Evaluating the impacts of a network on healthy eating promotion practices in schools

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A context

- The creation of a network of actors involved in offering healthy food in schools, financed by the Koning Boudewijn Stichting in 2007

- Network activities: a series of seven visits to exemplar pilot projects in several locus of the French-speaking community.
Evaluation (12/2007 to 03/2008)

- **Objectives:**
  
  to appreciate the impact of this network on the spread of good practice and encouragement of exchanges between actors

- **Methods**
  
  - analysis of the documents inviting and encouraging participation in the visits,
  - analysis of the coverage of network participants and other initiatives for promoting healthy eating in schools
  - a questionnaire to participants (RA 18%, n = 30)
Analysis

- **attendance at the visits**
  - their involvement in one or more visits
  - proximity to the place where the visit took place

- **professional profiles of the participants**
  - their role in the school or school partner organisation
  - their experience of health promotion projects
Synergies avec d’autres programmes

- 22% de la participation individuelle au réseau promoteurs de projets FRB et leur partenaires
- Au maximum 63% des écoles représentées dans le réseau ne participent pas à d’autres programmes connus et simultanés

Réseau favorise rencontre d’acteurs novices et expérimentés
Répartition des types de professionnels représentés dans l’enquête

Comparaison des profils

Diététicien
Spécialiste de la santé
Personnel de cuisine
Personnel éducatif
Elus locaux

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Fréquentation des visites par les répondants à l’enquête

**Tableau 2 : Nombre de participants en fonction du nombre de visites**

<table>
<thead>
<tr>
<th></th>
<th>1 visite</th>
<th>2 visites</th>
<th>3 visites</th>
<th>4 visites</th>
<th>5 visites</th>
<th>6 visites</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nb de participants</td>
<td>184</td>
<td>26</td>
<td>15</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td>230</td>
</tr>
<tr>
<td>Pourcentage (%)</td>
<td>80</td>
<td>11</td>
<td>6,5</td>
<td>1</td>
<td>1</td>
<td>0,5</td>
<td>100</td>
</tr>
</tbody>
</table>

**Tableau 12 : Répartition des participants en fonction du nombre de visites**

<table>
<thead>
<tr>
<th></th>
<th>1 visite</th>
<th>2 visites</th>
<th>3 visites</th>
<th>4 visites</th>
<th>5 visites</th>
<th>6 visites</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nb de participants</td>
<td>13</td>
<td>5</td>
<td>8</td>
<td>1</td>
<td>1</td>
<td>2</td>
<td>30</td>
</tr>
<tr>
<td>Pourcentage (%)</td>
<td>43</td>
<td>17</td>
<td>27</td>
<td>3</td>
<td>3</td>
<td>7</td>
<td>100</td>
</tr>
</tbody>
</table>

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A network with 2 levels

- This “network” appears to have operated on two levels relating to different audiences and different impacts.
- The study on the impacts of the network in terms of the spread of new practices only affected one of these audiences.
Impact on school-based actors

- the network mainly served as a means of awareness-raising and of supporting fledgling activities.
- the proximity of the activity remains a crucial motivating factor.
Impact on organisations already with experience in promoting healthy eating in schools

- Exchange of good practice particularly involved people with particular motivation

- These people gladly participated in a greater number of visits, even when these took place far away.