

Using Theoretical Frameworks to Evaluate a Coordinated School Health Program

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Abstract

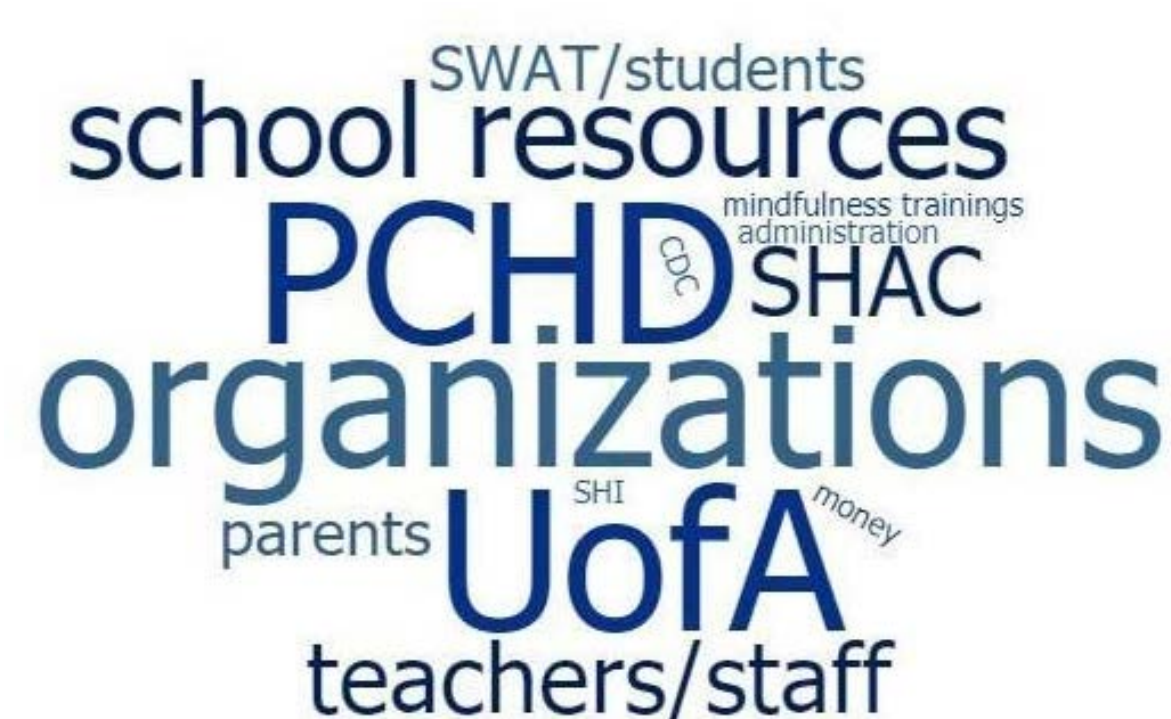
Background: The Coordinated School Health Program (CSHP) supports school wellness coordinators in implementing school wellness programming. In Pima County, 53.3% of low-income children are overweight or obese (CDC, 2013). Providing effective support services (e.g., technical assistance [TA]) via the CSHP is essential for student health and wellness.

Objectives:

- Form a partnership between **Pima County Health Department (PCHD)** and graduate students in **The University of Arizona's College of Public Health HPS 532A** focused on the CSHP.
- Conduct an evidence-based **community assessment** evaluating CSHP resource availability, accessibility, and utilization in one low-income school district.
- Develop an evidence-based **program plan** for CSHP support service improvement, and an **evaluation plan** to measure success.

Assessment Results

Assets:



Barriers:



Figure 1. Assets and barriers identified by wellness coordinators. (Font size reflects frequency mentioned)

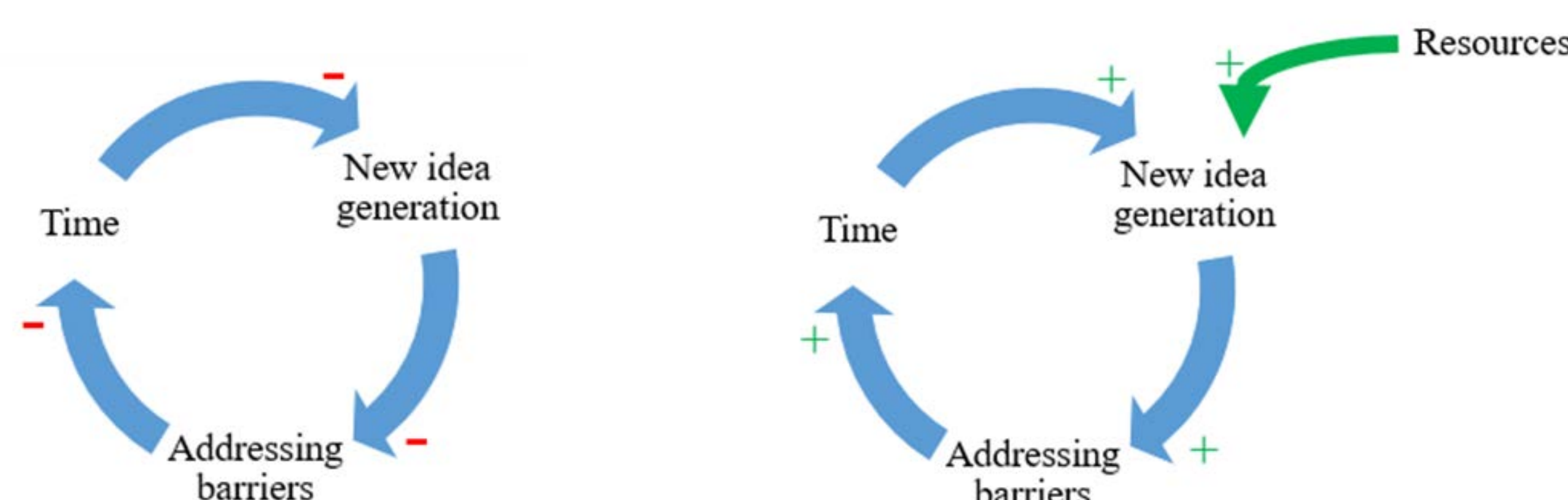
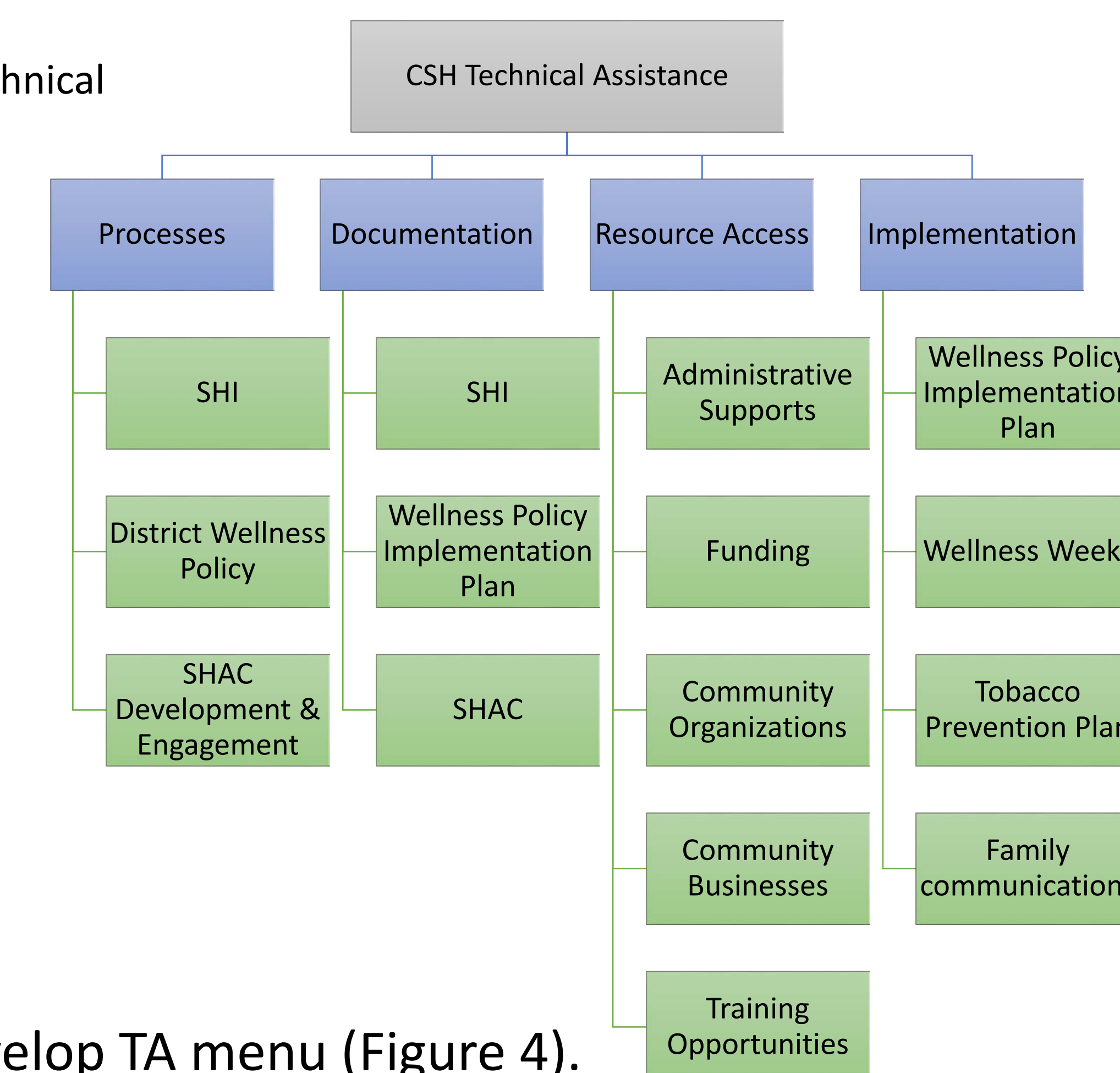


Figure 2. Reinforcing loops based on CSHP community assessment. *Left.* Current reinforcing loop. *Right.* Anticipated loop after program plan implementation.

Program Plan

Figure 4. CSHP Technical Assistance Menu



Objective 1.1 Develop TA menu (Figure 4).

Objective 2.1 Implement scheduled proactive TA.

Objective 3.1 Implement shared TA documentation system.

Objective 4.1 Implement idea/resource bank.

Methodological Framework

Guided by the *Getting To Outcomes*[®] framework (Wandersman et al., 2000):

1. **Conduct needs/resources assessment:** windshield survey, quantitative and qualitative wellness coordinator interviews (Figure 1)
 2. **Establish goals/desired outcomes** (Figure 2)
 3. **Consider best/promising practices:** Evidence-Based System for Innovative Support (Figure 3)
 4. **Assess fit:** CSHP focus group
 5. **Address capacity issues:** PCHD CSHP focus group
 6. **Develop a plan:** CSHP TA Enhancement Project (Figure 4)
- Next steps:*
7. **Implement plan & conduct process evaluation**
 8. **Conduct outcome evaluation**
 9. **Engage in continuous quality improvement**
 10. **Address sustainability issues**

Theoretical Framework

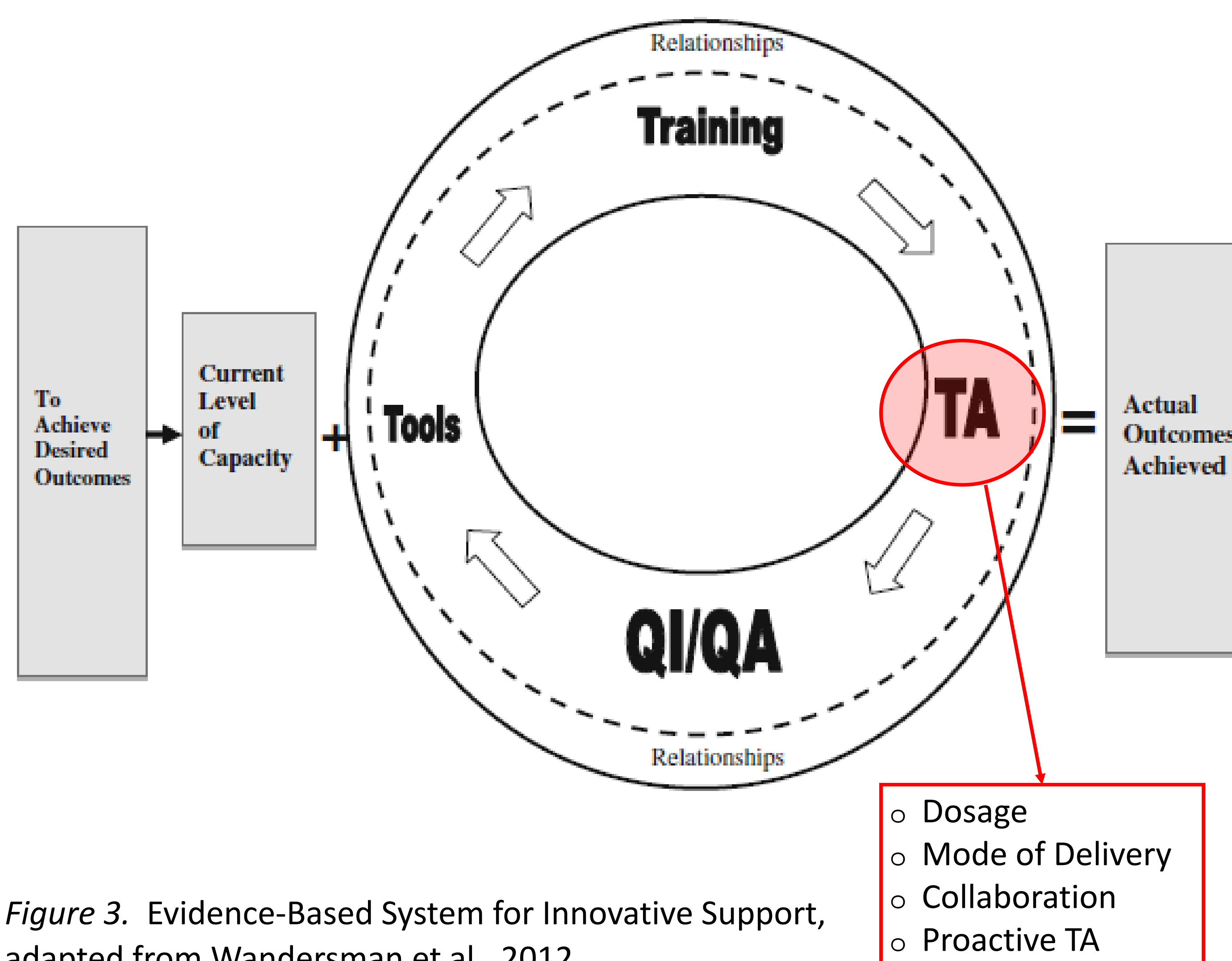


Figure 3. Evidence-Based System for Innovative Support, adapted from Wandersman et al., 2012.

Conclusions

- The *Getting To Outcomes*[®] framework is useful for supporting a systematic, comprehensive approach to guide assessment, improvement, and evaluation of a CSHP.
- The *Evidence-Based System for Innovative Support* provides an evidence-based framework for enhancing TA in a CSHP.
- Using theoretical frameworks shows promise in supporting evidence-based improvements for the CSHP in Pima County.

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