



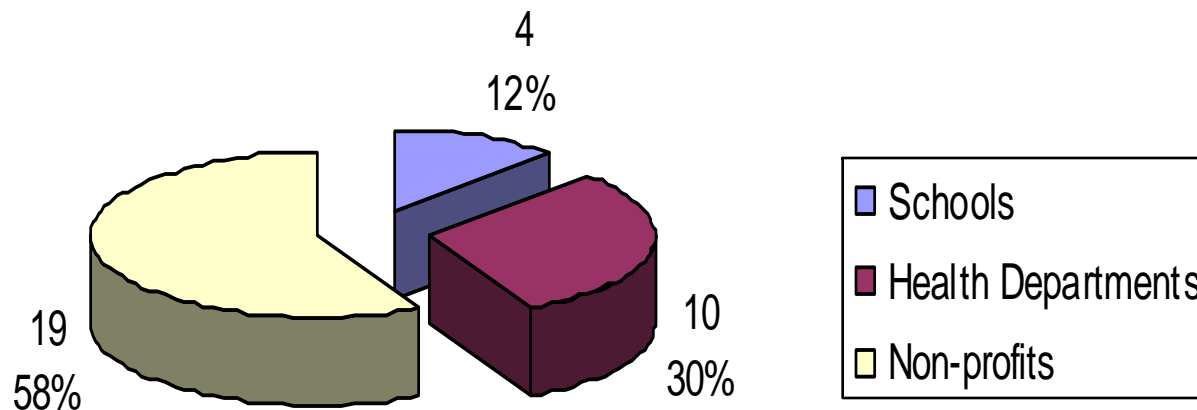
Preliminary Results from an Evaluation of Obesity Prevention Programs in Missouri

Missouri Foundation for Health

- Nonprofit organization focused on health outcomes in the state of Missouri.
 - Address gaps in care and serve un- and underserved populations across the state on a wide range of health issues.
- Awarded just over \$11.4 million in 2007 for programs targeting obesity prevention, diabetes management and other community-based health interventions.

[Healthy and Active Communities]

- One of four initiatives charged by MFH with the distribution of these funds
 - 33 Grantees targeting obesity prevention in 2005 (15) and 2006 (18)

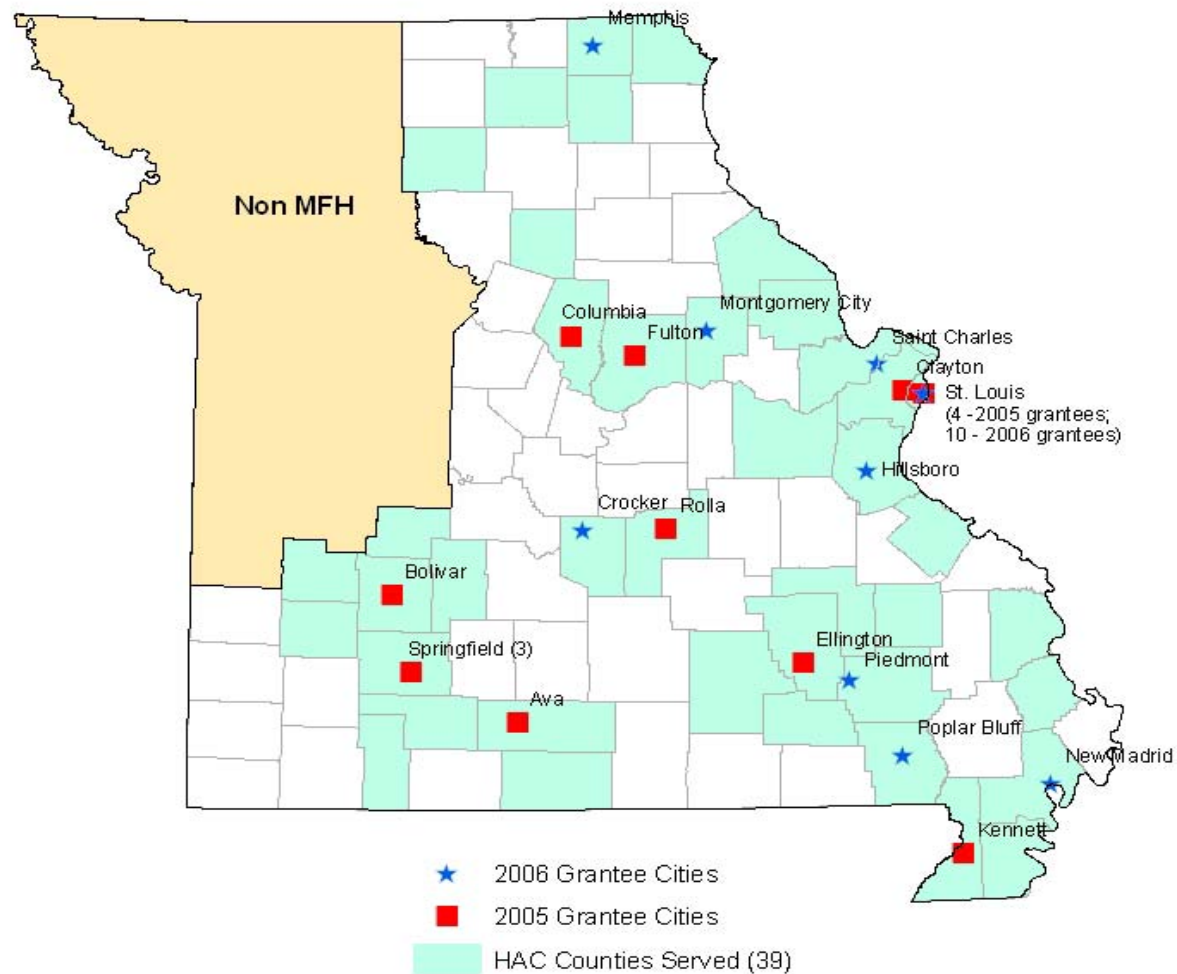


[Health and Active Communities]

- Target a wide variety of populations
 - School 58.1%, After-School 51.6%, Pre-school 23.3%, Community 76.7%, Worksite 53.3%, Healthcare 40.0% Seniors 9.0%
- Heavy but not exclusive focus on Youth

Healthy and Active Communities

- Sites over a wide geographic area

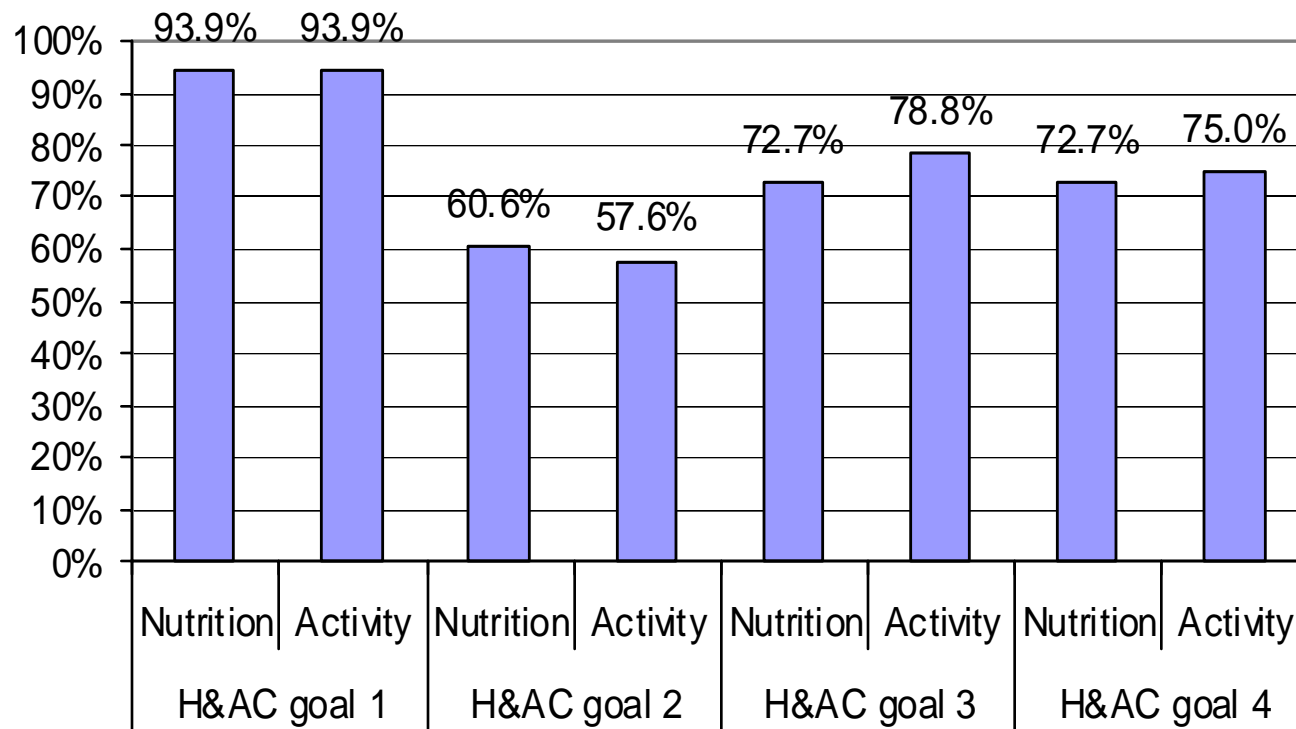


[Healthy and Active Communities]

- Funded programs must align with at least one of the foundation's four goals for the initiative.
 - Goal 1: Increase the proportion of adults, adolescents or children who implement sound principles toward achieving and/or maintaining a healthy weight, which includes healthy eating, regular physical activity and positive behavioral strategies.
 - Goal 2: Increase the proportion of community coalitions, faith-based organizations or local and state health agencies that provide community education on the importance of good nutrition, physical activity and healthy weight.
 - Goal 3: Increase community access to physical activity opportunities and healthful foods.
 - Goal 4: Develop or strengthen collaborative efforts to implement local public policies that promote physical activity and healthy eating.

Healthy and Active Communities

- 2005/2006 programs broadly distributed across these goals



Evaluation Challenges

- Multiple program types, multiple target populations, multiple locations (some multi-site), multiple organization types
 - Did not have ability to pre and posttest or establish control groups in most programs
 - Limited experience with data collection among some grantees
 - Organizational rather than individual level data on outcomes for most sites
 - Relatively limited number of sites (limiting available analytical approaches)

[Evaluation Model]

- Examine self-identified levels of success on initiative goals previously identified by grantees
- Chose to focus first on organizational capacity as the most generalizable correlate of success or failure across disparate programs
- Evaluation will ultimately examine interaction of organizational and community factors

Conducting the Evaluation

- Information collected via:
 - Initial interviews with directors
 - Grantee surveys
 - Follow up site visits
 - Collection of site documentation (e.g. interim reports to MFH)
- Values for major indicators scored by Institute researcher who visited site and Principal Investigator
- Will rely on community “informants” for community readiness indicators

[Measuring Success]

- Use a measure developed by the Colorado Trust for similar types of evaluations (including obesity prevention); created from grantee responses to 6 questions
 - 1) Did the program accomplish its specific objectives?
 - 2) Did the project accomplish more than its original goals?
 - 3) Did the project have a concrete impact on the root problem it targeted?
 - 4) Did the project lead to other projects or efforts?
 - 5) Did the project help change the way the community works together on public issues?
 - 6) Did the project lead to some individuals becoming new leaders or more engaged community members?

[Measuring Success]

- Measure of total success is an additive index of yes/no responses.
 - Components were internally consistent with a Chronbach's Alpha of .66
 - Ranges from 0 to 6, with a mean of 3.26
 - Measure is uncorrelated with poverty or level of urbanization

Measuring Organizational Capacity

- Use the Modified McKinsey Capacity Assessment Grid
 - Measures capacity on a set of subcomponents including aspirations, strategy, performance management, planning, fund-raising/revenue generation, external relationship building/ management, other organizational skills, human resources, and infrastructure
 - Asks evaluator to rank capacity from 1 (Clear need for increased capacity) to 4 (High level of capacity in place) on elements of each of these subcomponents
 - Elements of subcomponents were internally consistent
 - Subcomponents were internally consistent except for fund raising capacity and monitoring of the environment (Chronbach Alpha > .7)

Relationship Building Example

Capacity	1 Need for Increased	2 Basic	3 Moderate	4 High
Partnerships and alliances development and nurturing	Limited use of partnerships and alliances	Beginning to build relationships	Effectively built and leveraged some key relationships	Built, leveraged, and maintained strong, high-impact, relationships
Local community presence and involvement	program's presence either not recognized or generally not regarded as positive	program's presence somewhat recognized, and generally regarded as positive	program reasonably well-known within community, and perceived as open and responsive	program widely known within larger community, and perceived as actively engaged with and extremely responsive to it

[Findings]

- □ Positive relationships between most individual measures of organizational capacity and Program Success
 - Interestingly few correlations between individual measures of capacity
 - For example, those organizations with plenty of experienced staff and strong support from superiors are often not the same ones that have well developed performance planning and management capabilities
- Human resources capabilities (comprised of staffing and board support) show the largest bivariate association with success

[Findings]

- The number of partnerships formed by an organization is also a strong correlate of success.
 - Interestingly, while relationship building capacity is not a direct predictor of success, it does correlate significantly with partnership activity
 - suggests an indirect relationship for organizational capacity



[Findings]

- School based programs tend to achieve higher levels of success.
 - Perhaps due to the greater overall capacity of these well established organizations.
 - The number of schools involved in a program does correlate positively with most measures of capacity

[Findings]

- Factors in the community moderate the impact of these predictors of success
 - As very coarse interim indicators of community conditions we explore the impact of poverty and population density
 - Neither is correlated directly with success, however...
 - Partnerships have a larger impact on success in areas where the poverty level is above the state average.
 - School based programs have even greater success in impoverished areas

Conclusions

- Previous research often focuses on one type of intervention providing little information on factors that might increase the impact of various disparate programs
 - This evaluation offers some generalizable correlates of success
- Honing tools for evaluating multi-site, multi-program, multi-organization programs becoming increasingly important as more foundations like MFH fund broad and ambitious initiatives such as Healthy and Active Communities