

The National Collaborative on Childhood Obesity Research (NCCOR): A Toolkit for Evaluating Childhood Healthy Weight Programs

NCCOR

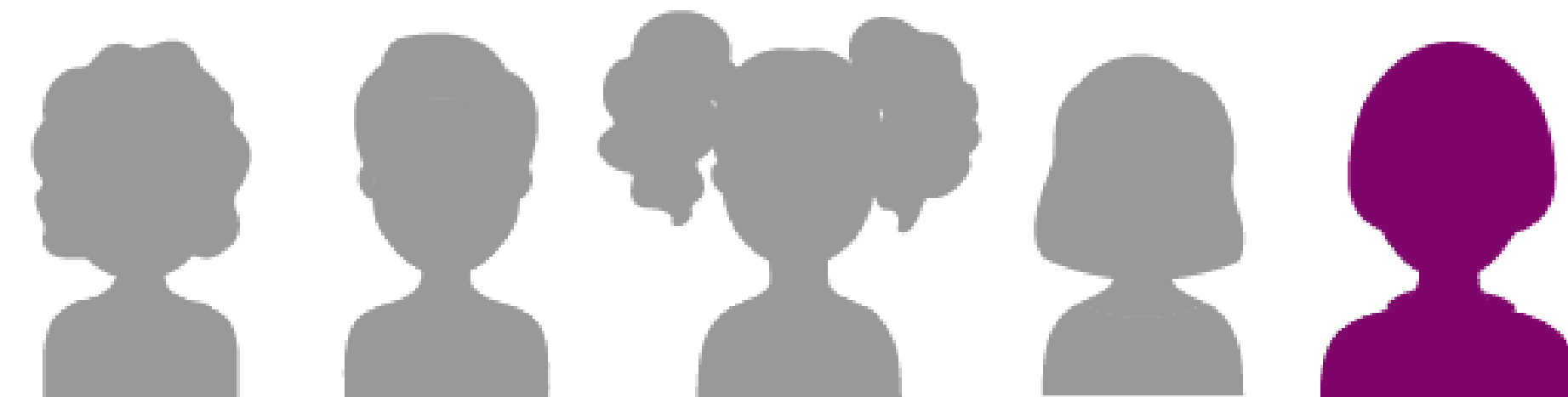
**WORKING TOGETHER TO
REVERSE CHILDHOOD OBESITY**

The National Collaborative on Childhood Obesity Research (NCCOR) is a partnership of four of the nation's leading funders of childhood obesity research: the Centers for Disease Control and Prevention (CDC), the National Institutes of Health (NIH), the Robert Wood Johnson Foundation (RWJF), and the U.S. Department of Agriculture (USDA).

BACKGROUND

Childhood obesity continues to be a serious problem in the United States. Recent results from the 2017-2018 National Health and Nutrition Examination Survey (NHANES) indicates that an estimated 19.3% of U.S. children and adolescents have obesity, and childhood obesity disproportionately affects some racial and ethnic minority populations. The National Collaborative on Childhood Obesity Research (NCCOR) sought to gather findings from research relevant to childhood obesity prevention that can be translated and used in clinical and community settings. Adherence to evidence-based program recommendations and understanding and addressing the systemic root causes are critical to achieving positive outcomes. However, guidance is needed to determine whether childhood healthy weight programs (CHWPs) are meeting their goals. To assist researchers and practitioners with evaluation, NCCOR developed A Toolkit for Evaluating Childhood Healthy Weight Programs.

20% of children in the United States have obesity



METHODS

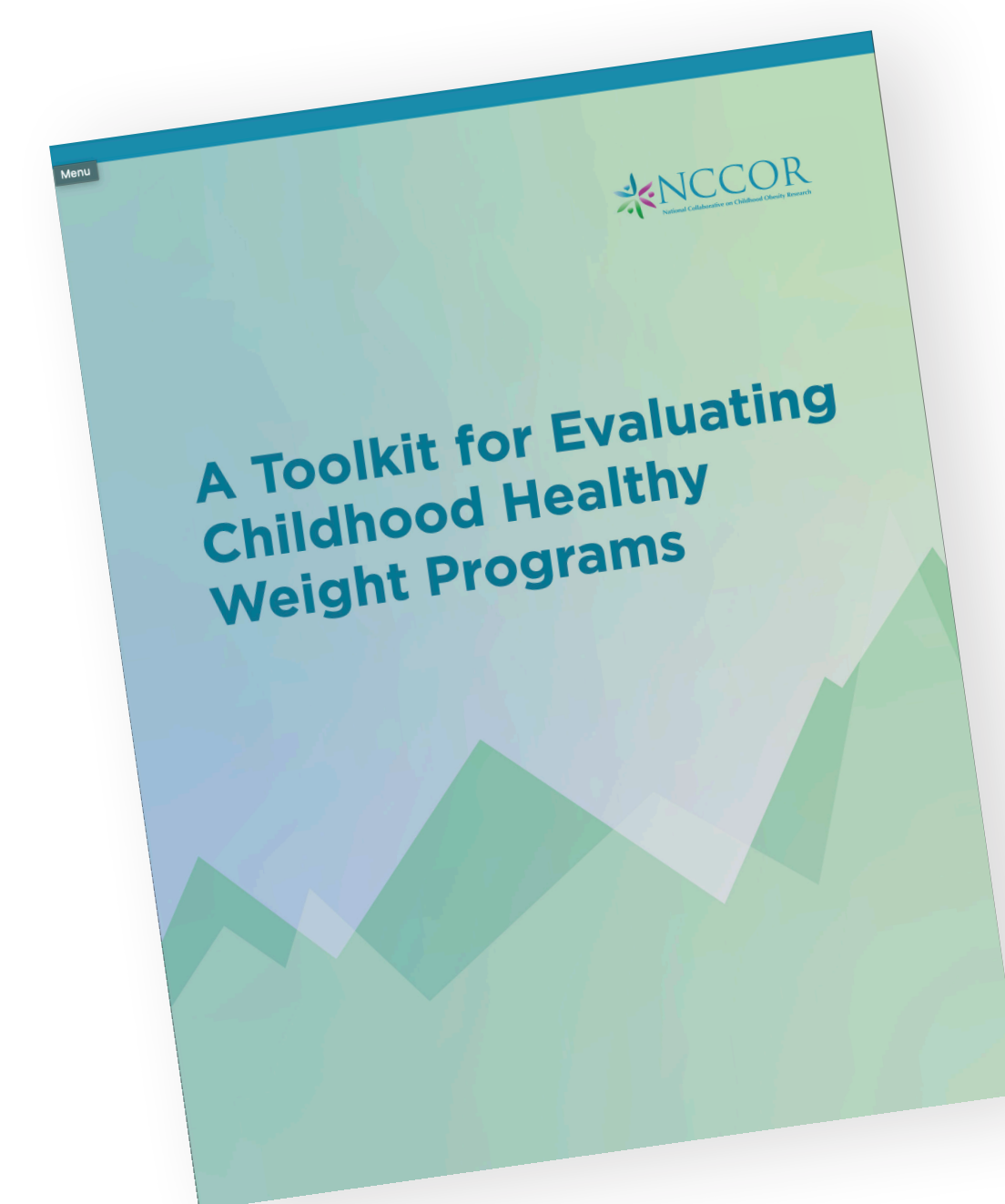
NCCOR formed a workgroup focused on engaging health care providers. In collaboration with invited subject matter experts and CHWP leaders, NCCOR developed a toolkit to assist users in understanding and implementing the key areas of program evaluation that can be included across CHWPs.

WORKGROUP MEMBERS:

Brook Belay, MD, MPH (lead)
Voula Osganian, MD, ScD, MPH (lead)
Susan Yanovski, MD (lead)
Heidi Blanck, PhD, MS
Carrie Dooyema, MPH, MSN, RN
Alyson Goodman, MD, MPH
Christine Hunter, PhD, ABPP
Robert Kuczmarski, DrPH
Renee Porter, NP
Charlotte Pratt, PhD

SUBJECT MATTER EXPERTS:

Sarah Armstrong, MD
Christopher Bolling, MD
Rachael Drumsta
Teresa Earle
Ihuoma Eneli, MD, MS
Sarah Hampl, MD, FAAP
Sandra Hassink, MD, MS, FAAP
Elissa Jelalian, PhD
Nicki Klinkhamer
Matthew D. Levy, MD, MPH
Jeanne Lindros, MPH
Harry MacMillan, MA, MSc
Kenneth Resnicow, PhD
Kyung (Kay) Rhee, MD, MSc, MA, FAAP
Brian Saelens, PhD
Joe Seubert
Nancy Sherwood, PhD
William Stratbucker, MD, MS, FAAP
Alexis Tindall, MHA, RD, LD
Hannah Tuttle, MPH



RESULTS

NCCOR developed A Toolkit for Evaluating Childhood Healthy Weight Programs. The toolkit provides detailed guidance on evaluation readiness, process measures, outcome measures, contextual factors, program sustainability, and remote evaluation. In addition, the toolkit's website features a resource library (see *resource library at a glance* on the right), with links to guides, databases, research articles, and other public health toolkits. Users can access ready-made resources, including a logic model, when they are ready to start evaluation. In the first year since the toolkit was launched, it has become a top performing NCCOR webpage, with more than 200,000 page views.

RESOURCE LIBRARY AT A GLANCE

-  **Centers for Disease Control and Prevention Framework for Program Evaluation** is a framework consisting of six connected steps to help tailor an evaluation of your CHWP.
-  **County Health Rankings and Roadmaps** offers data on health outcomes that may be of interest such as obesity prevalence across communities in the United States.
-  **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.
-  **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 social determinants of health in health care and five things to learn about social determinants of health in health care.
-  **The Program Sustainability Assessment Tool** is a 40-item self-assessment tool that programs and stakeholders can use to evaluate program sustainability.

CONCLUSION

A Toolkit for Evaluating Childhood Healthy Weight Programs will help professionals and practitioners understand and implement the key areas of program evaluation. Evaluating CHWPs can improve their effectiveness, build capacity, and advance population health. When CHWPs use similar measures to evaluate programs, comparisons can be made to learn about the comparative effectiveness of CHWPs. This can have major implications for improving children's health as programs can learn from one another and determine which interventions work best, when, and why.

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