



**Nine years on-**

**Reflections on the evaluations of**

**a community-based peer**

**education program**

# Family Food Patch Program Logic

Goal- To improve childrens nutrition and physical activity by training and supporting community peer educators

Inputs	Activities	Outputs	Short-term impacts	medium term impacts	long term outcomes
Time (9 years)	Develop resources	Training manual and CD	Peer educators increase knowledge and skills	Peer educators change their own and their families eating and activity practices	Increased community awareness about childrens nutrition and PA
Project Officer 3days/wk	Recruit peer educators	222 Peer educators trained	Peer educators increase confidence talking and doing activities with peers and community groups	Peer educators discuss/do activities within their communities	Improved social norms about childrens nutrition and PA
Dietitian 3days/wk	Run 5 week training courses (25 hours)	27 training courses	Peer educators able to access suitable resources	Peer educators act as role model	Increased number children following dietary and PA guidelines
Funding (\$50,000-80,000/yr)	Provide support for peer educators	Resources eg Start Them right booklet, Lunchbox Display Kit, newsletter	Participants feel supported	Peer educators act as advocates	
Partnership between CHAT, Eatwell, DHHS and PAT(2001-2004)				Peer educators support local initiatives eg school canteen accreditation	

# FFP Evaluation History

Year	Evaluation Purpose	Methodology	Evaluation focus
<b>2001</b>	Needs assessment (program context)	Focus Groups Surveys Research	Parents
<b>2001-2004</b>	Program implementation Program refining and improvement	Pre/Post course Surveys Phone interviews	Peer educators Participants
<b>2006 (new funding)</b>	Program clarification and improvement Needs assessment (PA)	Interviews	Program content Parents

# FFP Evaluation History (cont)

Year	Evaluation Purpose	Methodology	Evaluation focus
<b>2007/2008</b>	Learning Empowerment Impact on peer educators	Partnership evaluation In depth-Interviews	Peer educators Partners
<b>2009</b>	Impact on Project team Impact on peer educators and their communities Needs assessment review	Telephone interviews  Focus groups Research	Project team Peer educators  Parents

# Evaluation Challenges

Program changed according to funders needs

Evaluation of community based peer education programs is challenging due to:

- peer educators being reluctant to keep records of their activities
- informal and diffusional nature of many peer educator activities
- diverse communities and settings in which they operate.

