



Types of Evaluations

Process Evaluation

A process evaluation looks at your project's activities and whether you're doing the activities as planned. It also tells you who's participating in the activities. You can track the specifics, such as the time spent on activities and how many participants attended.

The results of a process evaluation show you which activities were more successful than others. Process evaluations give you the feedback you need to improve your project.

Example

You can collect information about the number of sessions you taught from the *With Every Heartbeat Is Life* manual and how much time you spent on activities during the sessions.

Outcome Evaluation

Outcome evaluation describes the effect your project had on your participants. You can learn how participants' knowledge, feelings (attitudes), or actions (behaviors) changed after taking part in the project. You also can track changes in clinical values, such as blood pressure and weight.

Example

You give a questionnaire to participants before the first class and after the last class. You compare the results of the two questionnaires to see how much participants learned or how much they changed their behaviors.