

Appendix E: Logic Model

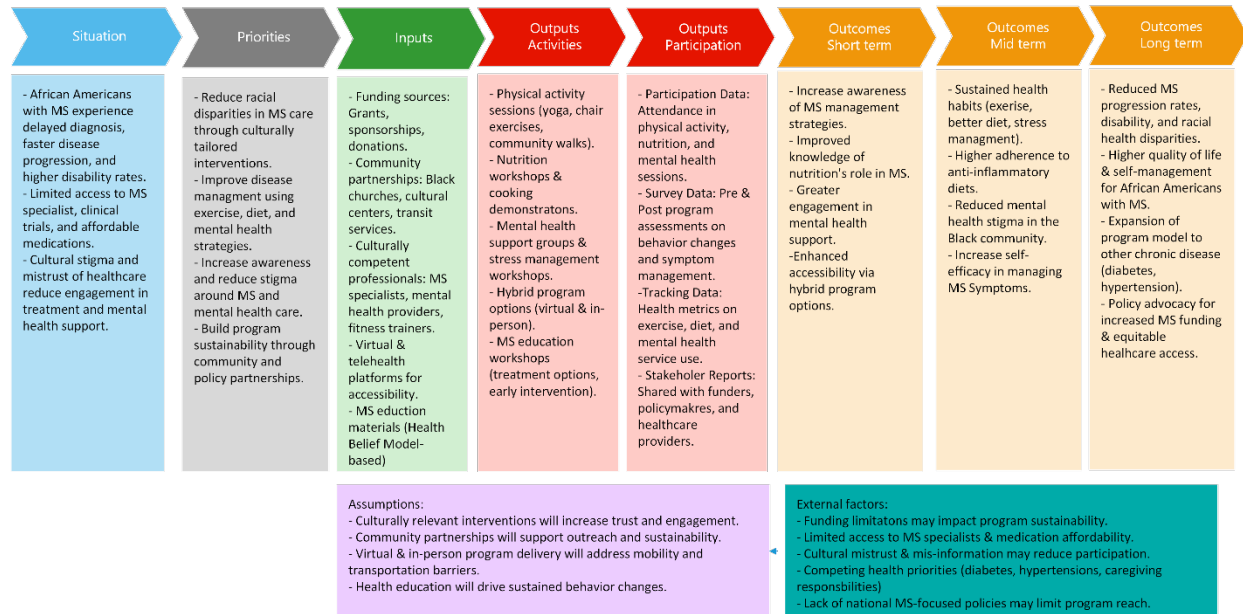
Thrive and Rise Above MS Logic Model

Program's Overall Goal

To reduce health disparities and improve disease management, mental well-being, and quality of life for African Americans living with multiple sclerosis (MS) through culturally tailored education, physical activity, nutrition, and mental health support.

Target Population

Primary Audience: African Americans diagnosed with MS, aged 22–50 years old, especially those experiencing severe disease progression.
Secondary Audience: Family members and caregivers who support individuals with MS, as they play a critical role in disease management.



Note. The current outcome evaluation measures short-term outcomes during Weeks 1 and 8 only. Mid-term and long-term outcomes shown in the logic model represent anticipated program impacts and are not measured as part of the present evaluation.