

# APHA Learning Institute: Social Norms Marketing

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# Goals for today

- Review Social Norms THEORY & related Research
- How to use DATA to strategically reach an audience and evaluate outcomes
- Provide hands on experience with “clickers”
- Provide practical details about the “steps” in the process of creating a SNM campaign
- How to use a logic model to design project evaluation

# CLICKERS or Audience Response Technology

- An active learning strategy
- A way to quickly collect data from community groups
- A tool for correcting misperceptions
- Systems are rapidly becoming affordable and user-friendly



**True  
Confessions:  
*I was a social  
norms  
coward  
when I started  
using  
clickers!***



# Have you ever used clickers before?

1. No, I'm a clicker virgin
2. Yes, just once but I didn't inhale
3. Yes, I'm a clicker guru



No, I'm a clicker virgin

Yes, just once but I di...

Yes, I'm a clicker guru

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# How familiar are you with Social Norms Marketing?

1. Never heard of it
2. A little familiar
3. Moderately
4. Very familiar
5. I could write a book about it



Never heard of it  
A little familiar  
Moderately  
Very familiar  
I could write a book ...

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# What Is A Norm?

- Norm: an unspoken social rule or code about how people are supposed to behave or what they are supposed to believe.
- People have to infer what norms are.
- Norms are not explicitly taught or explained.

# Misperceived Norms

- As a result, people misperceive what the norms are.
- Everybody thinks everybody else does more of everything than they actually do.
- We tend to overestimate how much other people do unhealthy things and underestimate how often people do healthy things.



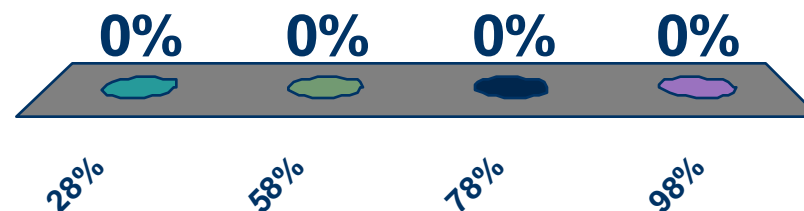
# During the past month, what percentage of folks in the US participated in physical activities?

1. 27%
2. 57%
- ★ 3. 77%
4. 97%



Source: <http://apps.nccd.cdc.gov/brfss/index.asp>, 2006 Data

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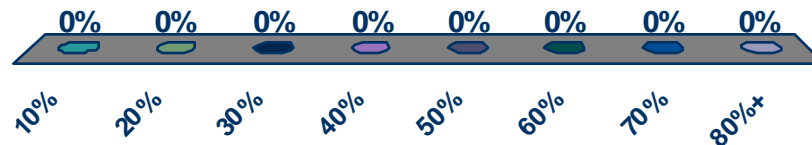
# What percent of adult Americans are current cigarette smokers?

1. 10%
2. 20%
3. 30%
4. 40%
5. 50%
6. 60%
7. 70%
8. 80%+

20.1%



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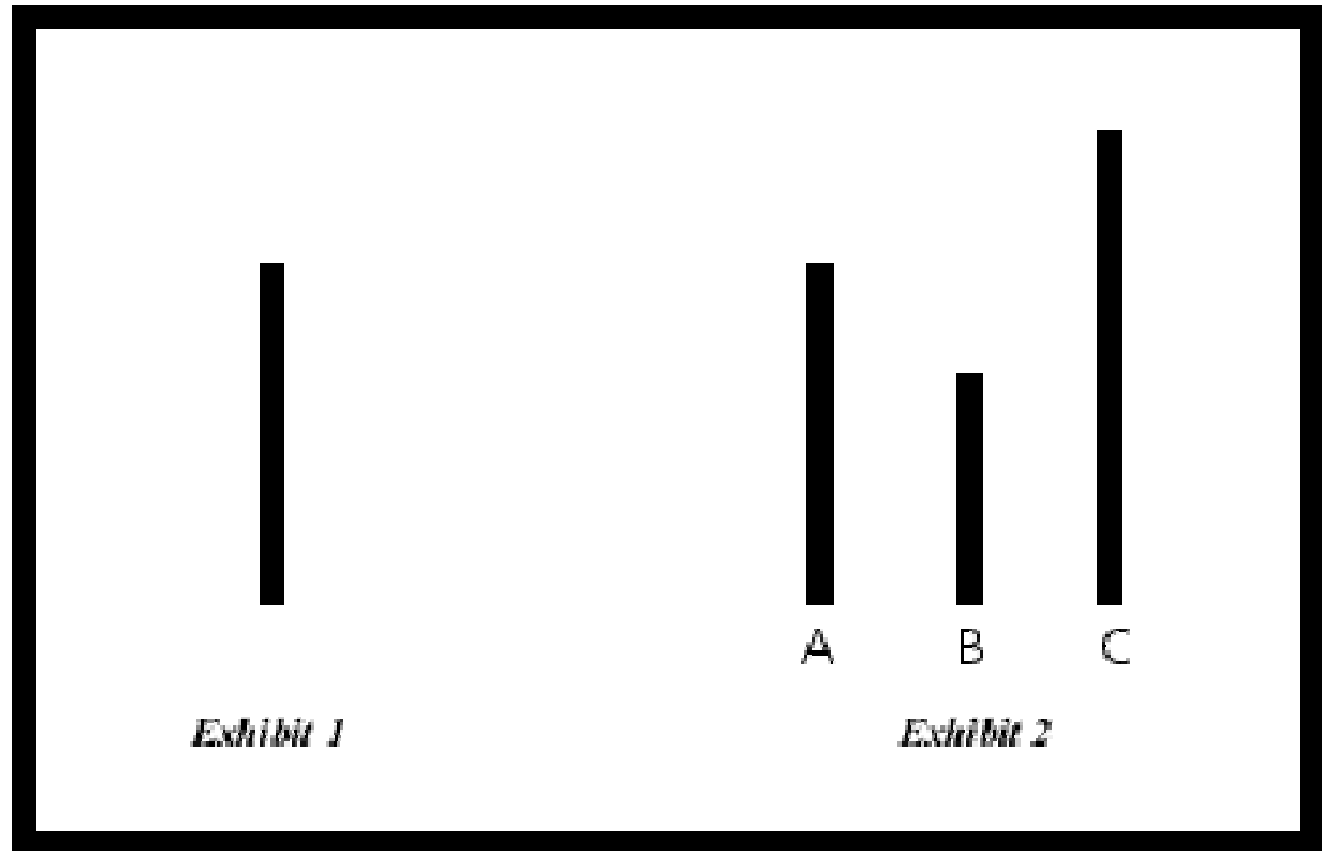


# Why Do Misperceptions Matter?

- Misperceived norms are as powerful as actual norms in influencing behavior.
- When most people think unhealthy behavior is the norm, that allows the unhealthy behavior to go unchallenged.

# We Are Social Beings

- Landmark study by Solomon Asch
  - Participants presented with standard lines
  - Which line in Exhibit 2 matches Exhibit 1



# How Do Misperceptions Occur?

- We notice the “difference” not the pattern. “Out of the Ordinary” gets the attention.
- Focusing on the unusual makes it appear usual.
- Not-normal behavior looks like the Norm.



Are most people drinking or not drinking?

What do you remember?

# What Stands Out?



# How our brains process information

- Brains are meaning making machines
- Fill in the blanks
- Hard to change beliefs once established
- Finding what “should” be; contradictions



# “Cambridge Sentence”

According to a researcher at Cambridge University, it doesn't matter in what order the letters in a word are, the only important thing is that the first and last letter be at the right place. The rest can be a total mess and you can still read it without problem. This is because the human mind does not read every letter by itself, but the word as a whole.

# Basketball Video

- According to Quantum Physics, focusing actually causes changes in energy fields that automatically produce a physical change in your surroundings
- What we focus on expands
- Important to focus on the normative healthy behaviors we want to increase

## 2 Opposed REALITIES

**MOST**  
of our youth

- Don't smoke cigarettes
- Don't do drugs  
and
- Don't use alcohol or have an alcohol problem.

**a MINORITY**  
of our youth

- Are addicted to tobacco
- Do use drugs  
and
- Do have a serious problem with alcohol!

# What we have learned so far:

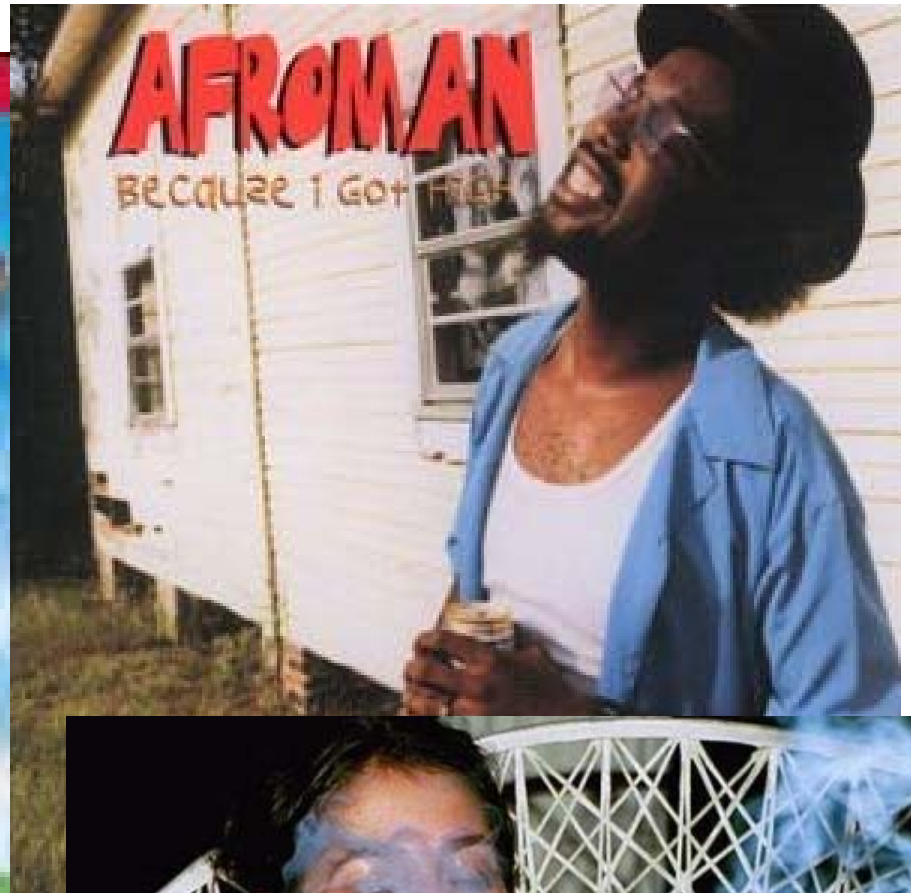
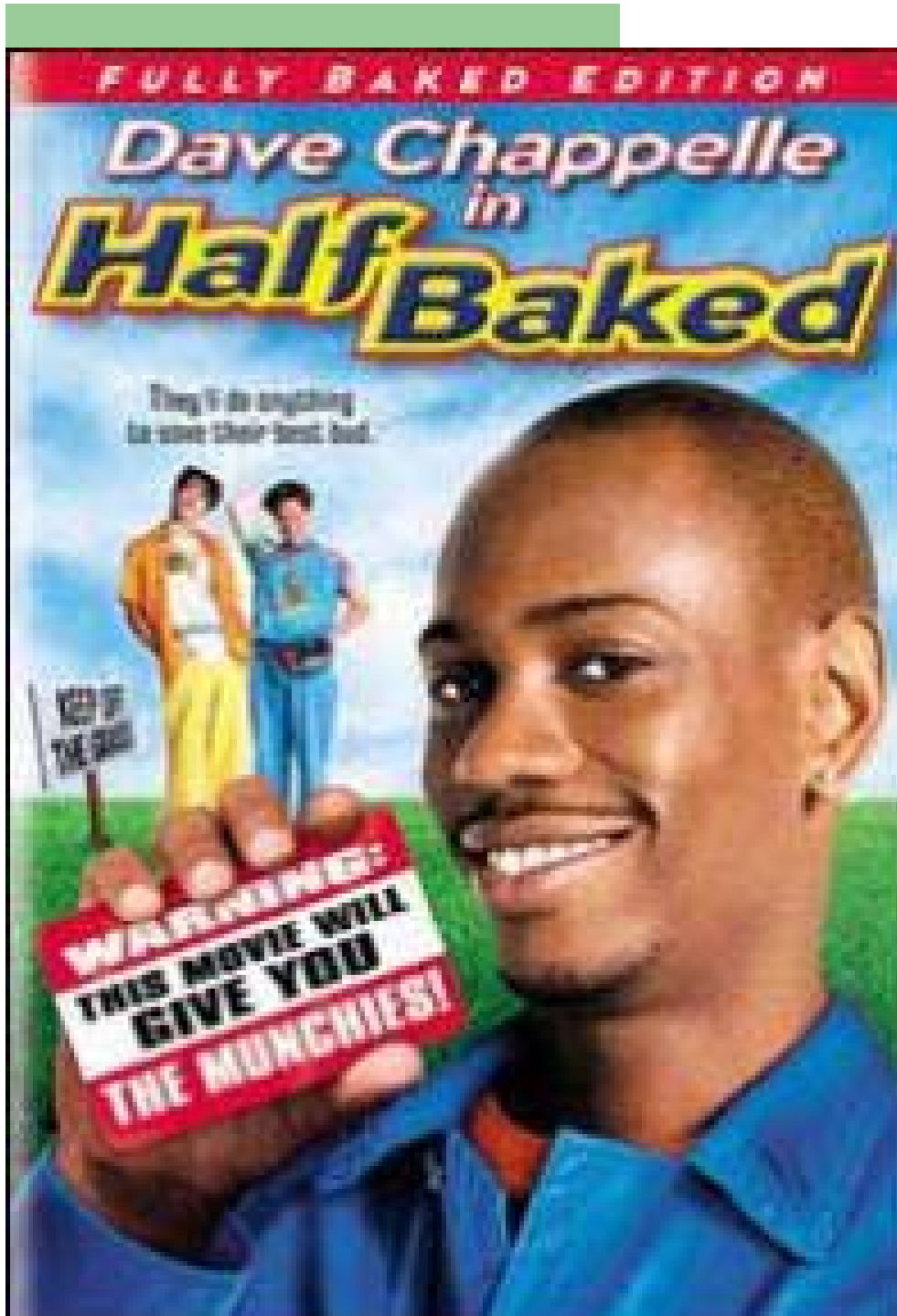
- Our brains are very efficient; very good at using incomplete or partially inaccurate data
- We are social beings, influenced by what we believe to be true for others
- We often find it difficult to “see” opposing realities
- Often, it is the different, the dramatic that grabs our attention
- On the other hand, we can over-focus and ignore an important part of the “obvious” reality

## And, therefore, the point is:

- We can MIS-perceive the unusual as the norm, ignore the truly normal, and so base our actions on false ideas about others.

# How Does Misperception Occur?

- Media plays a part in shaping images
- Follow the same principles of noticing what is different
- Can these messages be reshaped?





The movies, sit coms, etc, etc,

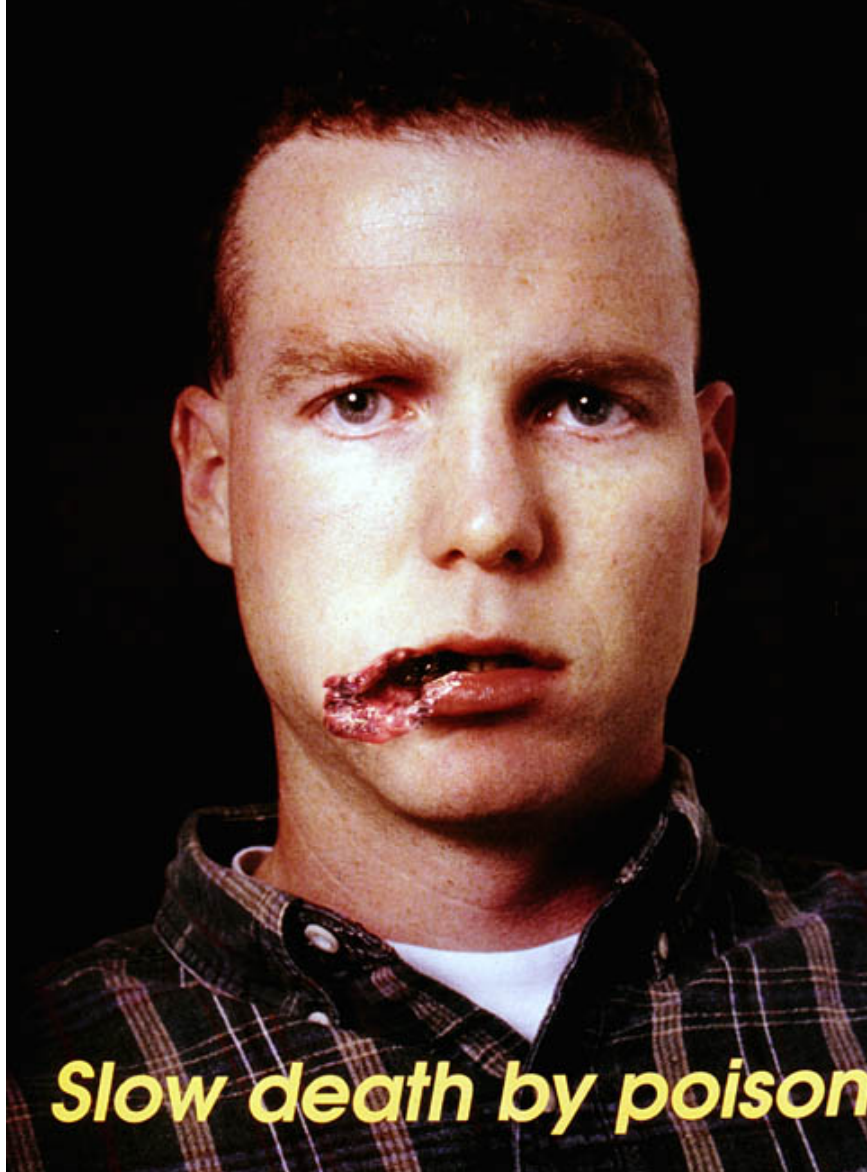




# Now what?

- We care so much we want to “*scare the health into them*”
- Unfortunately, we inadvertently NORMALIZE the very behavior we are trying to decrease.
- Sir Winston Churchill is so often quoted, The only thing we have to fear is fear itself.
- Fear in ads keeps us in the past (fearful experience) or worried about the future (potential fearful experience)
- It does not allow us to be in the present moment

# Smokeless Tobacco



**Slow death by poison**

**Not everyone who gets hit  
by a drunk driver dies.**



Jacqueline Saburido was 20 years old when the car she was riding in was hit by a drunk driver. Today, at 23, she is still working to put her life back together.

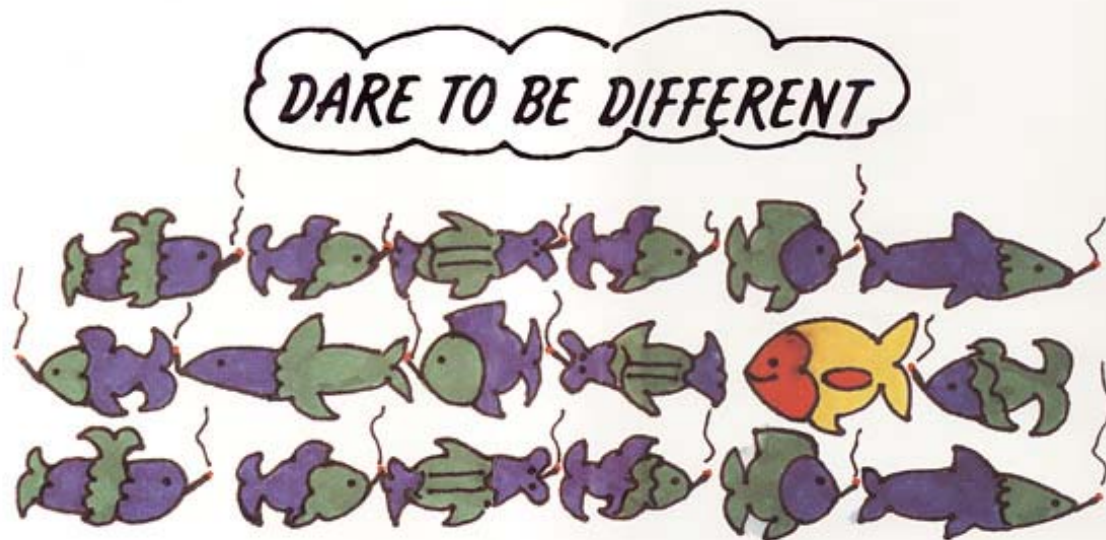
*Learn more at [www.TexasDWI.org](http://www.TexasDWI.org)*

**DON'T DRINK & DRIVE**

**Save a Life**  
Texas Department of Transportation

Texas Department of Public Safety • Texas Alcoholic Beverage Commission • Texans Standing Tall • Partnership for a Drug-Free Texas • Texas Commission on Alcohol and Drug Abuse

In health promotion, we inadvertently normalize what we are trying to prevent!



**PLEASE DON'T SMOKE!**



Illinois Attorney General Jim Ryan & Illinois Association of Park Districts



**CHUGGING CAN KILL.**

Anyone who drinks too much alcohol too fast can die from alcohol poisoning. Even you.

*Make the choice to make a change.*



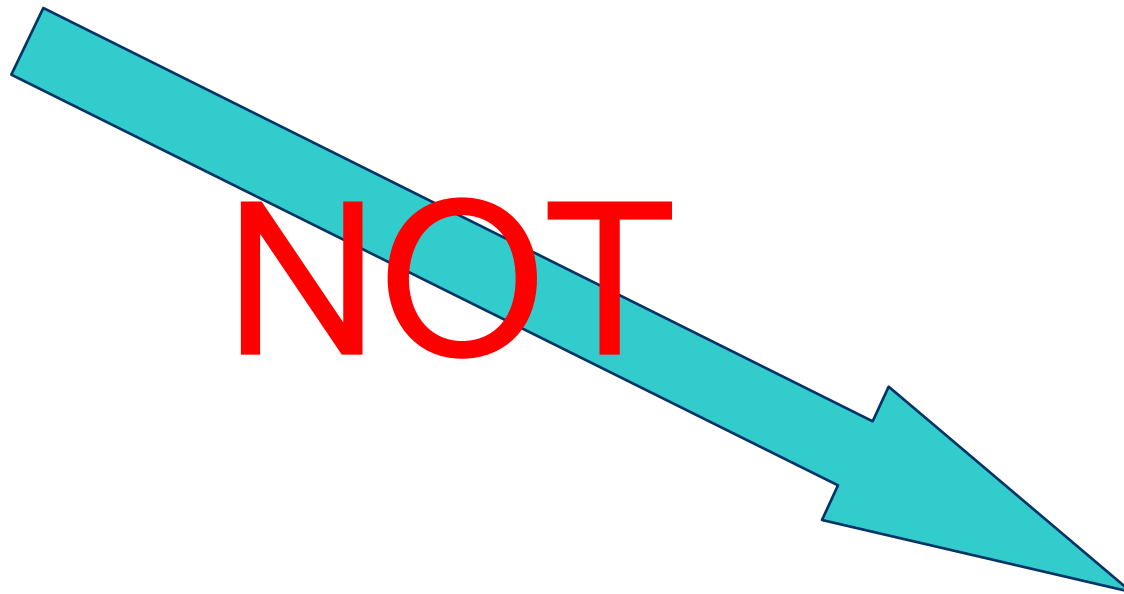
**What's the  
problem with  
this  
prevention  
campaign?**

# What message is this sending?



**SNM is about a persuasive relationship.  
It doesn't assume.  
It doesn't lecture or terrorize.**

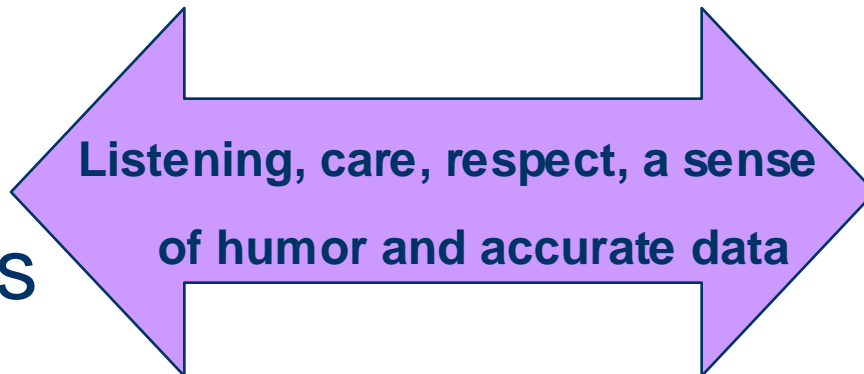
Us



Them

# Social Norms Practice is based on a long term relationship

SNM  
Practitioners



Community  
Members  
or Students



# SN Intervention Strategies

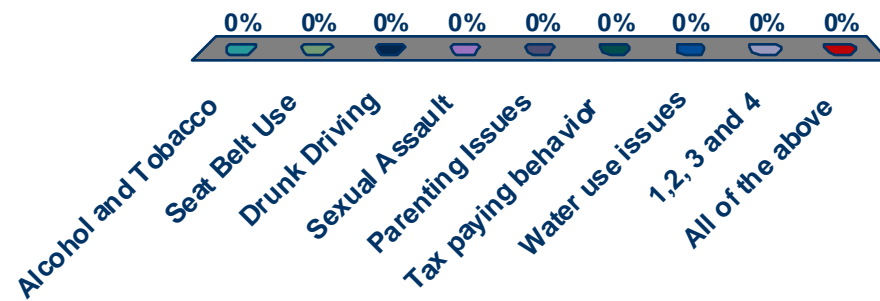
## Correcting misperceptions will correct drinking behavior (Perkins & Berkowitz)

- **Social norms marketing:** Original interventions based on reaching intended populations through mass media using best practices in social marketing (Haines)
- **Small group social norms:** Delivers message to specific parts of the population (usually high risk, e.g. fraternal organizations, athletes) in small groups, often using peer facilitators (Larimer, Miller & Farr)
- **Online personalized feedback:** Delivers message individually through an online program that provides immediate feedback to how an individual's behavior and perceptions of others compares to the population reality (Neighbors)
- **Brief motivational interviewing:** Delivers message using psychotherapeutic technique of Motivational Interviewing, individually or in groups, usually to an "indicated" population (e.g., students mandated for intervention because of violation of an alcohol policy)

# What health issues have been addressed with “social norms approaches”?

1. Alcohol and Tobacco
2. Seat Belt Use
3. Drunk Driving
4. Sexual Assault
5. Parenting Issues
6. Tax paying behavior
7. Water use issues
8. 1,2, 3 and 4
9. All of the above

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# How to Design a Social Norms Campaign

“I begin with an idea and then it becomes something else.” - *Picasso*

- Choosing the audience
- Gathering Data
- Evaluating Data
- Developing Message
- Testing Message

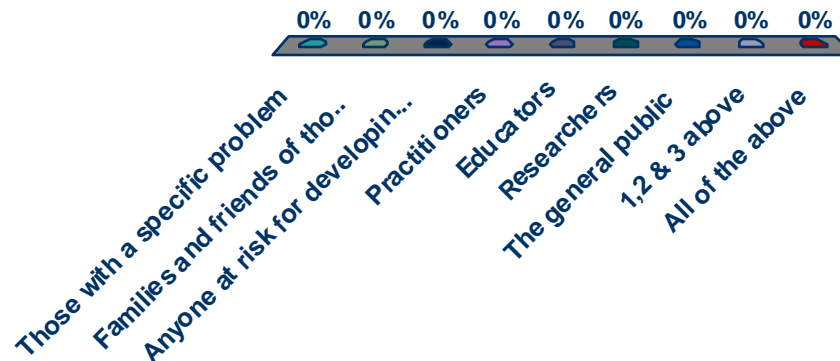
# Who might benefit from a social norms campaign? (best answer)

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1. Those with a specific problem
2. Families and friends of those with a specific problem
3. Anyone at risk for developing the problem
4. Practitioners
5. Educators
6. Researchers
7. The general public
8. 1,2 & 3 above
9. All of the above



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# Why does marketing work?

Because Marketers know who their target audience is and they LISTEN to them.



Be consumer focused!

# Choosing Your Audience through Research

- Has a need for a behavioral change
- Can be reached
- For UVA, this was First Year Students
  - Captive audience
  - High-risk population
  - Manageable beginning

# Gather & Evaluate The Data

Don't give up on the truth! Be persistent!

- Media Habits Survey
  - Where do folks get information?
  - What media sources do they believe are credible?
- Attitudes and Behaviors Survey
  - Clicker technology
  - Web based or paper/pencil

# Two Uses for Survey Data

- Gather normative information to use in social norms marketing campaign
  - What are the current perceptions?
  - What are the actual behaviors?
- Test the effectiveness of the intervention
  - Who are you trying to *change*?
  - Did you succeed in reaching your true target population?



# Quantitative Measures

## Survey instruments

- creating one vs. using existing one
  - with your own, get exactly what you want
  - established survey, can benchmark & add additional questions
- web based vs. paper vs. classroom
- Dillman method
- Incentives
  - token of appreciation (\$5 max)

## Intercept Interviews

- One page survey
- Creates a snap shot view
- Purposeful sample

# Don't be too proud to do your own intercept surveys...

Person Conducting Survey: \_\_\_\_\_ Area Surveyed: \_\_\_\_\_ Date: \_\_\_\_\_  
 This is totally optional and anonymous. If you would like to answer a few brief questions, I would be happy to give you a prize.

Gender	Race	Class	<b>This semester, there have posters placed around campus about the health of VCU students and about their alcohol use?</b>	<b>The messages were:</b> "Most VCU students are healthier than you think" "Most VCU students have 0-4 drinks when they go out."
Male Female	White Black Hisp Asian Other	Fresh Soph Jr Sr Grad	Did you see the posters? YES NO If yes, what was the message?  <b>Where did you see the posters?:</b> Residents Halls _____ Classrooms _____ Bus/Stops _____ VCU 101 Class? _____ Other? _____ Any promotional items? _____ If yes, what? _____ How often did you see the posters? Rarely _____ Weekly _____ Daily _____	Do you believe the healthier messages? YES NO Why or why not?  Do you believe the 0-4 message? YES NO Why or Why not?  Are you interested in seeing more posters? YES NO
Male Female	White Black Hisp Asian Other	Fresh Soph Jr Sr Grad	Did you see the posters? YES NO If yes, what was the message?  <b>Where did you see the posters?:</b> Residents Halls _____ Classrooms _____ Bus/Stops _____ VCU 101 Class? _____ Other? _____ Any promotional items? _____ If yes, what? _____ How often did you see the posters? Rarely _____ Weekly _____ Daily _____	Do you believe the healthier messages? YES NO Why or why not?  Do you believe the 0-4 message? YES NO Why or Why not?  Are you interested in seeing more posters? YES NO
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# Qualitative Measures

## Focus Groups

- In-depth **guided** discussion
- 6-8 members of your audience; **with replication**
- Tape-recorded for further evaluation

## Connectors

- Tipping Point by M. Gladwell
- Monthly meetings with 8-10 participants

# Developing the Message

- Messages (P.I.E.-Michael Haines)
  - Positive
    - beneficial, constructive, affirmative, optimistic
  - Inclusive
    - incorporating, embracing, involving, comprehensive
  - Empowering
    - potent, control, energy, authority, strength

“If you want people to read your copy, make your copy readable.”



Andygoodmanonline.com

VCU students like to have a good time — but they know when to draw the line.\*

Most (67.1%) had 0-1 sex partner in the last year.

Most (68.5%) drank alcohol on 5 or fewer days in the last month.

Most (60.7%) had 0-4 drinks the last time they partied.

Office of Health Promotion  
University Student Health Services  
Division of Student Affairs  
& Enrollment Services

\*Statistics from VCU Spring 2005 random undergraduate classroom survey (n=1,055).  
See [www.yourstrategy.org](http://www.yourstrategy.org) for an explanation of this research. 1 drink = 12 oz. beer, 4.5 oz. wine, or 1 oz. liquor.

# What is a Norms Message?

**Norms are majority data (51% or better)  
for example...**

- **87% of UA students don't drink and drive**
- **3 out of 4 VCU students have never used a fake I.D.**
- **73% of XYZ High school students do not smoke**
- **The typical UA student spends approximately 10 hours per week studying and completing school assignments outside of class**

# Most parents

Montana Parent Norm  
Survey—July, 2000  
**MOST of us™**

**When Asked:**

“Does your teen call  
if they are going to be  
late getting home?”

92% say  
“Always or  
usually!”

Link to *Parent Tips* at:  
[www.mostofus.org](http://www.mostofus.org)

A Message from the Montana Department of Public Health and Human Services.



# VCU's new campaign

**It's not a hairball.  
It's your cigarette.**

Exposure to secondhand smoke increases your cat's chance of developing oral cancer.\* You've got the choice of smoking or not smoking. A pet living in your home doesn't have the same choice. Isn't it time to make a healthy choice for your best friend?

Most VCU students (7 of 10) don't smoke, and most smokers want to quit. We can help. Free Quit Kit at University Student Health Services. Get more information by calling 828-8828. Visit [www.smokefreevcu.org](http://www.smokefreevcu.org). Or call the Virginia Quitline — 1-800-QUIT-NOW — free for anyone.

*Smoke-free zone!*



\*Information from the American Lung Association's Guide to the Causes of Health Problems and VCU Student Health Services at 800-800-8000 for more information. Reprinted and adapted by the Commonwealth and Parkland's Office, Division of Student Affairs and Enrollment Services, 1998.



# Behavioral Versus Attitudinal Norms

- Need to decide which you are going to use
- Behavioral (Descriptive): What the intended audience *is doing*
- Attitudinal (Injunctive): What the intended audience *thinks folks should be doing*

# Example of Behavioral Norm

**MOST** Montana  
young adults  
(4 out of 5)  
don't drink  
and drive

**MOST** of  
us  
[www.mostofus.org](http://www.mostofus.org)

**DESIGNATED DRIVERS SAVE LIVES**



# Example of Behavioral Norm

*Invest in Me!*

**MOST Seattle voters support local taxes to fund public education.**



respects

**A**

WO**MAN**

9 out of 10 JMU men stop  
the first time their date  
says "no" to sexual activity.\*

\*Based on survey data collected by the University Health Center (UHC) (2000) from a random, representative sample of 425 JMU men (www.jmu.edu/healthcenter/). Funded by a grant from the Virginia Department of Health. Poster designed by Kelly Whalen.



## Example of Attitudinal Norm

**74% of**  
HWS Student-Athletes



tobacco use is  
believe  
tobacco use  
is never  
a good thing to do

Source: data drawn from a Fall 2003 Web survey of all HWS student-athletes with 353 respondents



# Further Developing the Message

- Choose an overall theme for norming messages
  - UVA Example: “Honor”
  - Other Possibilities:
    - Truth: The truth shall set you free; To thine own self be true
    - Knowledge: knowledge is power; change begins with knowledge
    - Other suggestions?
- Develop norming messages
  - “84% of UVA students always call 911 if someone they are with is showing sign of alcohol poisoning.”
  - 85% of adult Virginians do not smoke.

# What is right & wrong with this message?

## **STUDENTS** are HEALTHIER Than You Think:

94% of students believe that the average student on campus uses alcohol once a week or more,

**but actually**

only 54% have used alcohol in the past 30 days\*

\*CORE Survey results, February 2007

77% of students are moderate or non-drinkers, meaning they have four or fewer drinks when they do party\*

\*CORE Survey results, February 2007



**Everyone Thinks  
That Everyone Drinks. We're Correcting Perceptions.**

## Revised Poster

# STUDENTS are HEALTHIER Than You Think:

**77%** of students are moderate or non-drinkers, meaning they have four or fewer drinks when they do party\*

only **54%** have used alcohol in the past 30 days\*



WE GOT THE FACTS FROM YOU. \*CORE Survey Results, February 2007

**LISTEN...to those you wish to reach.**  
**Always work with members from intended audience!**





# Pre-Testing the Message

- Opportunity to get in front of your intended audience
- Important to remember that you create SNM message and they create package
- Are they getting the message you are giving?

ALL RIGHTS RESERVED  
<http://www.cartoonbank.com>



# Steps to Implement Campaign

- Media Plan
  - How will message be sent out
  - Where will message be delivered
  - Time frame for media events

# Campaign Design determines REACH

- **Did our message REACH the right people so that they REMEMBER it?**
  - ***Penetration*** or ***Coverage***: How many (e.g., what percentage of the intended audience did we reach)?
  - ***Saturation***: Did we reach them enough times and in enough ways so that they accurately remember the message?

# Once the 5 Steps are Completed, There is a Normative Poster...

Stopping at crosswalks. Waiting in line.  
Not littering. Being the DD.  
Smiling at someone you don't know.  
Recycling.  
Being on time.  
Holding the door for someone.  
Dropping a penny in the "take a penny" box.  
Returning your tray.  
Walking a friend home.

**How do you define honor?**

**84% of UVA students  
ALWAYS call 911 if someone they  
are with is showing signs of alcohol poisoning.**



Data is from the 2006 Health Promotion Survey with a random sample of 2,388 UVA students. [www.virginia.edu/studenthealth/hp/norms/index.html](http://www.virginia.edu/studenthealth/hp/norms/index.html)

Designed by Yassi Pourkazemi, Class of 2008

# Then what?

## Conversation with Population

- What happens? Spoof!
- Opportunity to have a conversation via letter to newspaper, posters that address this directly, discussion groups, lectures in classes
- Media is a conversation starter

# Early alcohol SNM efforts at VCU...

I don't

I don't

I don't

I don't

I don't

**71% I don't**

**71% of VCU students do not binge drink!\***

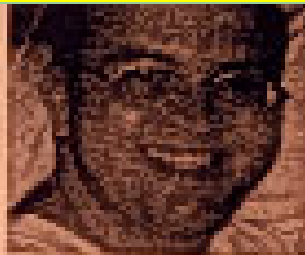
(Have 5 or more drinks in one sitting, 4 or more for women)

**VCU**  
Virginia Commonwealth University  
Substance Abuse Program  
University Student Health Services

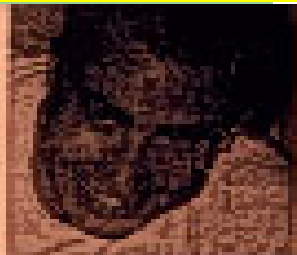
\*Source: B. R. Koppert, Ph.D. College Health Risk Behavior Survey at VCU, Office of Health Promotion, May 2007.

For information, call the Office of Substance Abuse Programs, 828-2086

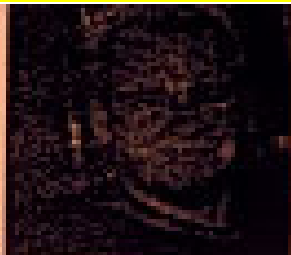
# The "SPOOF" (Why I've worked with students for 15 years.)



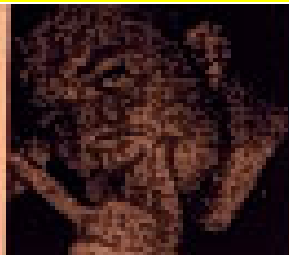
I do



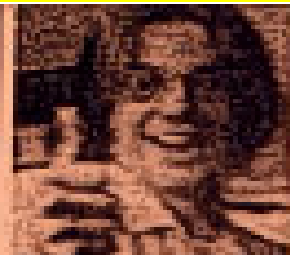
I do



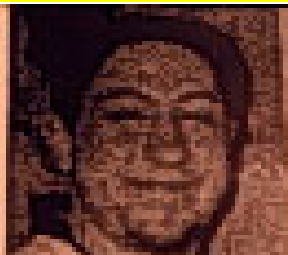
I do



I do



I do



I do

6 drink minimum for entry into Apartment.  
No Exceptions!!!

Binge Drinking is Our Business!!!

# We're the other 29%

Supporters of VCU's Alcohol and Drug Abuse Center. In fact, we keep it open!!!





# Original Message

I never mix drinking and  
football.

Al Groh

**87% of UVA students do not drive under the influence of alcohol.\***

Head Coach Al Groh,  
UVA Football

\* data from the 2007 *Health Promotion Survey*, completed by a random sample of 1,894 students

# Spooof

I never drink and  
coach football.

Al Groh

8.7% of UVA students never  
mix drinking and football.\*

Al Groh  
9/13

\*These students have never attended a game.

**VCU students  
are healthier  
than you think.\***

Most (84%)  
wear seat belts.

Most (76%) either don't  
drink or use designated  
drivers if they do.

Most (67%) have  
0-4 drinks when  
they go out.



Office of Health Promotion  
University Student Health Services  
Division of Student Affairs

\* Statistics are from Spring 2002 random undergraduate classroom surveys; n=810.  
Questions? Comments? Call Linda 828-7815 or Jim 828-2086.

Can any one tell me what is missing from this SNM poster?

**Most VCU students have 0-4 drinks when they go out.\***

Says who...  
Sponge Bob?

No, we didn't go to the pineapple under the sea. We got the numbers from you. Student surveys were filled out in random, representative undergraduate classrooms.



Office of Health Promotion  
University Student Health Services  
Division of Student Affairs

\* Most means 67% had 0, 1, 2, 3 or at most 4 when they went out in the two weeks prior  
Statistic from VCU Spring 2002 random undergraduate classroom survey, n=810.  
Questions? Comments? Call Linda 828-7815 or Jim 828-2086.

(1 drink = the alcohol content of 12 oz. Beer  or 4 oz. Wine  or 1 oz. Liquor )



**VCU students  
are healthier  
than you think.\***

Most (56%) have  
lied about  
never even  
trying marijuana.

Most (70%) don't  
smoke cigarettes.

Most (67%)  
have 0-4 drinks  
when they go

## We purposely avoided an alcohol only focus!

**VCU students  
are healthier  
than you think.\***

Most (73%) either  
don't have credit cards or  
owe less than \$500.

Most (68%)  
work in addition to  
attending school.

Most (67%)  
have 0-4 drinks  
when they go out.



Office of Health Promotion  
University Student Health Services  
Division of Student Affairs

\* Statistics from VCU Spring 2002 random undergraduate classroom surveys; n=810.  
Questions? Comments? Call Linda 828-7815 or Jim 828-2086.



Each campus is unique...





## “The Speedo Banditos”



# Looking at the Data

- Dividing the data into two groups
  - those drinking below the mean
  - those drinking above the mean
- Examining the differences for each group

# Bottom Line: Does it work?

To know the answer, we have to ***EVALUATE***...

**OH NO! NOT PROGRAM EVALUATION**

**HELP, HELP – THIS WAS FUN SO FAR –**

**CAN I GO NOW, PLEASE?**

# Evaluating a Social Norms Marketing Campaign

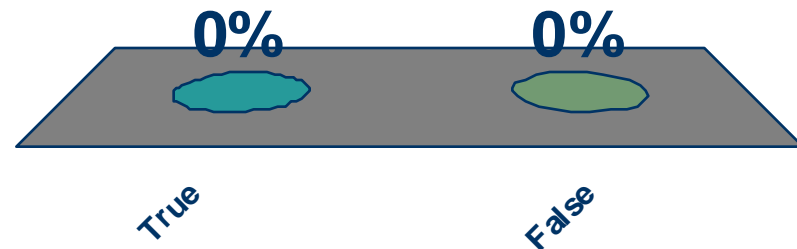
- Continual measurement of how campaign is doing
  - Qualitative
    - Focus groups
    - Observation (media clipping, party patrol)
  - Quantitative
    - Survey
    - Intercept interview
- Carefully designed strategy for assessing what the campaign achieved

# Program evaluation is about demonstrating the success or failure of a program?

1. True

 2. False

10



0 of 5



**Program Evaluation is about...**

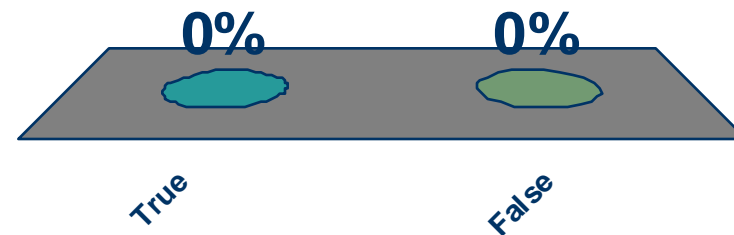


**FEEDBACK**

A persons own report of how he/she has changed is always the most accurate?

1. True

😊 2. False



10

0 of 5

# Other Strategies

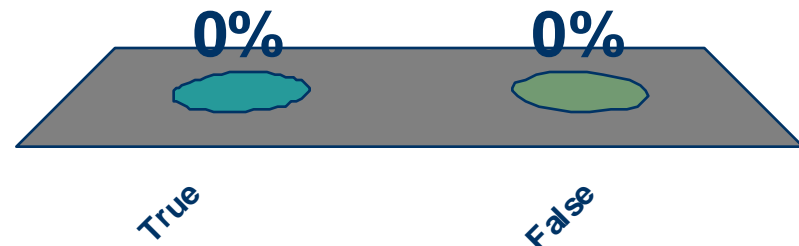
- Expert opinion
- Key informant
- Observation
- Records review

If we observe a change, then we know we have made a difference?

1. True

★ 2. False

10



0 of 5



# Alternative Explanations

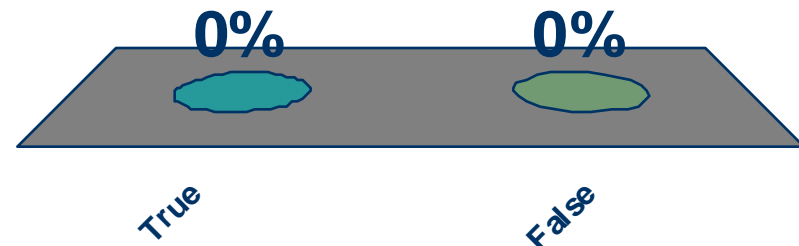
- **Our program reinforced another intervention that was the primary cause of the change.**
- **Our program was unrelated to the change.**
- **Our program was not well implemented, so it could not have caused the change.**

The answers you get from a Sample of your population will accurately reflect the whole population?

1. True

→ 2. False

10



0 of 5

# Samples

- **Research criteria: stratified, randomized – maximizes probability that the sample will accurately represent the population**
- **Not usually possible in the “real world”**
- **Usually some form of “convenience” sample: those we have access to who will cooperate.**

# BUT...

- **Real Estate: location, location, location**
- **Sample: bias, bias, bias**
- **A biased sample will not accurately reflect your intended population and so will give you FALSE information about the population even when the information is TRUE about the sample!**

# Clicker Time!

**Have you found LOGIC MODELS to be a helpful evaluation tool?**

1. Yes
2. No
3. Sometimes
4. What are logic models?
5. You must be a grant writer...

# Logic Model Basics

- **Conditions at the beginning (for example, intended audience, their behaviors and misperceptions)**
- **Goal: what we want to do**
- **Input: what we need in order to do it (money, people, time, equipment, place, etc.)**
- **Output: What we put into the system (e.g., posters, PSAs, table tents, etc.)**
- **Outcome: What change we expect to see immediately (e.g., more accurate perceptions)**
- **Impact: The effect we expect that change to have (e.g., lower risk, healthier behaviors)**

# Clicker Time!

**I can see how a logic model could be a very helpful tool.**

1. Yes, I already knew that.
2. Yes, now I'm convinced.
3. Maybe, but I need to know more.
4. I don't think so.
5. No, they have not been truly helpful to me.
6. Whatever

# Different Kinds of Evaluation

Process evaluation

Outcome evaluation

Impact evaluation

Formative evaluation

Summative evaluation



# What is your favorite kind of evaluation?

1. Process evaluation
2. Outcome evaluation
3. Impact evaluation
4. Formative evaluation
5. Summative evaluation
6. NO evaluation
7. You are totally a GEEK!



Process evaluation  
Outcome evaluation  
Impact evaluation  
Formative evaluation  
Summative evaluation  
NO evaluation  
You are totally a GEEK!

0 of 5

# Different Kinds of Evaluation

- Formative evaluation/Process evaluation: what you are doing; how you are doing it; what can be improved
- Summative evaluation: what the program accomplished:
  - Outcome evaluation: what changed “because” of what you did
  - Impact evaluation: how that change impacted the problem

# Special Concern: Edit Data According to Theory

- Data is always edited for quality: missing data, fictitious answers. For SNM campaigns, we also have to edit according to theory:
- Eliminate participants who will not identify with normative message:
  - UVA examples:
    - International students
    - Older students
    - Part-time students
- Segment sample according to subgroups:
  - UVA examples:
    - Sex
    - Class year, particularly first versus upper
    - Level of drinking
    - Fraternity/sorority membership

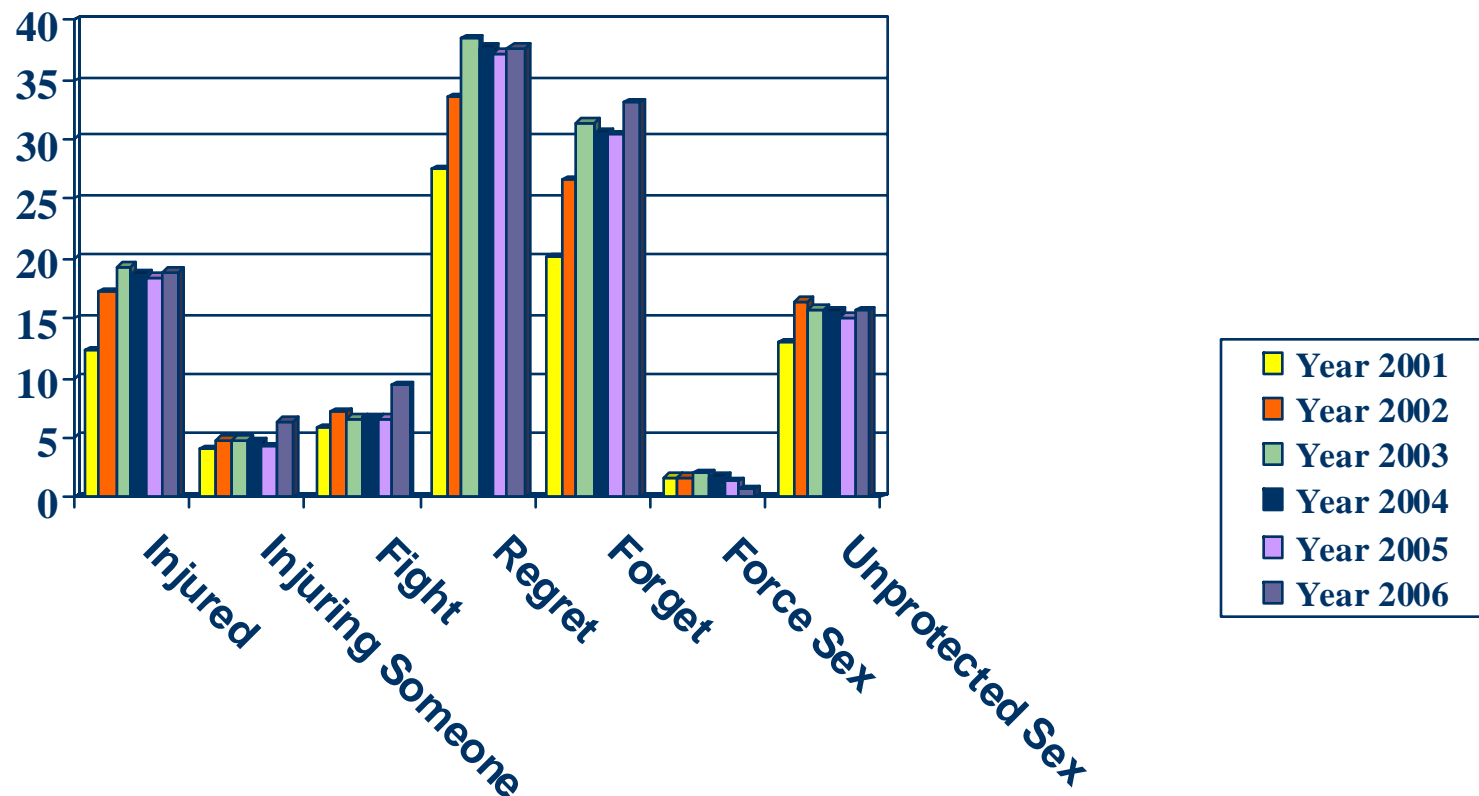
# Moral of the Story

- Overall norms are appropriate to use to formulate messages for a social norms marketing campaign.
- Overall norms are NOT appropriate to use to evaluate the effectiveness of the campaign.

# Bottom Line: Does it work?

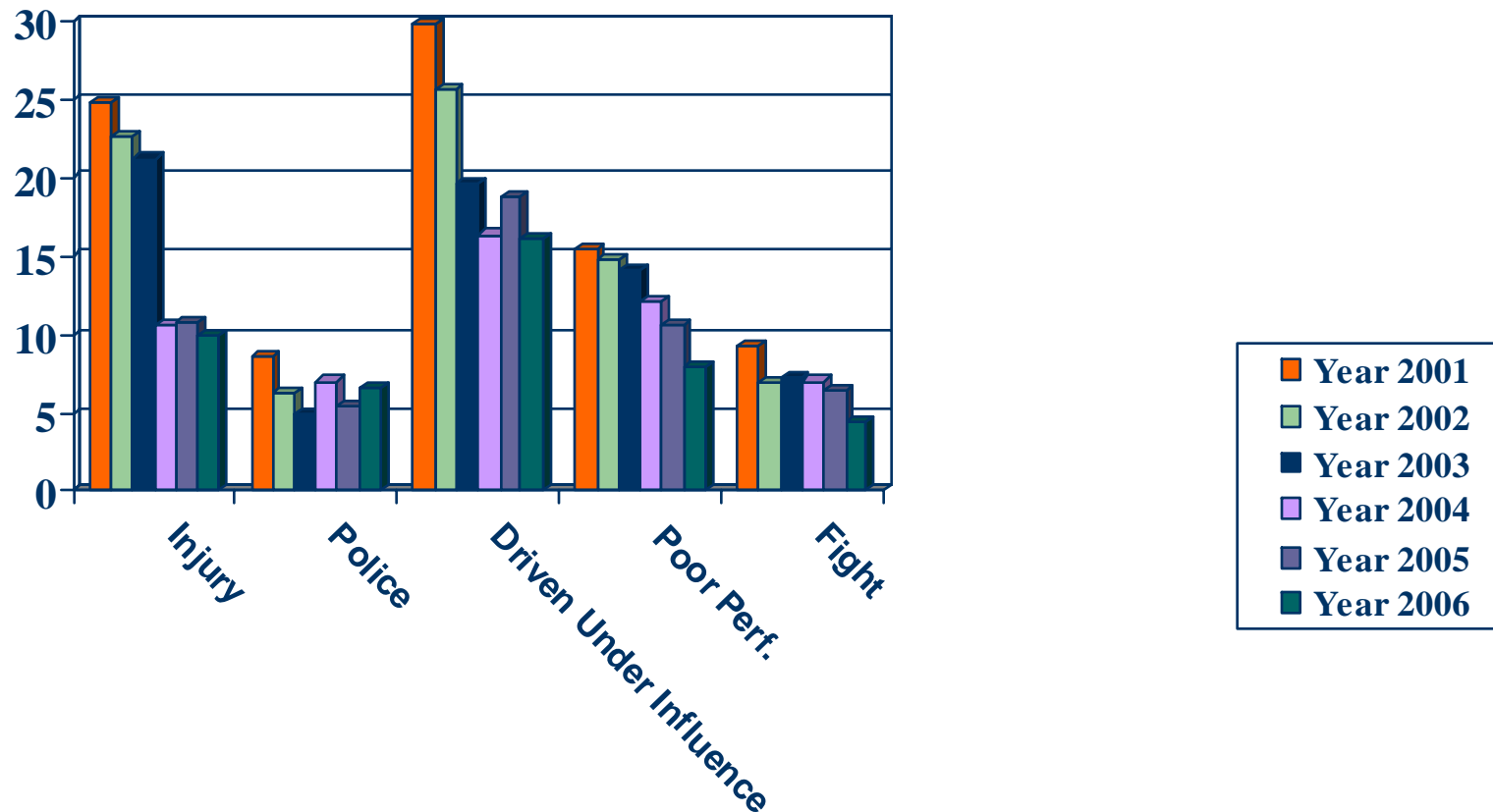
- At the University of Virginia
  - Negative consequences continue to decline
  - Drinking remained stable
  - Gap in misperception closing

# Negative Consequences US Colleges and Universities (NCHA)



Ref: American College Health Association Reference Groups 2001-2006

# Negative Consequences All UVa Undergraduates 2001-2006



# Outbreak of Health?

- 1970 fewer students suffered injuries related to alcohol in 2006 compared to 2001.
- 1510 fewer students drove under the influence of alcohol in 2006 vs. 2001.
- 550 fewer students had unprotected sex in 2006 vs. 2001.
- 2480 more students had NONE of TEN serious alcohol related consequences in 2006 vs. 2001.



# Most of us are *not* perfect



**Except, for the Bern**

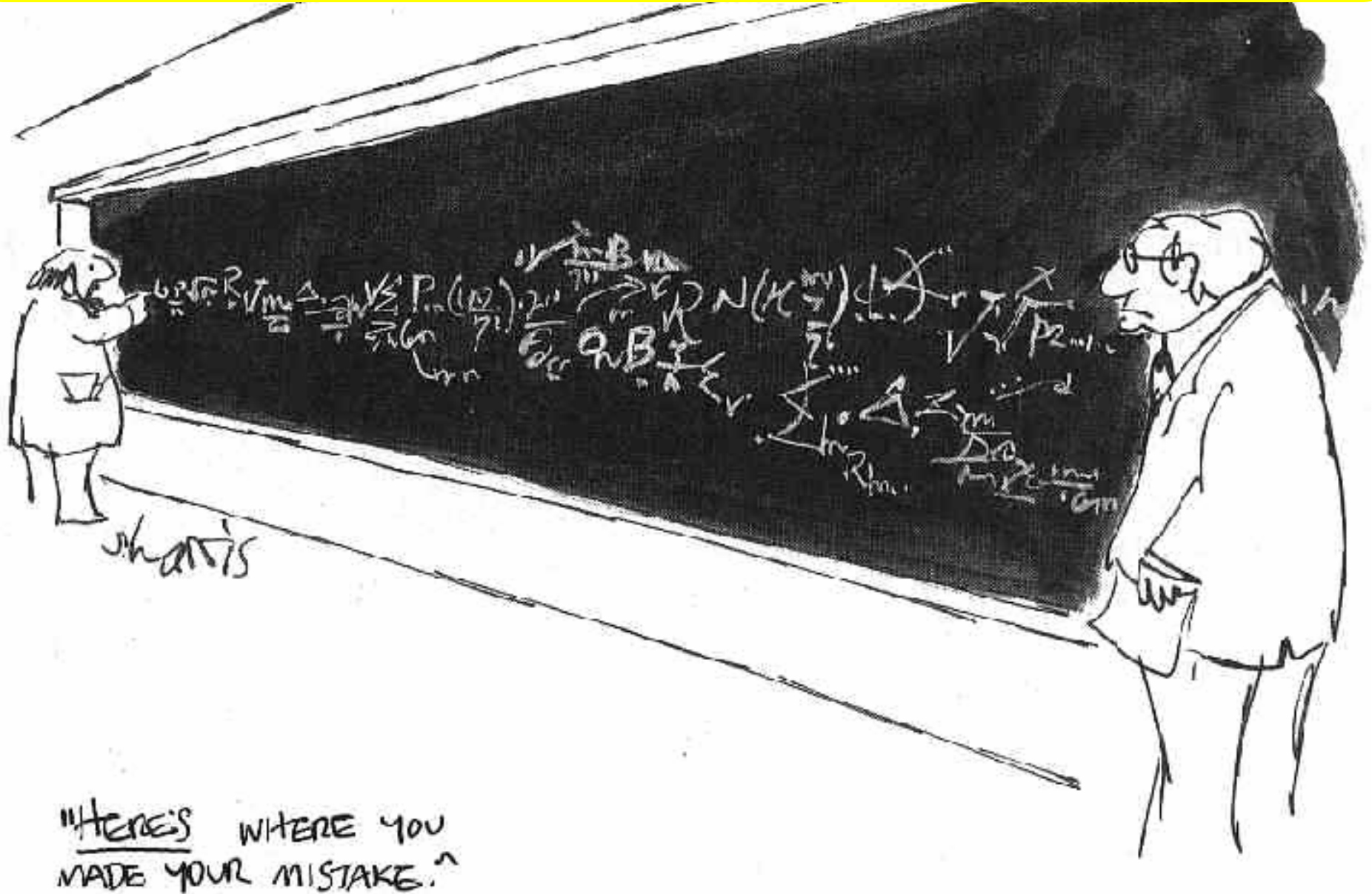
Increased effectiveness learning from other's mistakes,  
struggles, missteps, and imperfections



# Lessons Learned

- Know the theory.
  - focus on healthy norms!
- LISTEN, LISTEN, LISTEN
  - (get data – numbers & words)
- Find what “theme” RESONATES WITH THE HEART of your target population.
- Make mistakes, learn, make more mistakes
  - Talk to the experts early
  - have the guts to show them your stuff
  - Pilot test, pilot test, pilot test...  
and, oh yeah pilot test again
- Work with teams of creative people... but lead

# Use experts...ask for feedback EARLY



# Work in teams

*It ain't easy... but it produces awesome results.*

- Always have several youth/intended audiences on the team – not just token youth, not the choir
- The team must have a leader with a solid understanding of social norms theory.
- Be HONEST about what you can say from the data.  
**“Statistical Truth Police”**
- Have team members engage in process research (Intercepts/ in-class, etc)-
  - Abandon ship at any point if needed for damage control
  - Get your hands dirty, get out and listen!
- Working with creative's is hard... let the target audience do your dirty work for you.

# **Sidewalk v Path**

**A social norms  
approach to policy  
development**

# Authoritarian Formula

## Identify

Risky practices, unhealthy beliefs, and dangerous places used by the few.

## Scare & Punish

Exaggerate risk, create fear, threaten harm

**= Health Enhancement and  
Risk Reduction**

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## Authoritarian Approach

- Relies on Scare tactics
- Highlights risks
- Uses media to exaggerate the problem
- Uses policy to coerce behavior change
- Threatens real or imagined punishment, harm, or even death.

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**Protective practices, policies, and places are devised by the authorities and imposed on the population without their input.**



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# Social Norms Formula

## Identify

Protective practices, healthy beliefs, safe places used by the many.

## Model & Promote

Pro-social attitudes and health-positive behaviors

**= Health Enhancement and  
Risk Reduction**

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# Social Norms Approach

- Relies on hopeful tactics
- Highlights protective behaviors
- Uses media to expose solutions
- Uses policy to reward behavior change
- Promises real or imagined benefits, fun, or even health.

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**Protective practices, policies, and places are norms of the population and are reinforced with methods derived from the population.**

## Sidewalk

## Path

**No Street Race**

**Drag Strip**

**No Skate Board**

**Skateboard Park**

**No Sex**

**Condom Distribution**

**No Alcohol**

**Moderate Drinking**

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# Social Norms *How To* Resources

- <http://www.socialnorms.org>
- <http://www.higheredcenter.org/socialnorms/>
- <http://www.yourstrategy.org/>
- <http://www.virginia.edu/studenthealth/hp/norms/>
- [http://alcohol.hws.edu/socialnorms\\_approach\\_handbook.html](http://alcohol.hws.edu/socialnorms_approach_handbook.html) (*The Social Norms Approach to Preventing School and College Age Substance Abuse: A Handbook for Educators, Counselors, and Clinicians*)
- <http://mostofus.org/store.php> (*How to Use Social Norms Marketing to Prevent Driving After Drinking*)

# Survey Resources

- **The National College Health Assessment:**  
<http://www.acha-ncha.org/>
- **CORE Institute Survey:**  
[http://www.siu.edu/departments/coreinst/public\\_html/](http://www.siu.edu/departments/coreinst/public_html/)
- **Youth Risk Behavior Survey:**  
<http://www.cdc.gov/HealthyYouth/yrbs/>
- **UVA Health Promotion Survey, Intercept Interview Surveys & Connector Surveys:**  
<http://www.virginia.edu/studenthealth/hp/norms/>

# Clicker Resources

- Turning Technologies (Turning Point):  
<http://www.turningtechnologies.com/>
- IML:<http://www.imlaudience.com/?gclid=CIP1wr2Jgl8CFQspFQodCy-12A>
- Padgett Communications:<http://www.pcipro.com/?gclid=CLyXjeWJgl8CFQdEFQodkm6r2Q>
- Option Technologies Interactive:  
<http://www.optiontechnologies.com/?gclid=CPHE9cOKgl8CFSViUAodR0JJwQ>
- Communications Technologies International:  
<http://www.comtec-ars.com/>

# Logic Model Resources

- CDC resource site for logic models:  
● <http://www.cdc.gov/eval/resources.htm#logic%20model>
- CDC bibliography on logic models in program evaluation:  
● <http://www.cdc.gov/eval/logic%20model%20bibliography.PDF>
- Kellogg Foundation logic model development guide:  
● <http://www.wkkf.org/Pubs/Tools/Evaluation/Pub3669.pdf>
- University of Wisconsin website on logic models:  
● <http://www.uwex.edu/ces/pdande/evaluation/evallogicmodel.html>

# Funding Sources

- Substance Abuse & Mental Health Services Administration (SAMHSA): CSAP, CMHS
  - \* NOTE: Social Norms Marketing is a SAMHSA Model Program, “Challenging College Alcohol Abuse”  
<http://www.modelprograms.samhsa.gov/pdfs/model/Challenging%20CAA.pdf>
- Alcohol Beverage Control Boards
- National Institutes of Health: NIMH, NIAAA, NIDA, NICHD
- US Department of Education
- State and local foundations
- Local businesses