

A Toolkit for Evaluating Childhood Healthy Weight Programs

Program evaluation is a fundamental component of any intervention to improve health, including childhood healthy weight programs (CHWPs). Assessing the impact of such efforts can improve program effectiveness and sustainability, build capacity, and advance population health. NCCOR developed A Toolkit for Evaluating Childhood Healthy Weight Programs to walk users through several focus areas to assist them with selecting appropriate measures to include when evaluating their programs.

The toolkit is organized into the following focus areas:

- **Program Evaluation Overview.** Review the purpose of program evaluation, considerations when developing a program evaluation plan, and how to begin.
- **Evaluation Readiness.** Assess how prepared the organization is to implement an evaluation plan and what resources are still needed.
- **Process Measures.** Understand which aspects of the CHWP may help or hinder its effectiveness so that targeted improvements can be implemented.
- **Outcome Measures.** Determine how to measure the impact of the CHWP.
- **Contextual Factors.** Consider potential factors that may affect the program outcomes.
- **Program Sustainability.** Plan on how to support and maintain the program.
- **Remote Evaluation of CHWPs.** Consider how programs delivered remotely may affect evaluation.
- **Resource Library.** Explore 28 evidence-based tools with guides, databases, research articles, and other toolkits that will support the evaluation plan.

Who should use the toolkit?

Although this toolkit is designed for professionals and practitioners who have an interest in evaluating CHWPs in community-based settings, the information in this toolkit can be useful in other settings as well. Whether just getting started or implementing programs for years, the toolkit was developed in collaboration with subject matter experts and CHWP leaders to help users understand and implement the key areas of program evaluation that can be included across CHWPs.

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 offer 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.

How can I learn more?

A Toolkit for Evaluating Childhood Healthy Weight Programs is available at www.nccor.org/tools.
A PDF version is also available for download.



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