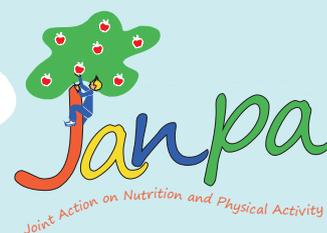


SELF-ASSESSMENT TOOL OF GOOD PRACTICES FOR CHILDHOOD OBESITY PREVENTION PROGRAMMES IN KINDERGARTENS AND SCHOOLS

The aim of this self-assessment tool is to support programme planners in designing effective and sustainable interventions in kindergartens and schools for childhood obesity prevention. These checklists **help to identify gaps** during the planning phase that, if addressed, could improve the intervention. Ideally, this self-assessment should be used before the programme is initiated but ongoing programmes can be assessed as well. Start with the Core criteria checklist. Tick the criteria that your program fulfils. If it meets all nine, then the programme is a good practice by JANPA standards! If you are in the planning phase, aim to meet the first seven criteria. Next criteria are related to the intervention characteristics, implementation and evaluation. Try to meet as many as possible of these criteria too.



Checklist for Good Practice Core Criteria

1. Programme characteristics

Are the objectives of the programme SMART (Specific, Measurable, Achievable, Realistic and Time-bound) and clear?

Is the target group clearly defined (including age, gender and socio-economic status)?

Is the approach you use proven to be successful and effective in practice (has had a positive impact on individuals and/or communities)?

2. Implementation

Is the aim to empower the target group by enhancing its knowledge, skills and competences so that its members can make decisions independently?

Are the activities using/integrating existing structures?

Is there a broad support for the intervention amongst the intended target populations?

3. Monitoring and evaluation

Are the financial and human resources in place for evaluation?

Have the planned activities been performed and have most of the objectives been reached?

Has the outcome or impact evaluation showed significant contribution to the target behaviour or its determinants?

Good Practice Criteria Category 1 - Intervention Characteristics

Is the concept evidence-based?

Were the cultural, political and social contexts (as well as barriers) evaluated and taken into account?

Have needs assessment and/or community analysis of the targeted group been performed?

Does it have clearly defined aim, target audience, targeted behaviour, approach and intervention that is available in a manual or in a protocol?

Are the concept and/or the methodology innovative?

Does the programme involve professionals from different sectors?

Does it involve the family (parents participating in programmes for children)?

Does it have a community component?

Does the programme focus on vulnerable groups (efforts are made to facilitate vulnerable groups access to relevant services - "low threshold" approach)?

Is co-creation approach used (end-users are involved in the planning to support a joint sense of ownership)?

Are ethical responsibilities, equity and gender sensitivity values respected?

Is the programme transferable (can be easily adopted in another context)?

Is the programme replicable (can be repeated at another time with same conditions)?

Good Practice Criteria Category 2 - Implementation

- Has a pilot study been performed?
- Is a high population reach achieved?
- Are the relevant stakeholders involved?
- Did you engage the intermediaries/multipliers to promote the participation of the target population (e.g. Are community doctors or local school teachers made aware of the existence of a community counselling service)?
- Does your programme enjoy high popularity and high participants' satisfaction?
- Is the continuation of the project ensured through follow-up funding and human resources?
- Do the activities of the programme address environmental factors as well (i.e. factors beyond individual control)?
- Is the programme technically feasible (easy to learn and to implement)?
- Are there specific actions taken to address the equity dimensions in implementation?
- Have clear structures for management and decision-making been established and maintained?
- Is the main programme documentation publicly available (at least a web link)?
- Does the programme have explicit guidelines for accepting sponsorships and managing potential conflict of interest?
- Are the relevant stakeholder groups targeted?
- Are the proper methods used?

Good Practice Criteria Category 3 - Monitoring and Evaluation

- Are the methods for evaluation properly described?
- Is there a regular monitoring of results with valid pre-set indicators (using process, output and outcome indicators)?
- Are external and/or internal evaluation carried out?
- Is a follow-up performed (at least 6–12 months after the intervention)?
- Are cost-effectiveness calculations made?
- Are the costs clearly stated (indicated per budget items)?
- Are the finances feasible (i.e. cost is not a barrier to repeat and/or to transfer)?
- Does the monitoring show acceptable participation rates of the intervention or uptake of the policy?
- Are the effects specified as not only statistically significant but also relevant in practice?
- Are negative consequences and/or risks evaluated (including stigmatization)?
- Is the analysis of requirements for eventual scaling up such as foreseen barriers and facilitators (e.g. resources, organizational commitment, etc.) available?

