

Pediatric Obesity Mini-Collaborative
Improvement & Innovation Network (Mini-CoIIN)

2017 Final Year-End Evaluation Report January, 2018



Donna B. Johnson, RD, PhD; Mary Podrabsky, RD, MPH; Tori Bradford, MPH

Evaluation Methods

- 3 sets of interviews with state team leads
- 10 electronic webinar evaluations
- In person and electronic evaluations of face to face meeting
- Document reviews

How did the Mini-CollN function?

- ***State Teams:*** What are the facilitators and barriers to working as a state team? How do state teams function?
- ***Trainings:*** With regard to both in-person meeting and webinars, what worked well? What formats and topics were most useful and met team member needs?
- ***Overall Mini-CollN Process:*** How did team members view the application process? What was the time and effort required by team members? Were opportunities for networking beneficial and sufficient? What were the perceived benefits and barriers to participating in the Mini-CollN and how could it be improved?

What did the Mini-CoIIN accomplish?

- ***State Projects:*** What activities did states complete? Did states meet their goals? To what extent were state agencies, community organizations, child care centers, families and children age 2-5 reached through the projects? How did projects build on/leverage other state work? What are some key lessons learned from projects?
- ***Collaboration and Networks:*** What new or strengthened collaborations were made during the project period within and between states?
- ***Training and Technical Assistance:*** How did states participate in and value trainings? Did attendees meet the learning objectives of the trainings? What knowledge and skills were gained as a result of training and technical assistance provided through the Mini-CoIIN?
- ***Quality Improvement Skills:*** What quality improvement skills did team members develop as a result of participating in the Mini-CoIIN?

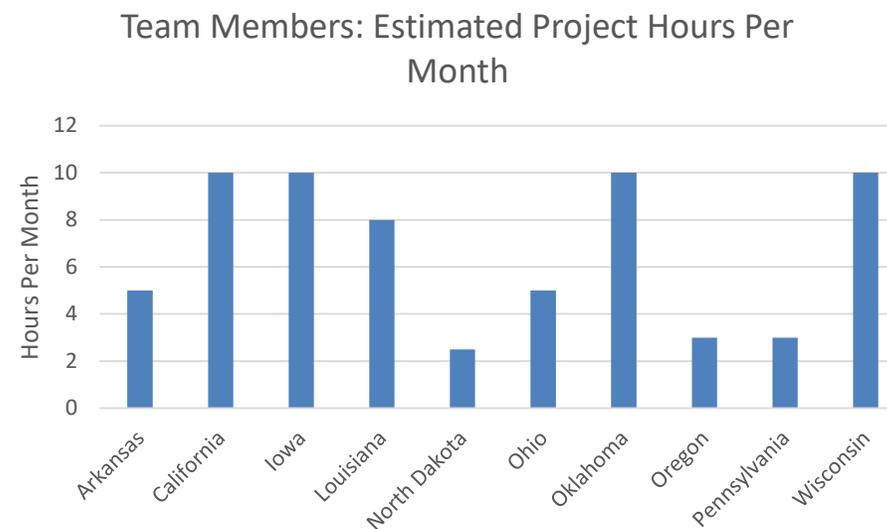
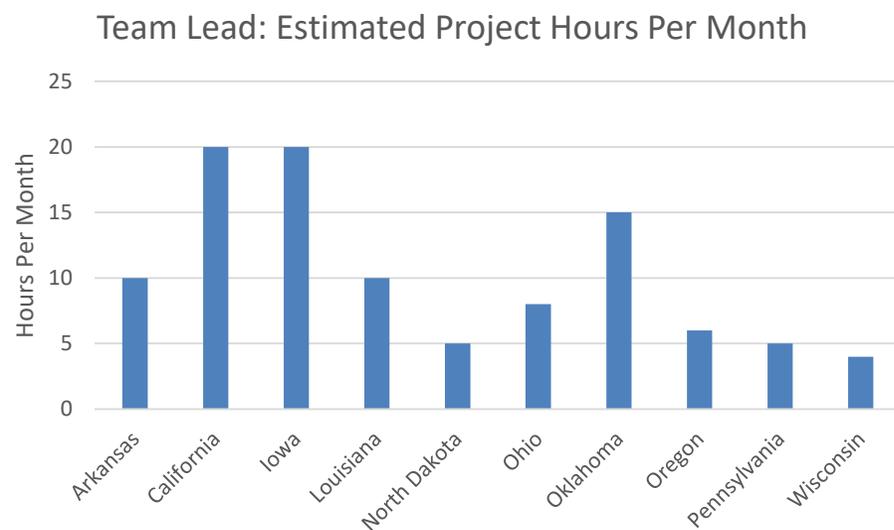
Process Evaluation

2017 Application Process

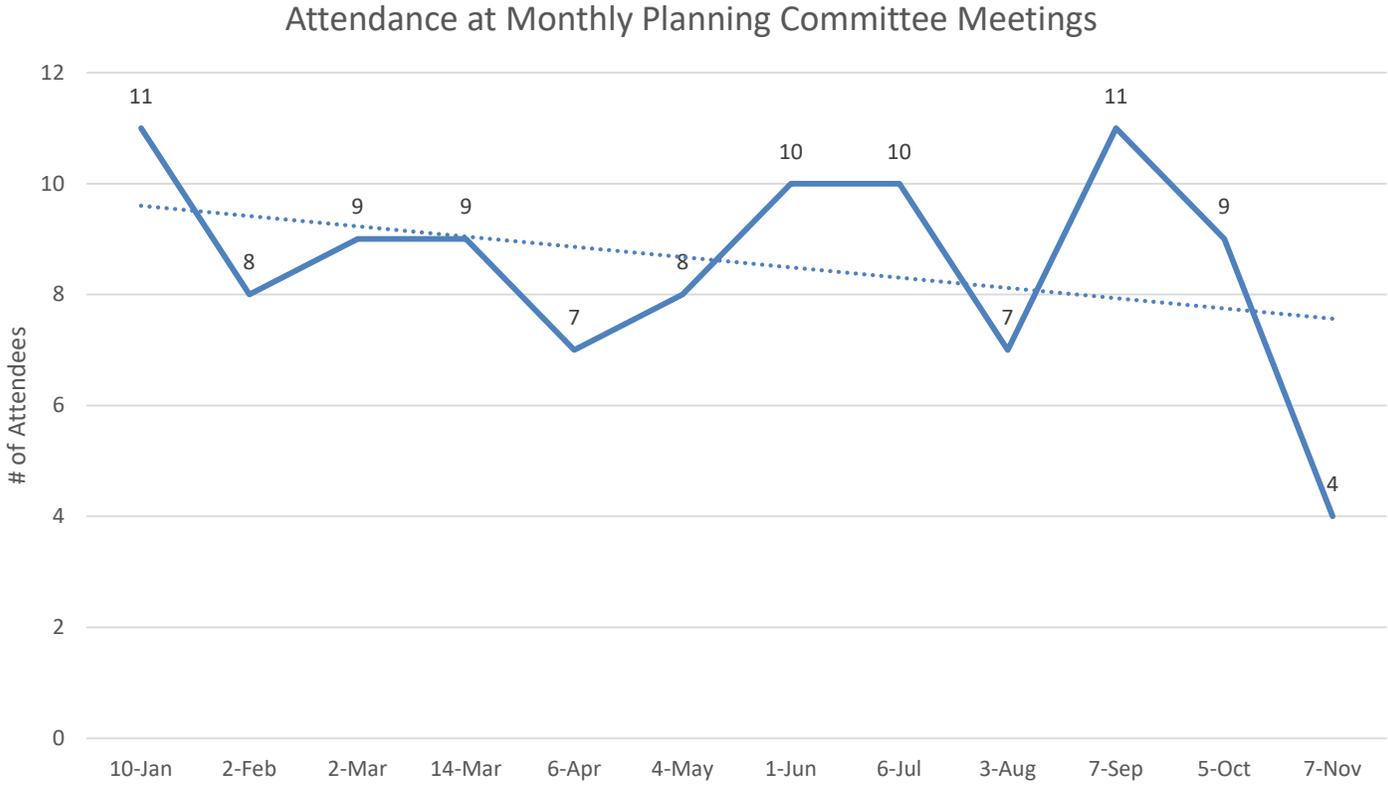
- Three new states applied – process was described as clear and low-burden
- Seven states continued from previous year – these states appreciated the minimal burden process for re-application (submitting a revised scope of work).
- Useful components of application packet: examples of state projects, CDC Spectrum of Opportunities to Support ECE facilities to achieve recommended standards and best practices for obesity prevention, team expectations and important dates, information on PDSA cycles, driver diagrams, and links to resources and research.
- Some applicants thought additional information would have been helpful: expectations of states, how to use driver diagrams, how to integrate policy, systems, and environmental work

State Teams

- Some team members worked together previously, but others came together for the first time for the CoIIN.
- Teams leveraged modest CoIIN funding to achieve goals; all funds were spent on the projects themselves – the time of team members was not supported directly.



National Mini CoIN Planning Committee



Webinars

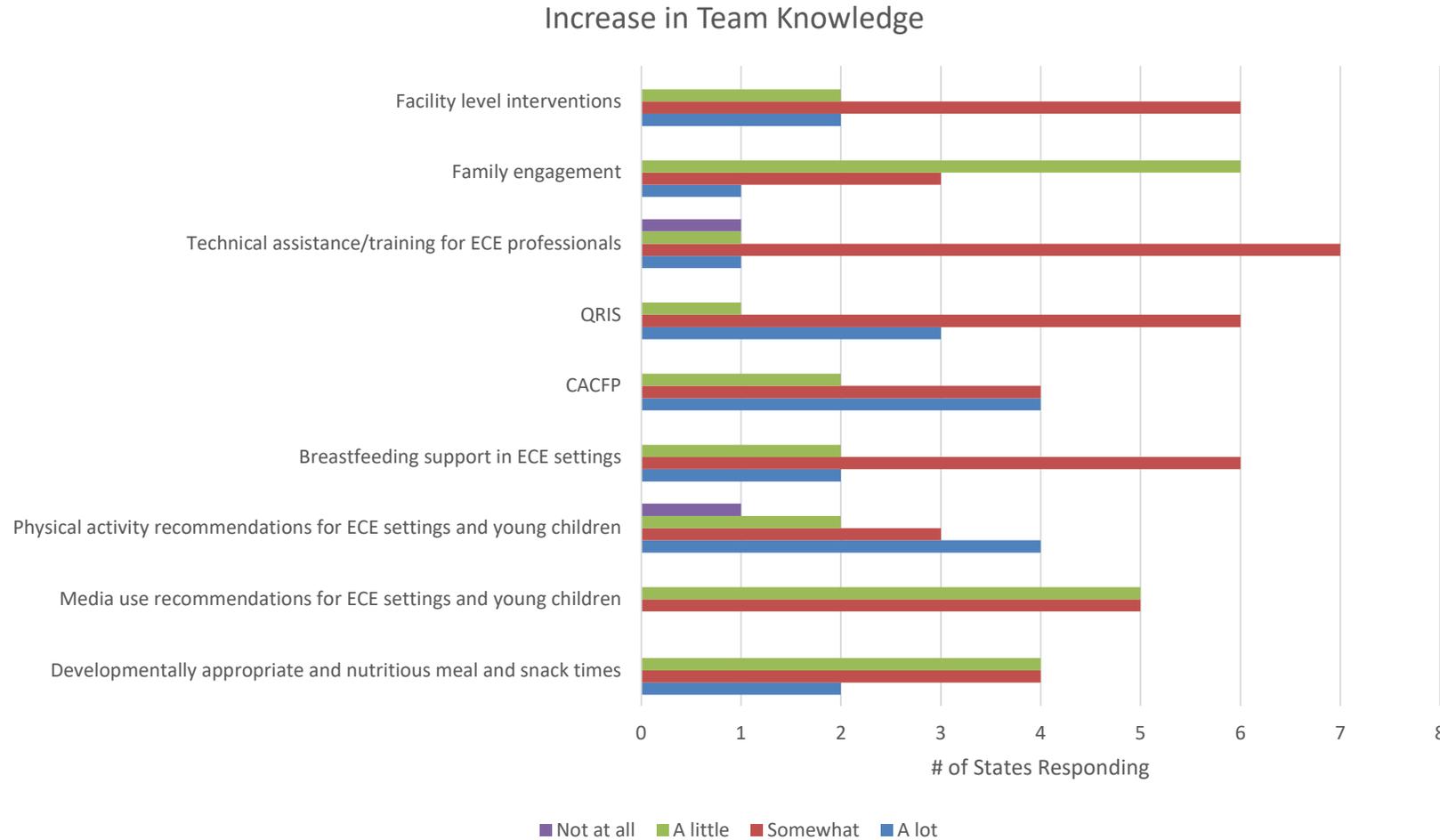
Webinar Topic	Number of Participants*
<i>Mini-CollN Administrative Topics</i>	
Technical Assistance for Mini-CollN Member States	9
Preparation for Face to Face Meeting	25
Mini-CollN Orientation	39
<i>Policy and Practice Topics</i>	
Overview of Nemours National ECE Learning Collaboratives Project and Overview of PDSA	35
Screen Time Guidelines and Resources	29
Controversies in Early Care and Education Practices	19
Farm to ECE	30
Qualitative Evaluation	25
Consistent Messaging	28
Baby Behavior in Childcare Settings	22

*does not include planning committee members or presenters

Face to Face Meeting

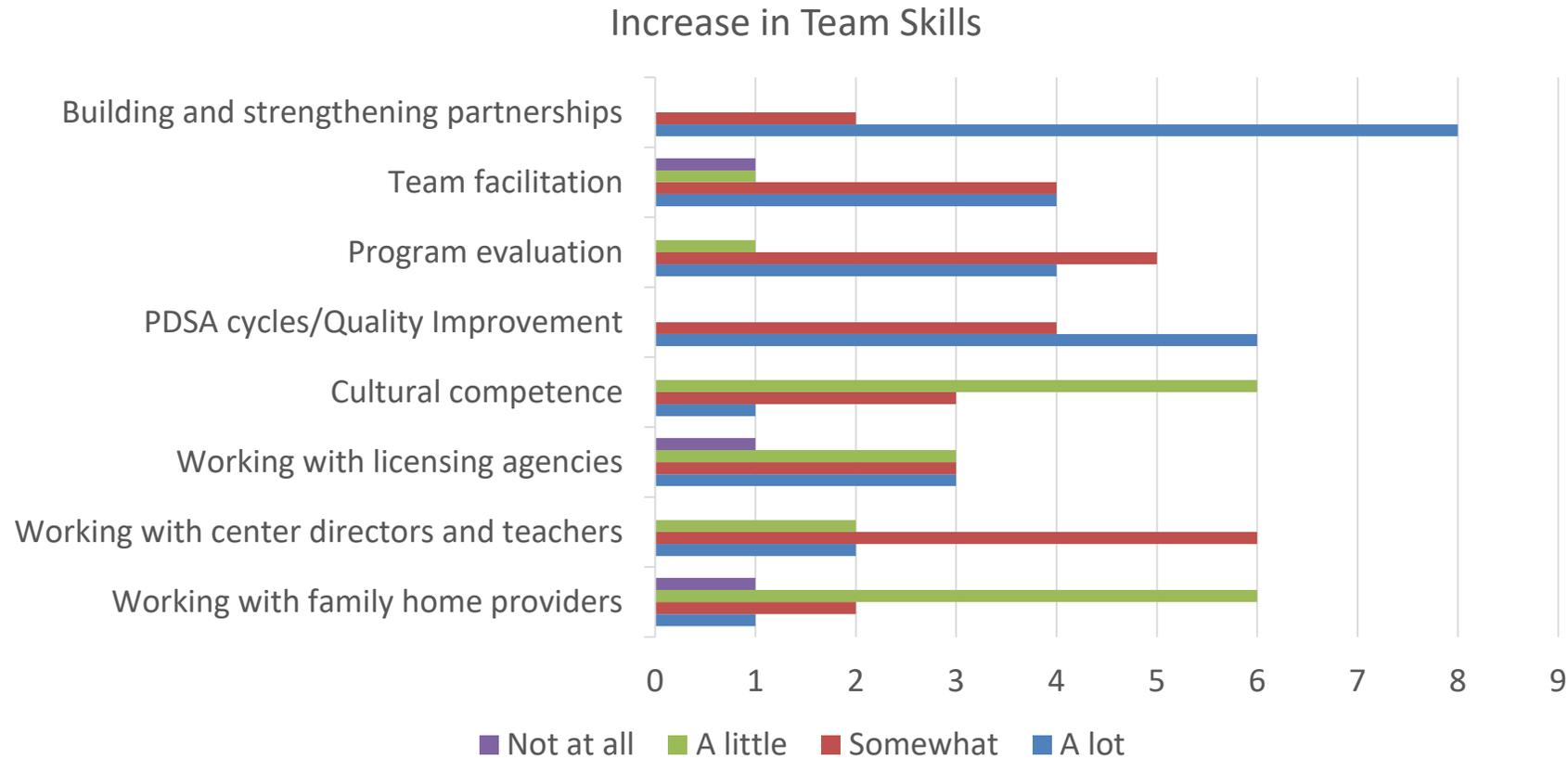
- 56 attendees in Minneapolis, June 2017
- In general participants reported that:
 - The meeting's objectives were met.
 - The sessions were useful.
 - The meeting was a good use of time.
 - Participants valued the opportunity to connect and network with other state teams.
 - Participants valued the opportunity to spend time working within their own state teams to apply what was being presented in many of the sessions.

Increase in Team Knowledge



State Leads' perceptions about the degree to which team members gained knowledge in nine areas that were the focus of Mini-COIN training and technical assistance learning objectives

Increase in Team Skills

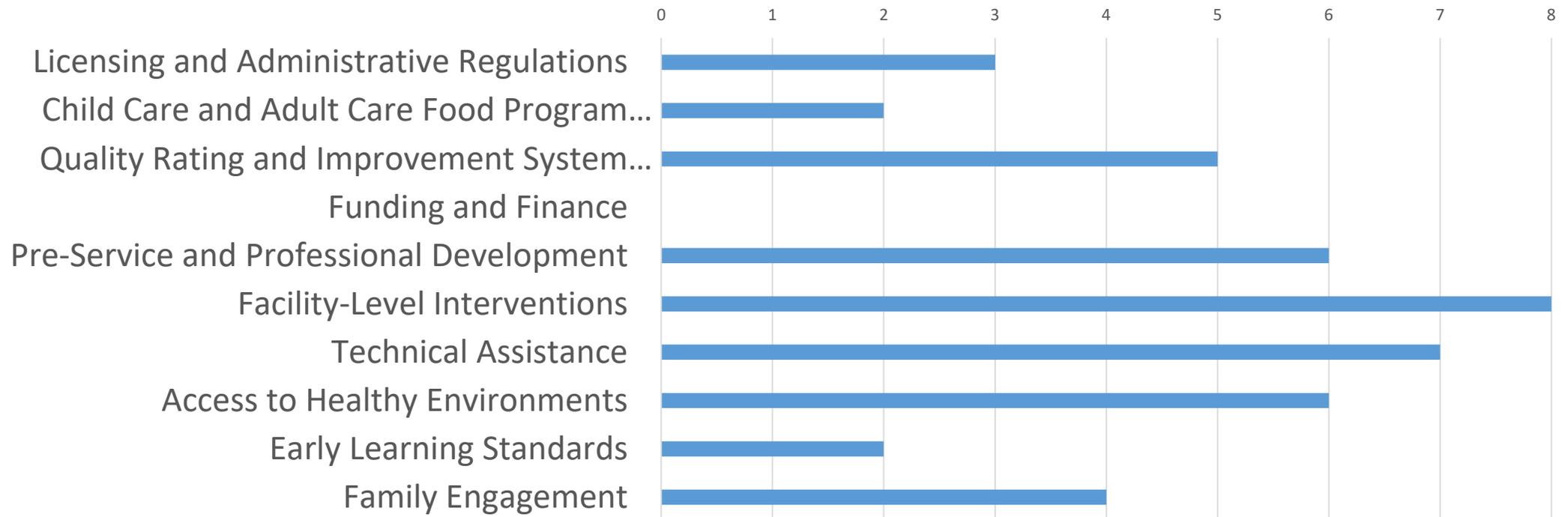


State Leads' perceptions about the degree to which their team gained skills in eight areas that were a focus of the Mini-CoIIN training and technical assistance

State Activities

State Spectrum of Opportunities Focus Areas

Number of States Addressing Different Spectrum of Opportunities



State Focus Areas

State	Focus
AK	Curriculum kits and training
CA	Web-based materials in three languages to support state licensing
IA	Farm to ECE web site
LA	Playground stencils
ND	Trainings to support previously developed curriculum
OH	Integration of nutrition & physical activity in QRIS
OK	Train the trainer for ECE
OR	CACFP outreach
PA	Support for child care health consultants to work with ECE settings
WI	Disseminate modules and tool kits

State Goals

- All together, the 10 states had 29 different goals for 2017:
 - 11 goals were fully met.
 - 19 goals were partially met.
 - No progress was made toward one goal.

States' Leaders Perceptions of Top Accomplishments

1. Building capacity, skills, and knowledge of state team to develop and promote nutrition and physical activity-related initiatives in the state Early Care and Education (ECE) system
2. Creation or further development of policies, systems or environmental changes that will live on past the Mini-CoIIN funding period
3. New or strengthened collaborations or partnerships within the state
4. Potential impacts on the nutrition and physical activity-related behaviors of families and children served through the state ECE system

Cumulative State Reach

Entity	Estimated Combined Reach (reach #/states responding)
State Agencies	43/10 states
Community Organizations	1,031/9 states
ECE sites	22,038/8 states
Families	122,850/4 states
Children age 2-5	470,612/6 states

State Level Sustainability Indicators

- Enhanced buy-in for nutrition and physical activity and support from key stakeholders
- Acknowledgement of the importance of leadership from nutrition professionals
- Increased understandings about the need for ongoing communications and monitoring

Most states now have ongoing efforts that will extend beyond the Mini-CoIIN.

State Team Perspectives: Benefits of Participation

- Opportunity to connect within states across state agencies and get things done
- Opportunity to learn from other states & share resources
- Opportunities to leverage several sources of funding and/or collectively apply for new funds
- Mini-CoIN state leaders built leadership skills, and the skills of many state employees were enhanced so that they can be more effective in future initiatives.

State Team Perspectives: Challenges

- Difficult to commit time to Mini-CollN when there is no funding to cover staff time
- Can encounter differences in expectations and perspectives when working across state agencies
- Bureaucratic requirements and restrictions
- Lack of support from upper management associated with poor experiences with previous CollNs on other topics

State Team Perspectives: On Leading the Team

- Goal of the leader is to, “get partners to the table and respect them.”
- Teams functioned best when focusing on one shared goal by building on existing and/or related projects.
- Characteristics of a strong COLLN team: diverse partners, enthusiasm, willing to provide input and share opinions, committed to working together to make sure the final product is useful, and team is “right-sized” for the job
- Using a quality improvement lens/PDSA allows quick action when windows of opportunity open.
- “Things always take longer than you expect.” It pays to be clear and realistic with potential team members.

Key Mini-CollN Outcomes

The Mini-CoIIN Built Partnerships and Collaboration.

- States developed new partnerships, with cross-sector teams coming together toward common goals. Of special note are the new partnerships established between health and human services agencies, nutrition programs, and state ECE, education, and licensing agencies.
- The Mini-CoIIN established or re-invigorated relationships among state team members who were funded through a variety of mechanisms and working on ECE across different initiatives. This included funding by MCHB, CDC (especially 1305), USDA, and the US Department of Education.

Mini-CollN Was a Catalyst and Facilitator for Improving ECE Nutrition and Physical Activity Policies, Practices, & Environments

- Bringing ECE nutrition and physical activity into the spotlight - when they were not previously a state priority
- Generation of new ideas and products by providing a “space” to try and learn and do things that might not have been possible in other arenas
- Developing broad collaborative partnerships that include a wide range of ECE stakeholders – both governmental agencies and NGOs.

The Mini-CollN Supported Implementation of Nutrition and Physical Activity Policies, Practices and Strategies in Many ECE settings.

- Through the development of websites, toolkits, companion guides and other resources, teams supported centers in the adoption and implementation of policies and standards.
- The projects all have far-reaching, statewide impact potential.
- Mini-CollN initiatives targeted QRIS, state-wide training of child care providers, and CACFP participation.

Ideas for Future State Collaborative Initiatives

Work with Individual States to:

- Encourage continued integration of Mini-CollN activities with existing state level initiatives.
- Encourage teams to think state-wide and to continually re-visit their purpose and objectives to maintain focus.
- Encourage state teams to periodically reassess the composition of their team to assure that the right members are engaged to achieve goals.
- Build skills in sustainability planning. “Managing up” to assure ongoing administrative support, and managing an interdisciplinary and interagency team to make the best use of everyone’s time.

At the National Level

- Maintain a strong core Planning Committee that stays engaged to assure a broad range of perspectives and ideas. Assess motivators for ongoing participation in the Planning Committee and implement strategies for maintaining participation.
- Establish and share data about clear measurable programmatic objectives and understandings about how to determine the extent to which objectives are being met.
- Provide a resource catalog that includes materials developed by states and/or through collaborative efforts, evaluation materials, and training materials.
- Continue to develop opportunities for states to network and collaborate and to share tools and resources. Consider establishing a list serve.
- Develop and implement a plan for recognizing Mini-CollIN members, their efforts and their accomplishments.
- Support state teams with initial and ongoing communication with influential state stakeholders who make decisions about travel to meetings and grant-writing, to assure that state leadership is supportive of collaborative efforts across states.

Contact Information

Donna Johnson – djohn@uw.edu, 206-685-1068

Mary Podrabsky - marypod@uw.edu, 206-221-4528