

TEMPLATE E: Reporting Template – KINDY EATS program (KEP) Case Study

Step 8: Linking the Evaluation Plan to general reporting requirements, recommendations and dissemination

What you intended to do? (Linked to planned goals, objectives and indicators)		What you did? (Results from the program evaluation)	Implementation Challenges (including what adaptations were made and why)
Service/Program Goal and Target population(s):	Outcome Indicator(s)	Outcome Evaluation Results	
1.1 Increased mean number of serves of fruit and vegetable consumed each day by children aged 2-5 years	Mean number of serves of fruit and vegetables consumed each day by WA children aged 2-5 years	WA Health and Wellbeing Survey 2-5 year olds Fruit serves: 1.5 in 2010, 1.5 in 2012 Veg serves: 2.0 in 2010, 2.1 in 2012	No significant difference over 3 years. Insufficient centres enrolled for population outcome in the short term. Enrol more centres per year or wait for longer term (10 year) outcome. External factors may also influence.
1.2 Increased proportion of children aged 2-5 years at a healthy weight.	% of children in healthy weight range of BMI for age	WA Health and Wellbeing Survey 2010: 80% in HWR 2012: 79.5% in HWR	As above. Activity levels may also be a factor. Could introduce an activity program as part of KEP.
Service/Program Objectives (SMART Objectives)	Impact Indicator(s)	Impact Evaluation Results	
2.1 To increase the number of WA childcare centres implementing the KEP by at least 50 per year.	Change in the number of WA Child Care Centres implementing the KEP.	New Child Care Centre enrolled in KEP: 80 in 2010, 55 in 2011, 57 in 2012 Total represents 30% of WA Child Care Centres Healthy food and drink pledges: 60 in 2010, 65 in 2011, 52 in 2012 (92% of KEP enrolled)	Meeting objectives
2.2 To increase to at least 90% following KEP training the proportion of centre staff with high (>85%) positive attitude and self-efficacy scores related to implementing KEP policies and menus that support healthy eating.	Pre-post KEP training change in staff attitude and self-efficacy scores related to implementing KEP policies and menus.	780 staff trained between 2010-13 Pre-training: 40% with high positive attitude and self-efficacy score Post-training: 92% with high positive attitude and self-efficacy score	Meeting objectives

2.3 To increase to at least 90% following KEP training the proportion of centre staff with correct knowledge of child healthy food and drink recommendations.	Pre-post KEP training change in staff knowledge scores related to child healthy food and drink recommendations.	780 staff trained between 2010-13 Pre-training: 10% with correct knowledge score Post-training:96% correct knowledge score	Meeting objectives
2.4 To increase to 90% the proportion of Child Care Centres which actively promote healthy eating guidelines to parents.	Change in proportion of Child Care Centres requesting KEP Kindy Eats Week parent engagement kits.	Requests for KEP Week parent kits. 40(70% of registered) in 2010, 88 (80%) in 2011, 156 (90%) in 2012	KEP week held midyear. 2010 - 50% enrolled after Week. Meeting objectives
Activities	Process Indicator(s)	Process Evaluation Results	
3.1 Support Child Care Centres to implement KEP	Number of centres per year supported with information, resources, training, promotion, communication, networking, sourcing fruit and veg. Satisfaction of centre managers with KEP support	Child Care Centres supported by KEP: 80 in 2010, 55 in 2011, 57 in 2012 received starter pack. 70 in 2010, 130 in 2011, 180 in 2012 received training 95% managers satisfied or highly satisfied with support. Consistent across years	Training held bi-monthly. Training lower than registrations due to waiting list.
3.2 Resource development and distribution to Child Care Centre staff and parents	Number of resources developed and distributed: KEP Policy Support Manuals Bi-monthly updates and newsletters Kindy Eats Week parent engagement packs KEP starter packs	KEP Policy Support Manuals 80 in 2010, 55 in 2011, 57 in 2012 bi-monthly updates and newsletters 80 in 2010, 135 in 2011, 192 in 2012 Kindy Eats Week parent engagement packs 40 in 2010, 88 in 2011, 156 in 2012 KEP starter packs 80 in 2010, 55 in 2011, 57 in 2012	
3.3 Promotional events	Number of parent engagement packs requested during Kindy Eats Week Number of media reports of Kindy Eats Week activities Number of promotional activities at Child Care Centre industry events	Kindy Eats Week parent engagement packs 40 in 2010, 88 in 2011, 156 in 2012 Media reports of Kindy Eats Week activities 5 in 2010, 8 in 2012, 16 in 2012 Promotional activities at industry events 3 in 2010, 4 in 2011, 4 in 2012	Supplied media kit to centres in 2012-generated more local newspaper reports. Make this a regular feature.

Review of Key Evaluation Questions and Recommendations:	Program objectives met re enrolments, staff healthy nutrition knowledge, staff attitudes and self-efficacy, parent promotion. Training of staff particularly effective and high satisfaction of centre managers. Program goals not achieved in 3 years, most likely because insufficient centres were enrolled for population outcome in the short term. Previous request for tender showed this intervention effective in increasing fruit and veg and proportion with healthy weight in exposed children. Need to increase resources to enrol more centres per year or wait for longer term (10 year) outcome. Introduction of an activity component should be investigated as an option to improve weight outcomes.
Dissemination of lessons learnt:	Evaluation results will be reported to the DoH Results shared with stakeholders through newsletters, invited presentation at 2013 Child Care Centre annual conference Proposal submitted to present staff training package and results at 2013 National Health Promotion Conference