re: how to use the BDI Logic Model for designing programs or curricula:

<http://recapp.etr.org/recapp/index.cfm?fuseaction=pages.TheoriesDetail&PageID=483&PageTypeID=8>

Sexual Risk/Protective Factors: [www.thenationalcampaign.org/ea2007/protective\\_factors\\_FULL.pdf](http://www.thenationalcampaign.org/ea2007/protective_factors_FULL.pdf)