

A Toolkit for Evaluating Childhood Healthy Weight Programs

RESOURCES

SECTION 1: INTRODUCTION

- [BMI-for-age growth charts](#) provide a means of determining weight status for age and gender using BMI.

SECTION 2: PROGRAM EVALUATION OVERVIEW

- [Section 1 of Chapter 36 in the Community Tool Box](#) offers additional examples of the ways in which program evaluation can be used.
- CDC's [Framework for Program Evaluation](#) consists of six connected steps that can be used as a starting point to tailor an evaluation of your CHWP.
- CDC's [Evaluation Guide: Practical Strategies for Culturally Competent Evaluation](#) provides cultural context for each of the six steps listed above in the CDC Framework for Program Evaluation.
- The Community Tool Box's chapters on [Evaluating Community Programs and Initiatives](#) provide guidance on how to frame program evaluation.

SECTION 3: EVALUATION READINESS

- [BetterEvaluation](#) provides detailed information about evaluability assessments and templates.
- [County Health Rankings & Roadmaps](#) offer data on health outcomes that may be of interest such as obesity prevalence across communities in the United States.
- [The National Implementation Research Hexagon Tool](#) is both a qualitative and quantitative resource to assess evaluation readiness.

- [Ready, Set, Change!](#) is an online decision support tool for assessing organizational readiness.
- [The Wilder Collaboration Factors Inventory](#) is a set of several online resources, including questionnaires and surveys, that can be used to quantitatively assess the degree and strength of collaboration within an organization.

SECTION 5: OUTCOME MEASURES

- [A Guide to Methods for Assessing Childhood Obesity](#) describes six of the most common adiposity assessment methods and key considerations when collecting weight-related outcomes.
- The [5210 Full Health Children Toolkit](#) contains tips and questionnaires that can be used to gather process measures for a variety of audiences.
- [Family Nutrition and Physical Activity \(FNPA\)'s screening tool](#) is an easy-to-use set of questionnaires on healthy behaviors.
- The [Feeding Practices and Structures questionnaire](#) uses parental self-report to determine feeding and meal practices.
- This [Parenting Style Questionnaire](#) uses parental self-report to determine parenting strategies.
- The [Rosenberg Self-Esteem Scale](#) is a brief questionnaire that can be used to assess and track self-esteem of program participants.
- The [Self-perception Profile for Adolescents](#) is an in-depth survey that can be used to assess perceptions of self-identity in children and adolescents as an outcome measure.

SECTION 6: CONTEXTUAL FACTORS

- The [Accountable Health Communities Health-Related Social Needs Screening Tool](#) helps providers conduct assessments to inform patients' treatment plans and make referrals to community services. The first 10 items in the tool are related to SDoH.
- [Addressing Health Equity in Evaluation Efforts](#) helps users integrate health equity considerations into each step of an evaluation.
- [Building a Culture of Health in Childhood Obesity: Overview & Action Plan for Medicaid Health Plans](#) provides helpful information when thinking about contextual factors in childhood obesity.
- [Getting to Equity in Obesity Prevention: A New Framework](#) presents a deliberate focus on equity when designing and implementing strategies for obesity prevention.
- The [Health Equity Resource Toolkit for State Practitioners Addressing Obesity Disparities](#) provides important resources to implement effective responses to obesity in populations that are facing health disparities.
- [Promoting Food Security for All Children](#) provides food insecurity screening tools and resources and recommendations for how providers can address food insecurity among the populations they work with.

- [Screen and Intervene: A Toolkit for Pediatricians to Address Food Insecurity](#) includes a validated two-question food insecurity screening tool and provides guidance on how providers can address food insecurity among their patients and families.
- [Social Determinants of Health 101 for Health Care: Five Plus Five](#) is a discussion paper that provides readers with five things that are known about SDoH in health care and five things to learn about SDoH in health care.

SECTION 7: PROGRAM SUSTAINABILITY

- [A Sustainability Planning Guide for Healthy Communities](#) provides tools and resources to be used as a stepwise guide to support the sustainability of programs and policies that have been implemented in communities.
- The [Program Sustainability Assessment Tool](#) is a 40-item self-assessment tool that programs or involved parties can utilize to evaluate program sustainability.
- [Planning, Building and Sustaining a Childhood Obesity Program: A Survival Guide](#) is a useful resource to consult when developing your sustainability plans.