

7

Step 7 Evaluation Worksheet

Component	Indicators	Examples
Reach	<ul style="list-style-type: none"> • Number of people reached. • Proportion of those most exposed and impacted. 	<ul style="list-style-type: none"> • Number of middle school children who participate in newly mandated PE • Percent of overweight and obese middle school students who participate in newly mandated PE
Effectiveness	<ul style="list-style-type: none"> • Impact on target behavior • Impact on other aspects of lifestyle 	<ul style="list-style-type: none"> • Change in number of middle school students who are moderately active • Change in percentage of middle school students who are overweight and obese • Change in academic performance testing scores
Adoption	<ul style="list-style-type: none"> • How many (units) participate? 	<ul style="list-style-type: none"> • Number of middle schools that mandate PE as proposed by new policy

Implementation	<ul style="list-style-type: none"> • Which elements of the policy are implemented? • What costs are involved in implementation • Which elements of the policy are enforced? 	<ul style="list-style-type: none"> • Number of middle schools that hire certified instructors to teach PE • Additional costs of hiring PE instructors • Number of middle schools that require PE for recommended time each week • Number of middle schools that offer PE in which students are moderate-to- vigorously active • Number of school districts that enforce each element of the policy
Maintenance	<ul style="list-style-type: none"> • What are the long term impacts? • What changes have been made to the policy? 	<ul style="list-style-type: none"> • Number of middle schools that continue to require PE for 5 years or more • Changes in instructor certification, length of PE classes each week, level of activity, others • Changes in frequency of enforcement • Changes in middle school student activity levels • Changes in overweight and obesity rates