

# Development of a Dissemination and Implementation Framework for an Early Childhood Obesity Prevention Program

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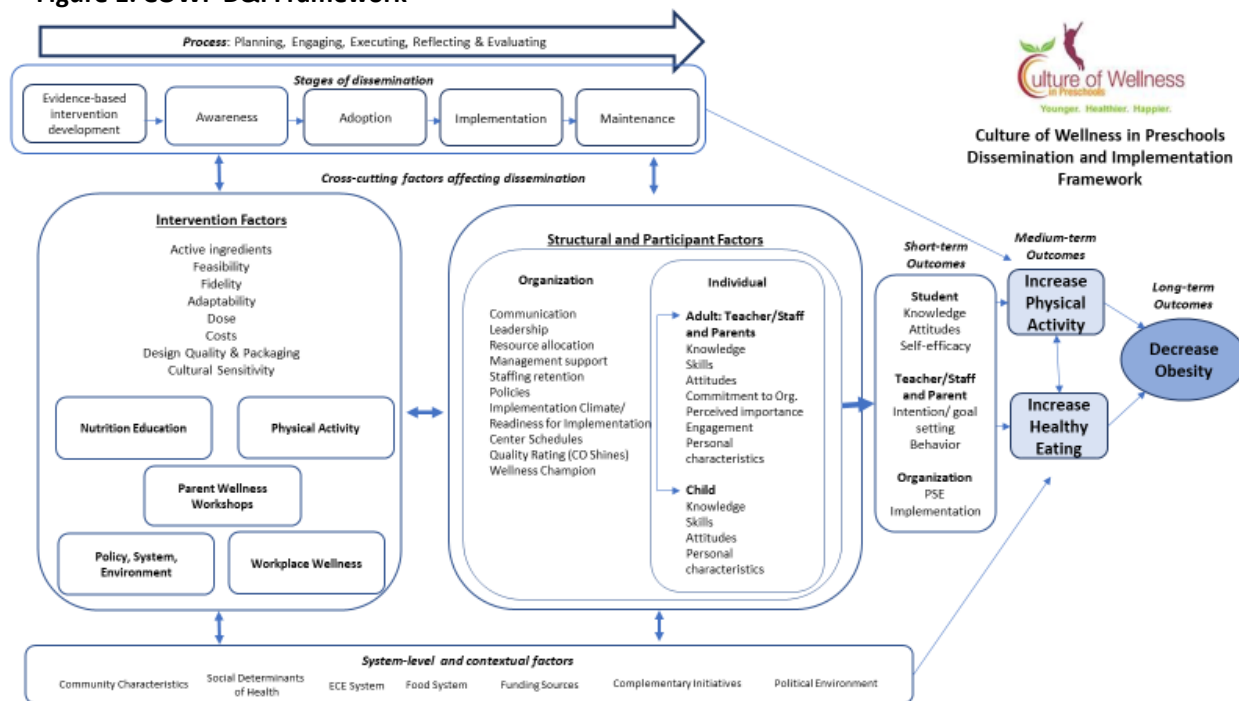
## Background

- Current evaluation approaches to early childhood education (ECE) health promotion programs have a limited focus on outcome measures
- The complexity of implementing multi-component ECE programs calls for more comprehensive evaluation
- Adopting a dissemination & implementation (D&I) science approach to evaluation can account for additional factors that influence implementation and program success

## Setting

- Early childhood is a critical time of development related to later health outcomes and a majority of U.S. children are placed in some form of non-parental care during these years
- Interventions implemented in ECE settings provide the opportunity to impact health behaviors early in life
- The Culture of Wellness in Preschools (COWP) is a multi-component early childhood obesity prevention program which promotes increasing fruit and vegetable consumption and physical activity levels for children, parents and teachers

Figure 1. COWP D&I Framework



## Results

- Final framework has 6 domains and 52 constructs
- A pilot mixed-methods evaluation assessed D&I factors related to the COWP Policy, System and Environment (PSE) Change process
- Factors related to implementation of PSE changes:
  - Individual-level: staff attitudes, skills, engagement, direct support and engagement
  - Organizational-level: current wellness policies, quality rating
  - Intervention-level: adaptability

## Conclusions

- The COWP D&I framework is an initial step in adopting a D&I focused approach to program evaluation and can serve as road map of how to incorporate a D&I based approach into the evaluation of similar health promotion programs
- Next steps:
  - Developed and administered survey assessing all D&I constructs in framework (n=395)
  - Linking factors to physical activity and nutrition outcomes

## Methods

Figure 2. COWP D&I Framework Development Process

