



# Let's Beat Diabetes Evaluation

Presented by: Tracey Barron  
Programme Manager

LBD Information Sharing Workshop  
6 November 2007

# Evaluating Let's Beat Diabetes

## *Goal:*

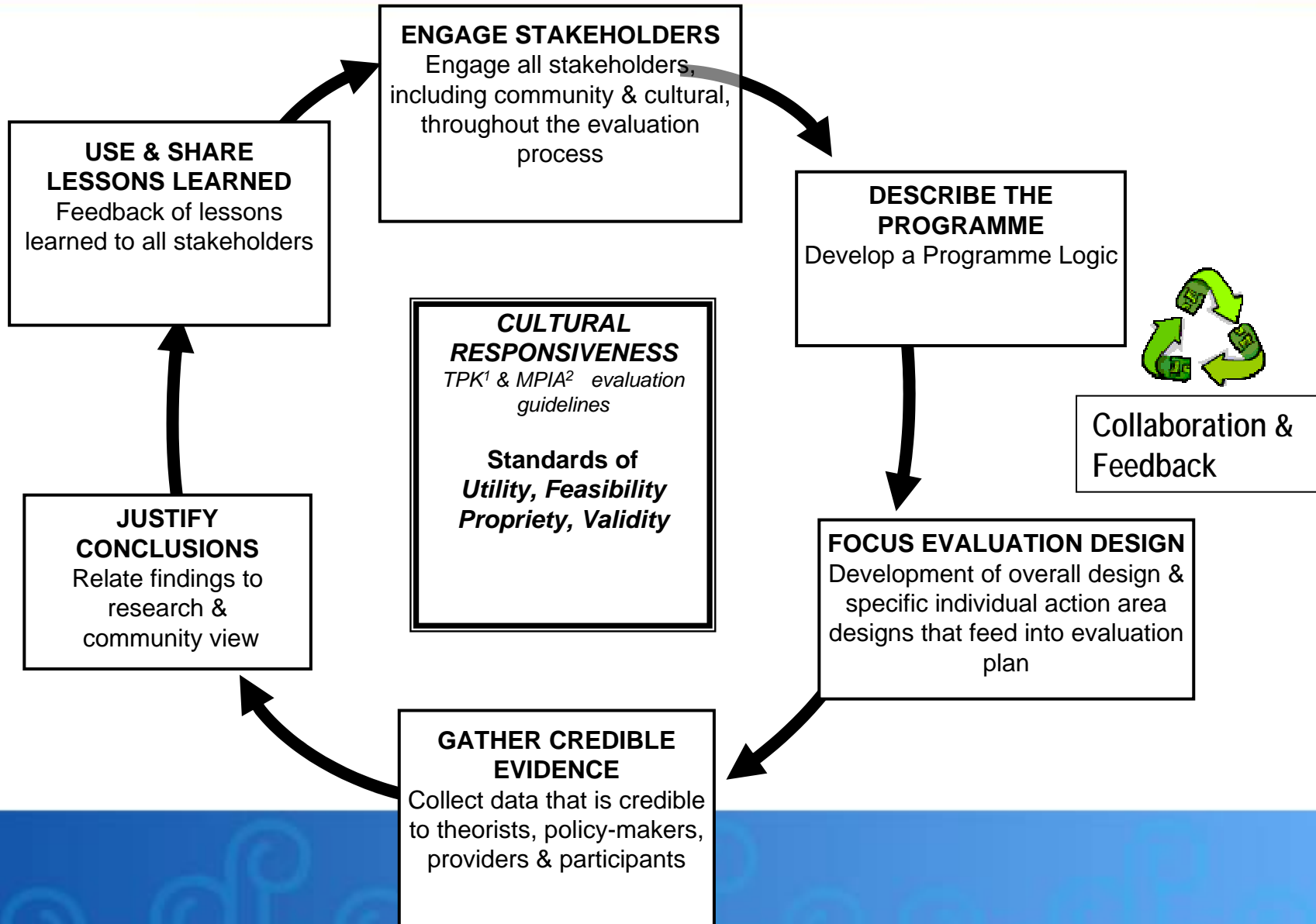
*To create a learning environment in which multiple individuals and organisations can learn off each other, and from successes and challenges, to continuously improve quality.*

## *Seeking:*

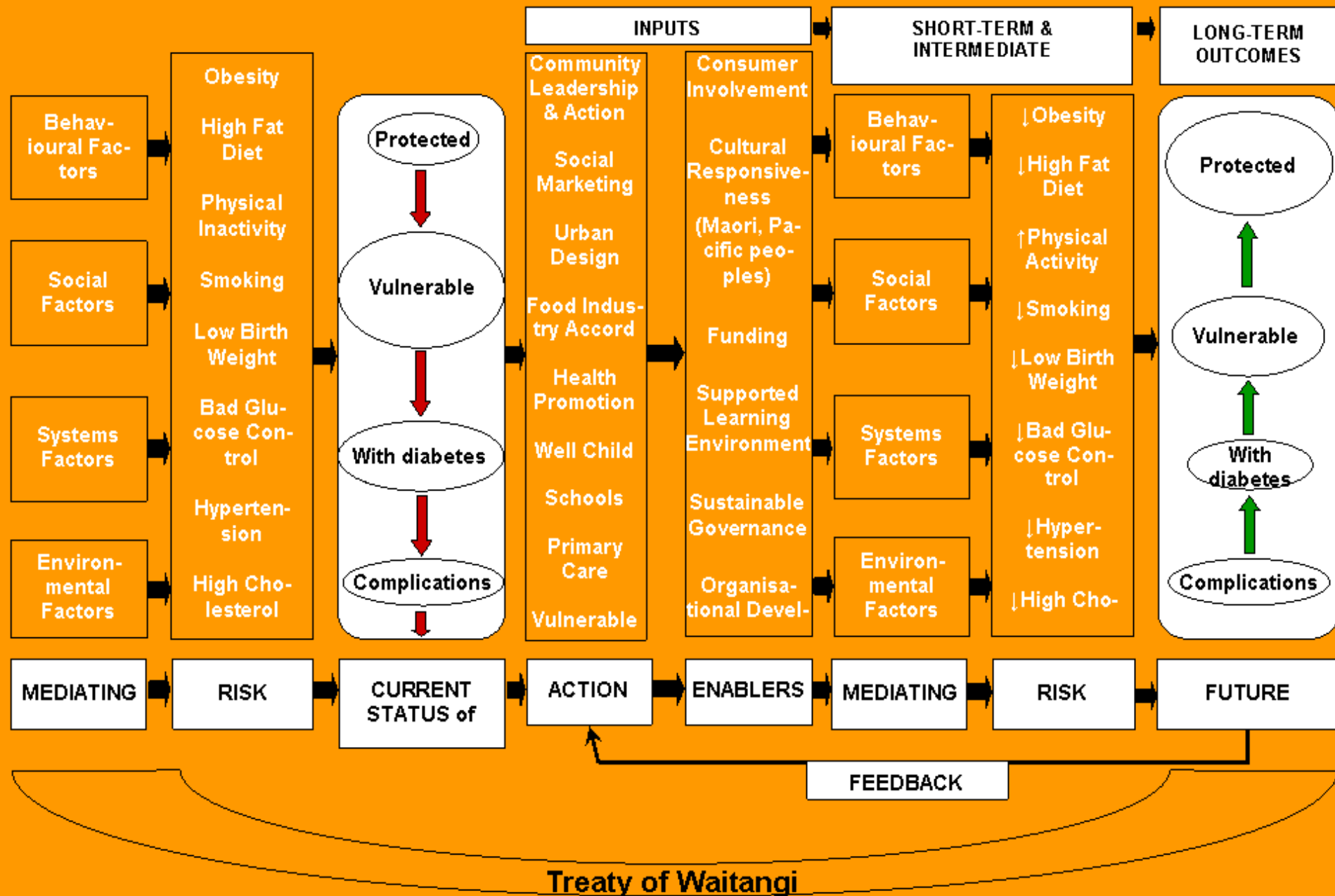
- An overarching **Evaluation Framework**
- Develop a programme theory to understand and model the causal relationships within *Let's Beat Diabetes* plan
- A system-wide **Continuous Learning Approach**
- Effective and frequent **Dissemination Processes** for passing evaluation findings onto community, stakeholders and interested parties



# The LBD Evaluation Framework



# Lets Beat Diabetes Programme Logic



# Evaluation Aims and Objectives

- Develop a baseline evaluation of the population of Counties Manukau.
- Identify a set of population level Key Performance Indicators.
- Evaluate the success of LBD at the population-level by measuring change in each of these indicators.
- Provide an overview of the outputs and immediate outcomes from all the Action Areas.
- Evaluate a number of specific programmes or interventions through focused studies.
- Evaluate the processes involved in the implementation of LBD including the enablers.

# Evaluation Methods

- Five year contract
- Evaluation adopts a mixed methods approach to reflect the complex nature of LBD and includes:
  - Population level monitoring
  - A generic evaluation
  - Focussed studies

# Population Monitoring: June 2005 to Feb 2007

- Current literature and data sets were used to inform:
  - A literature review of the epidemiology of Type II diabetes in New Zealand.
  - A study using the Mortality Collection and National Minimum Data Set to more accurately estimate the rate of diabetes-related deaths in New Zealand, and in each DHB area.
  - A study using the Labs Data to estimate the level of Type II diabetes screening and monitoring activity in New Zealand, and in each DHB area.



# Generic Evaluation: Key Data Sources

- Documentary analysis of PSG and Action Area meeting minutes, programme resources and other circulated material used to demonstrate progress towards KPIs and overall goals of LBD.
- In-depth interviews with LBD management, Action Area and initiative leaders.
- Self-completion questionnaires with AA and initiative leaders (included organisational development, collaboration and sustainability scales).

# LBD Focussed Studies

- In 2006, the LBD focused studies included:
  - A process evaluation of the Maori initiative.
  - The re-development of Templeton Park.
  - The Low Sugar Trial initiative at McDonald's.
  - The Community Nutrition Project.
- For 2007 the planned focused studies include:
  - The Kai Lelei programme for Pacific Early Childhood Education centres.
  - The Diabetes Self-Management Education and Wananga interventions.
  - The integration of primary and secondary care for diabetes with pregnancy.
  - The Healthy Kai programme.
  - A process evaluation of the Schools Accord.
  - Phase 1 of the Social Marketing Campaign.
  - The Otago Health Active Families programme.



# Key Findings: Impact

- The programme continued to increase its reach across the communities of Counties Manukau and this was reflected in the:
- Increased reach into communities and organizations from 2005
- Increase in indirect intervention
- Increase in the number of activities
- New programmes developed
- A number of programme plans ready to implement



# Collaboration and Partnership

- The evidence suggested that the LBD programme had:
  - An improved coordinated approach to seeing solutions.
  - Increased integration across sectors.
  - Made increasing progress towards a strengths based solution process in Counties Manukau.

# Organisational Development and Sustainability

- Increasing the organisational development of the LBD was achieved through:
  - Increased programme planning
  - Increased resources
  - Increased workforce capacity
  - Increased evaluation activity
- In support of programme sustainability the LBD programme had:
  - Increased evaluation activities
  - Increased infra structures across projects

# Developing a Learning Environment

- Progress towards establishing a learning environment was reflected through:
  - Increased understanding of the philosophy underpinning LBD.
  - A greater desire to learn from one another and increased dialogue.
- Through collaboration with the SoPH the LBD programme had:
  - Increased awareness of the worth of evaluation.
  - Increased LBD engagement in evaluation.

# KPI framework & indicators

	1 yr Qualitative Assessment of programme	2-5 yr Uptake (as consequence of /dependent on 1yr)	5+ yr Intermediate (as consequence of /dependent on 1yr & 2yr)	20 yr Long term
<b>At risk Population</b>	Achievement of actions in LBD annual plan	<ul style="list-style-type: none"> <li>↑ Knowledge and Attitudes</li> <li>↑ Participation in LBD</li> <li>↑ Screening for Diabetes</li> </ul>	<ul style="list-style-type: none"> <li>↑ Physical Activity</li> <li>↓ Obesity (Childhood)</li> <li>↑ Nutrition</li> <li>↑ Screening for Diabetes</li> </ul>	<ul style="list-style-type: none"> <li>↓ Obesity (Adult)</li> <li>↓ Other CV risk factors</li> <li>↓ CVD mortality</li> <li>↓ New case of Diabetes</li> </ul>
<b>Diabetics</b>	Achievement of actions in LBD annual plan	<ul style="list-style-type: none"> <li>↑ Participation in organised management programmes</li> <li>↑ Screening for Complications</li> <li>↑ Monitoring</li> <li>↑ Knowledge, attitudes and behaviours</li> <li>↑ Medication per guidelines</li> <li>↑ Intermediate outcomes</li> </ul>	<ul style="list-style-type: none"> <li>↑ Intermediate outcomes</li> <li>↓ Complications of diabetes</li> <li>↓ Diabetes Related Mortality</li> </ul>	<ul style="list-style-type: none"> <li>↓ New case of Diabetes</li> <li>↓ Diabetes Related Mortality</li> </ul>



**LET'S  
BEAT**



**COMMUNITY PARTNERSHIPS AND  
ACTION IN COUNTIES MANUKAU**

**LET'S  
BEAT**



**COMMUNITY PARTNERSHIPS AND  
ACTION IN COUNTIES MANUKAU**