



Overview of the Get HIP Now Evaluation Plan

The Intervention

The Get HIP Now program is a comprehensive intervention delivered within the El Paso Independent School District (EPISD) and focuses on improving children's health literacy and fitness levels. The program includes an integrated health curriculum and opportunities for children to be involved in physical activity before, during, and after school within structured activity zones. The elementary school component of the Get HIP Now program will begin implementation in SY2009-2010, while the middle school component will begin the following year in SY2010-2011.

Overview of the Get HIP Now Evaluation Plan

The Get HIP Now evaluation is comprised of two main components: an *impact evaluation* and *process evaluation*.

Impact Evaluation

The impact evaluation explores whether students and teachers have significantly changed their health-related knowledge, attitudes, and behaviors after the intervention compared to before.

- *Student and teacher surveys* – Students and teachers will be surveyed at multiple time points to assess changes in knowledge, attitudes, and self-reported behaviors. In SY2009-2010, 3rd and 4th grade students from 27 of the 58 EPISD elementary schools—and teachers from all 58 elementary schools—will complete an online survey in September 2009 and again in May 2010. The same students and teachers will be tracked and surveyed during the subsequent years so that changes in knowledge, attitudes, and behaviors can be evaluated over time. In SY2010-2011, 6th grade students and middle school teachers from half all of the 17 EPISD middle schools will also be surveyed as the middle school component of the program begins.

To serve as a control group for this study, students from San Elizario School District and Ysleta Independent School District will also be completing the survey. This design will allow analyses to more robustly attribute any improvements in EPISD student health-related knowledge, attitudes, and behaviors to the Get HIP Now program.

- *Analyses of fitness data* – EPISD students in grades 3-8 will complete several assessments in physical education class (e.g., aerobic capacity tests, muscle strength, body-mass index) to determine their fitness levels. HRiA will analyze these data each year to determine whether EPISD students have improved on key fitness and activity indicators during the intervention.

Process Evaluation

The process evaluation tasks provide insight into program implementation and offer an opportunity to explore key survey questions in more depth. This research aims to identify the intervention's successes and challenges as well as ways to overcome these challenges to improve program effectiveness.

- *Interviews and focus groups with teachers, school administrators, parents, and students* – Qualitative research will be conducted with a variety of audiences during multiple time points during the Get HIP Now program to understand ways in which the program could be improved and what aspects are working successfully. The findings from the process evaluation can help planners revise the program along the way so that it is as effective as possible in achieving student, teacher, and parent outcomes.
- *Wellness Team Checklists* – Wellness Team leaders will be asked to complete an annual inventory of Get HIP Now activities completed in each school. This will allow researchers to determine the extent to which the program components are being implemented.

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