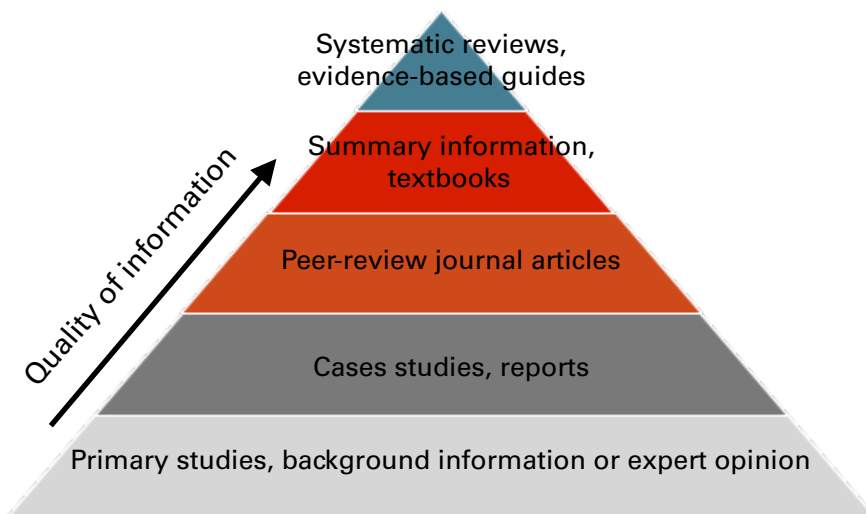




Using Evidence-based Information and Programming

Family and Consumer Sciences professionals are responsible for providing communities with reliable, evidence-based information and programming. Learn and understand the importance of implementing evidence-based programming.



Evidence-based Information

- Evidence-based information involves applying knowledge gained from science-based information, expert opinion and extensive research to real life for positive changes in the community.
- Extension applies evidence-based information in their communities by disseminating and developing evidence-based programs and resources.

Picture 1. Evidence-based information pyramid

Evidence-based Programs

- Evidence-based programs utilize the best available research, professional input and expertise to deliver proven education training.
- Implementing evidence-based programs can help local communities prioritize their intervention goals and implement best practices based on research and experience on what has worked in other communities.
- When adapting evidence-based programs it is important to understand the programs typically use an ecological approach and target multiple levels of change in individuals, family, organizational and community based on the idea that communities are made up of individuals who interact in a variety of ways.
- Maintaining integrity of evidence-based programs involves utilizing specified resources as well as ensuring high quality of delivery and teaching methods.

Evidence-based programs are identified proven interventions shown to be effective with a particular issue and targets a specific population.

Program Fidelity

- Program fidelity is the degree to which an evidence-based program is implemented as intended with it's methods, theoretical foundation and strategies intact.
- The ability to identify key program components is an important factor that will determine program fidelity
- There are five elements of program fidelity that should be considered including student engagement, program specificity, quality of delivery, exposure/duration and adherence.
- Some modifications can be made without compromising the evidence-based effectiveness while other modifications may acutely affect the theory and logic behind the program's methods.

Acceptable Changes
Translating language or altering vocabulary
Changing names, pictures and location
Modifying cultural references
Adding or using different incentives
Including additional relevant evidence-based content

Unacceptable Changes
Reducing number or length of program modules
Omitting program components such as key messages and skills learned
Modifying the theoretical framework of the program (ie behavior change theory)
Reducing participant activities or engagement
Utilizing less staffing resources than intended

Program Fidelity = Integrity, Consistency and Accuracy of Evidence-based Programs

Evaluation Questions to Ask Yourself:

1. What sort of assessment do you want?
2. What do you want to measure?
3. How will you collect data?

Evaluation Methods

- Evaluation methods measures the success of evidence-based program's and determines it's effectiveness.
- Know how you will evaluate before you start, what type of data you will need and how will you collect it
- Be conscious of participant's health literacy when developing evaluation tools
- There are three forms of evaluation to consider:
 - **Formative evaluation** - used in the early stages of program development or implementation to assess the program's design and activities.
 - **Process evaluation** - used to assess program implementers, checking program fidelity and testing educational tools and program components.
 - **Summative/outcome evaluation** - used after the evidence-based program to assess participant's knowledge gained, behavior changes and other identified program goals.