

Evaluation and Assessments: A Basic Guide

A Training for the Tampa Bay Network to End Hunger

The Children's Board, Tampa, FL

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Evaluation and Assessments: A Basic Guide

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- III. Overview of Evaluation Process with Local Example
- IV. Steps of Evaluation
- V. Report Back & Questions
- VI. Conclusions

Goal of Training: To provide a basic understanding / framework for evaluating your working group projects

By the end of this training you will:

- Have a plan for evaluating the projects of your working group
- Understand how your working group fits into the larger effort to end hunger
- Understand the ongoing process of evaluation and how to measure short, medium, and long term impacts

TBNEH's goal is to end hunger in Tampa Bay

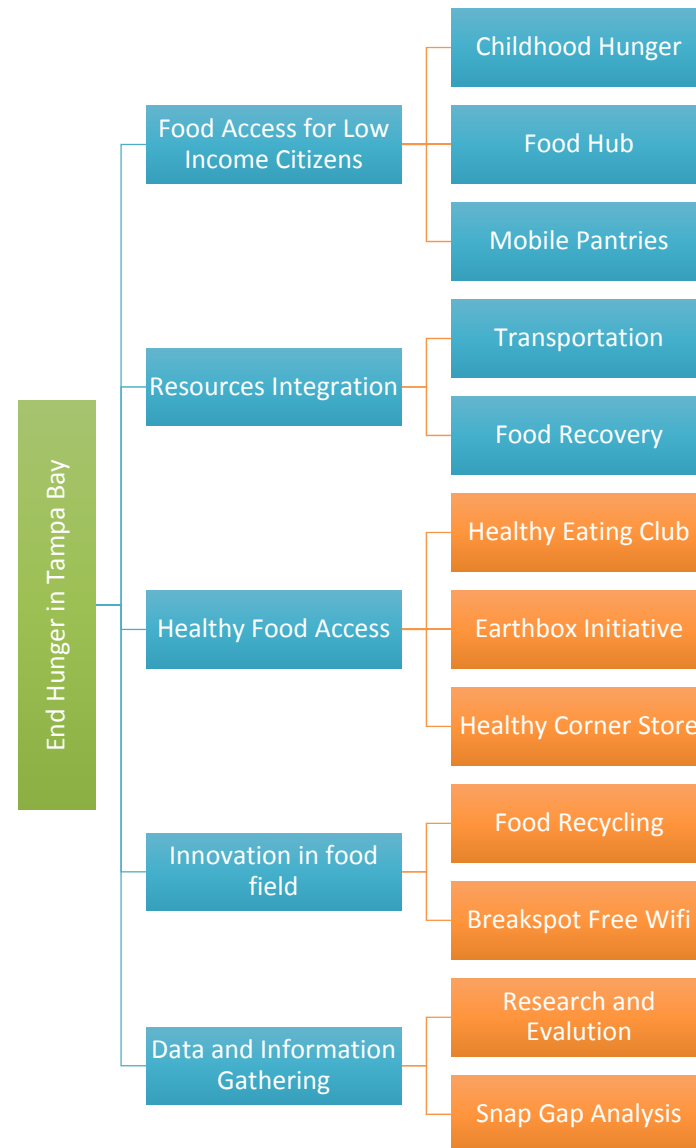
- This is a long term goal that requires all of us working together
- So, all of our working groups should have as our collective goal: Ending hunger in Tampa Bay!
- *BUT HOW DO WE GET FROM WHERE WE ARE TO THERE?*

Main goal and sub-goals: TBNEH example

To end hunger is our main goal.

We need to divide it into smaller pieces (sub-goals).

Each work team has a main goal and several sub-goals.



Round Robin Introductions (45 minutes)

- What's your name and working group?
- What is your working group doing?
- What are the goals for the action you are taking/planning?
- Are you currently evaluating the project or do you have an evaluation plan?

Evaluation – Big Picture



An evaluation process provides us with a deeper and more precise understanding of all aspects of our endeavours.

Evaluation in our Community: Meals on Wheels of Tampa Bay

*Impact of a Home-Delivered Meal
Program on Seniors' Nutritional Risk,
Dietary Intake, Food Security,
Loneliness and Social Well-Being*

Lauri Wright, PhD, RDN



Background

- The elderly are at increased risk of malnutrition.
- Nearly 1 in 12 seniors living in the United States has limited or uncertain access to enough food to sustain a healthy lifestyle
- Older adults are vulnerable to social isolation and poor mental wellbeing
- With the recent budget cuts in MOW, studies on program effectiveness are paramount to demonstrate the value of MOW services

Purpose

- Conduct a summative evaluation of a MOW program to determine the impact of home-delivered meals on the nutritional status, dietary intake, food security level, social wellbeing and loneliness of seniors.

Methods

- Pretest-posttest, descriptive study
- Convenience sampling of clients enrolling in the MOW program
- Clients that agreed to participate were interviewed by phone prior to receiving their first home delivered meal
- Three months after meal delivery service began, clients received a second call to collect post-test data

Measures

OUTCOME	TOOL	SCORE
Nutritional Status	MNA-SF	≥ 12 “well nourished” 8-11 “at nutritional risk” ≤ 7 “malnourished”
Dietary Intake	24 hour, food recall	Calories, protein (g)
Food Security	USDA Six-Item Food Security Scale	0-1 indicates food security 2-4 indicates low food security 5-6 indicates very low food security
Emotional well-being	WHO-5 question	Raw score from 0-25; 0 being the worst possible quality of life and 25 being good quality of life
Loneliness	Three-Item Loneliness Scale	Raw score ranges from 3-12; 3 ₁₂ representing no social isolation and

Results - General

- 62 seniors enrolled in the study, 51 completed
- Average age=74.11 years
- 66% were female, 34% were male
- 58% were Caucasian, 19.4% were Hispanic, 22.6% were African-American

Results – Nutrition Status

Pre-Nutritional Status

- 8.1% = “normal” nutritional status
- 58.1% = “at nutritional risk”
- 33.9% = “malnourished”

Post-Nutritional Status

- 29.4% = “normal” nutritional status
- 67.4% = “at nutritional risk”
- 5.9% = “malnourished”

- 51% of participants improved
- $p < .0005$

Results – Nutrient Intake

Pre-Nutrient Intake

- 1264.39 calories (SD 407.65)
- 54.08 grams (SD 21.55)

Post-Nutrient Intake

- 1620.35 calories (SD 403.84)
- $p < .0005$
- 73.71 grams (SD 21.54)
- $p < .0005$

Results – Loneliness & Well Being

Pre

- Loneliness = 4.05 (SD 3.03)
- Emotional Well Being 13.13 (SD 6.41)

Post

- Loneliness = 2.69 (SD 2.75)
- $p < .0005$
- Emotional Well Being 16.87 (SD 5.34)
- $p < .0005$

Results – Food Security

Pre-Food Security

- 59.7% of participants = “high food secure”
- 9.7% = “low food secure”
- 30.6% = “very low food secure”

Post-Food Security

- 78.4% of participants = “high food secure”
- 21.6% = “low food secure”
- 0% = “very low food secure”
- 41.2% of participants improved
- $p < .0005$

Conclusions

- A high prevalence of malnutrition and risk for malnutrition as well as food insecurity was found among community-dwelling seniors receiving home delivered meals.
- Receiving home delivered meals for a short duration significantly improved nutritional status, dietary intake, food security, loneliness and mental wellbeing.
- Home-delivered meal programs such as Meals on Wheels are a cost-effective method of improving nutritional health and social wellbeing.
- The study has strong public policy implications regarding the value of nutrition programs for the health of seniors.

Setting Up Your Own Evaluation, Step-by-Step

What change are you trying to achieve?

- This is the main goal of your program
- What sub-goals you need to achieve the main one?

What are the steps in achieving your goals?

- These are the activities that help you achieve your goal
- Ongoing programs and services, what are you doing on daily basis?

What has changed thanks to your actions?

- These are your indicators (e.g. number of food pantries in the area, level of knowledge about healthy food among school-age children, etc...)
- Changes in:
 - Individual knowledge, attitudes, behaviors, health outcomes
 - The environment (retail, physical, built)
 - Policies or infrastructure

How it was vs. How it is now?

Evaluation – process of change tracking

- Initial measurement: Did you measure the stated output? (e.g. Number of healthy corner stores in the city? Miles of bike lanes?) If not, how can you get that information?
- How often can we measure our indicators (e.g. annually, monthly, daily – frequency depends on our indicator)

How will you measure change?

- These are your methods
- Different methods based on what you're measuring
 - Individual behavior, knowledge—surveys, focus groups, interviews, health measures (BMI, etc.), diaries
 - Social and infrastructure environment— observation, site visits, statistical analysis
 - Policy & Systems— desk research, interviews with key stakeholders

Do you have the capacity to measure this way?

- Take stock of what resources you have
- Consider
 - Do you have enough staff for this?
 - Do you have enough time to do this?

Report Back & Questions

Work Group:

Goal:

Activities:

Indicators:

Methods:

Resources:

Concluding Points

- Remember to evaluate from the beginning
- Your evaluation matters for your work group and for the Network
 - What works and what doesn't
 - Evidence for grant applications
- Evaluating will help the Network identify what should be replicated, where any gaps are, and what projects to tackle next to help end hunger

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