

Healthier Scotland Cooking Bus Evaluation

Collaboration with a Higher
Education Institution



Dr Lois White, Legacy Development Officer

Background

- Launched in 2008
- Scottish Government and Food Standards Agency Scotland funded
- A tool to assist in achieving National Outcomes
- Encourage healthy eating through skills based sessions/training
- Children, adults and CPD training



National Outcomes

We live longer,
healthier lives

We have tackled the
significant inequalities in
Scottish society

Our children have the best
start in life and are ready to
succeed

We have improved the
life chances of children,
young people and
families at risk

Reduced inequalities in premature
mortality due to obesity-related disease

Majority of Scotland's population in normal
weight range throughout adult life

Route Map
aim

Reduced energy
intake

+

Increased energy
expenditure

Individual
behaviours

Awareness, knowledge, skills,
empowerment

The Healthier
Scotland
Cooking Bus
Programme

Changed media & social
norms

Social,
economic &
physical
environments

Exposure to energy dense
food and drink

Improved physical activity
environments

Early Years

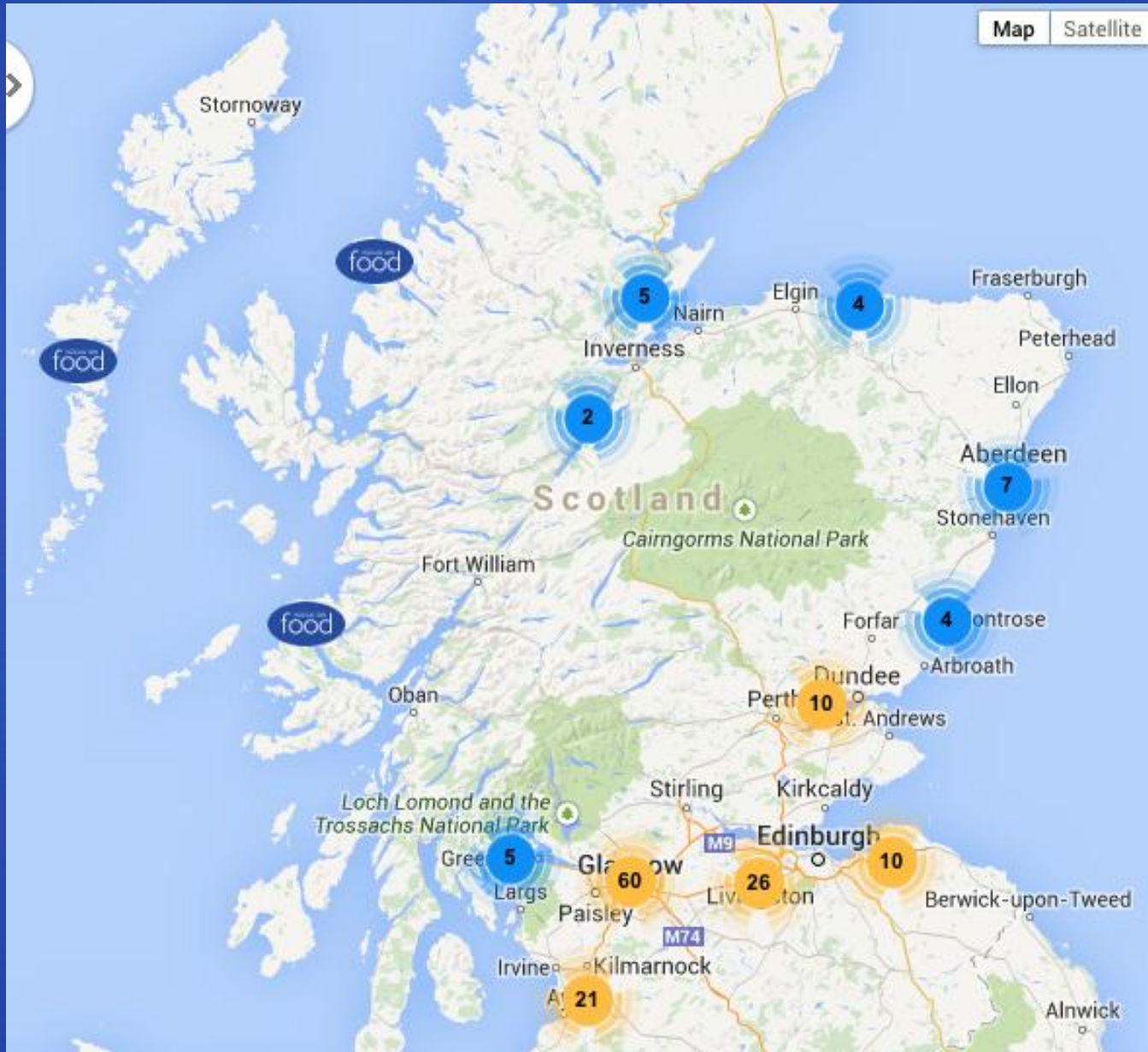
Workplaces

e.g. outcomes related to service delivery, e.g.
LAs, communities, NHS

Policies we work towards

- Recipe for Success – National Food & Drink Policy (2009)
- Preventing Obesity in Scotland - A Route Map Towards Healthy Weight (2010)
- Food Standards Agency Scotland – Food Competences for Young People
- Curriculum for Excellence – Health and Well Being Outcomes





Evaluation prior to 2013

- Programme delivery based outcomes
- Learning or Developmental based outcomes not evaluated
- No change in knowledge, skills, confidence monitored
- Main contact evaluation only
- Limited follow-up/support

We needed help!

- To show we were:
 - Making a difference
 - Meeting outcomes
 - A sustainable programme
 - Developing as a programme



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Working with LMU

Helped us with:

- Re-writing outcomes – measurable & achievable!
- Pre and post evaluation tools
- Consent forms
- Data collection protocol
- Data input
- Data analysis
- Reporting the data



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Re-writing outcomes

'Children participating in the HSCB programme will all wash their hands before they cook'



'Children participating in the HSCB programme will demonstrate an improved knowledge of correct hand washing techniques using a validated questionnaire'

The new tools

Younger pupil (5-8 years) pre-questionnaire		Younger pupil (5-8 years) post-questionnaire
Older pupil (9-16 years) pre-questionnaire		Older pupil (9-16 years) post-questionnaire
Adult community participant pre-questionnaire		Adult community participant post-questionnaire
CPD participant pre-questionnaire		CPD participant post-questionnaire

Collecting data

- Pre-questionnaires and consent forms sent out to schools in advance
- All other pre and post tools completed on the bus
- Some schools/community groups decided to complete post tools after the session and post back
- Completed forms sent back to main office



Data input

- LMU set up Excel databases
- Shared via Goggle Docs
- Trained FOF staff on coding data and data-input
- Answered queries



Data analysis & reporting

Healthier Scotland Cooking Bus

**Evaluation Report: Impact and
Recommendations, December 2013- April 2014:
Final Draft**

Prepared by:
The Centre for Active Lifestyles, Institute of Sport, Physical Activity and Health
Leeds Metropolitan University



- LMU analysed all data on SPSS
- Non-parametric, quantitative tests used
- Data displayed graphically
- Report produced:
 - Summary
 - Intro
 - Methodology
 - Results
 - Conclusions
 - Recommendations

Positives

- Working relationship
- Measurable outcomes
- Set of data collection tools and consent forms
- Database set-up
- Reliable data
- Publishable report
- Evidence for future funding
- Recommendations for development

Challenges

- Different people collecting, inputting and analysing data
- Devising tools for 5-8 year olds
- Very different to a controlled scientific study!
- Sessions disrupted
- Interpreting results
- Only short term changes observed

What's next?

- Longitudinal data collection
- Continued support
- Publish report
- Simplify tools for continued data collection
- Devise tools for other FOF programmes



Questions/Discussion?

