Types of Evaluation

Process Evaluation

Process evaluation tells you about the content of project activities. You can learn whether you are doing the activities as they were planned. It also tells you who is participating in your project activities. You can track the specifics on how you carry out your project, such as the time spent on activities and how many participants attended them. The results of process evaluation help you know which activities are more successful than others. It also gives you the feedback you need to improve your project.

Example: You can collect information about the number of sessions you taught from the "Your Heart, Your Life" manual and how much time you spent on activities during the training sessions.

Outcome Evaluation

Outcome evaluation describes the effect your project had on participants. You can learn how the participants changed or are changing after completing the course. You can track how participants' knowledge, feelings (attitudes), or actions (behaviors) have changed after taking part in the project. You can also track the changes in the clinical values (for example, you can check to see if participants' blood pressure or weight has decreased).

Example: A questionnaire is given to participants before the first class. The same questionnaire is given after the last class. The results of the two questionnaires are compared; this will tell you how much participants learned.

Other Evaluation Methods

You can use other methods to evaluate your project. You can ask participants for their stories (testimonials) about how the course has affected them and collect the stories as the project evolves. They can submit photographs and journals about the changes they have made during the project.