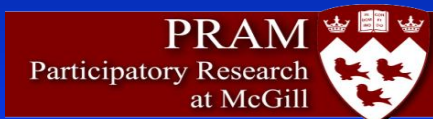


BUILDING ON A YMCA'S HEALTH AND PHYSICAL ACTIVITY CAPACITIES: a case study of a researcher- organization partnership to optimize adolescent programming

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Introduction

- Adolescents are not sufficiently physically active
- Longer more sustainable physical activity interventions are needed
- Capacity building for sustainability

Methodology & Methods

- Objective: To build on the physical activity promotion capacity of an organization
- Action research
- Program evaluation
- Participatory research approach
- Case study
 - What are the processes and outcomes present in an initiative to build on a YMCA's health and physical activity promotion capacities?
 - Email, interview & meeting transcripts, documents
 - Thematic analysis

Framework (Hawe et al 2001)

Capacity Building Processes

Partnership

Resource
Allocation

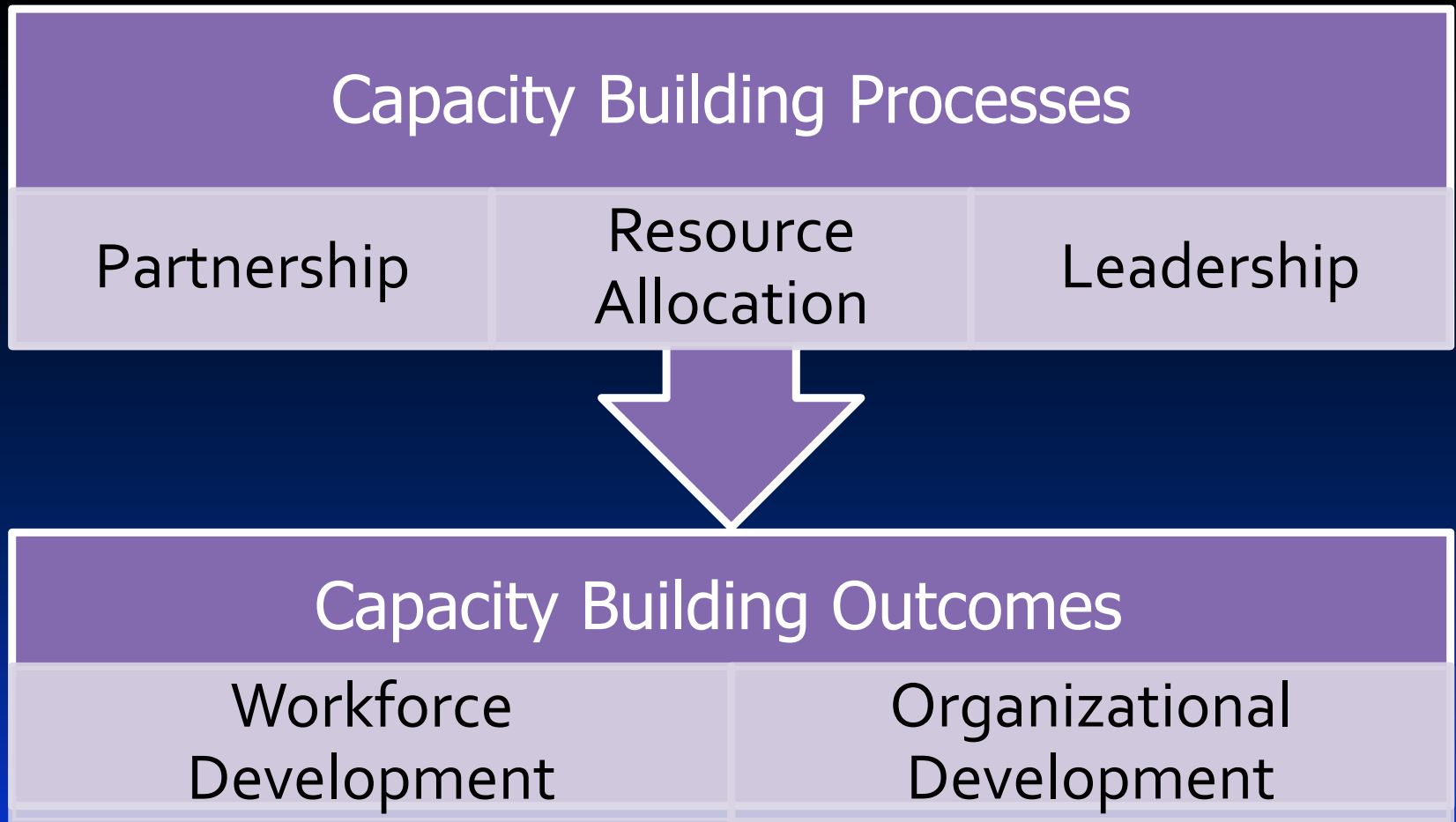
Leadership

Capacity Building Outcomes

Workforce
Development

Organizational
Development

Framework (reconceptualised)



From complementary to combined

Objectives	
Physical activity promotion Process Participant	Program evaluation Impact Program
Knowledge, Experience & Skills	
Health promotion Research & evaluation Outsider	Positive youth development Programming Insider

From complementary to combined

- Leadership
 - Respond & guide
- Integrated program perspective
 1. Program vision
 2. Program rationale
 3. Program evaluation results

From Intuition to Insight

Workforce Development

Validation

- Results
- Evidence-based framework

Reminders

- Communication
- Evaluation

Awareness

- Program
- Processes

From Modified to Maintained

Workforce & Organizational Development

Programming & promotion practice changes

- Informed decisions
- ↑communications

Program evaluation competence

- Transfer & further development of methods

Multiplied gains

- Additional validation
- Resource mobilization
- More work planned

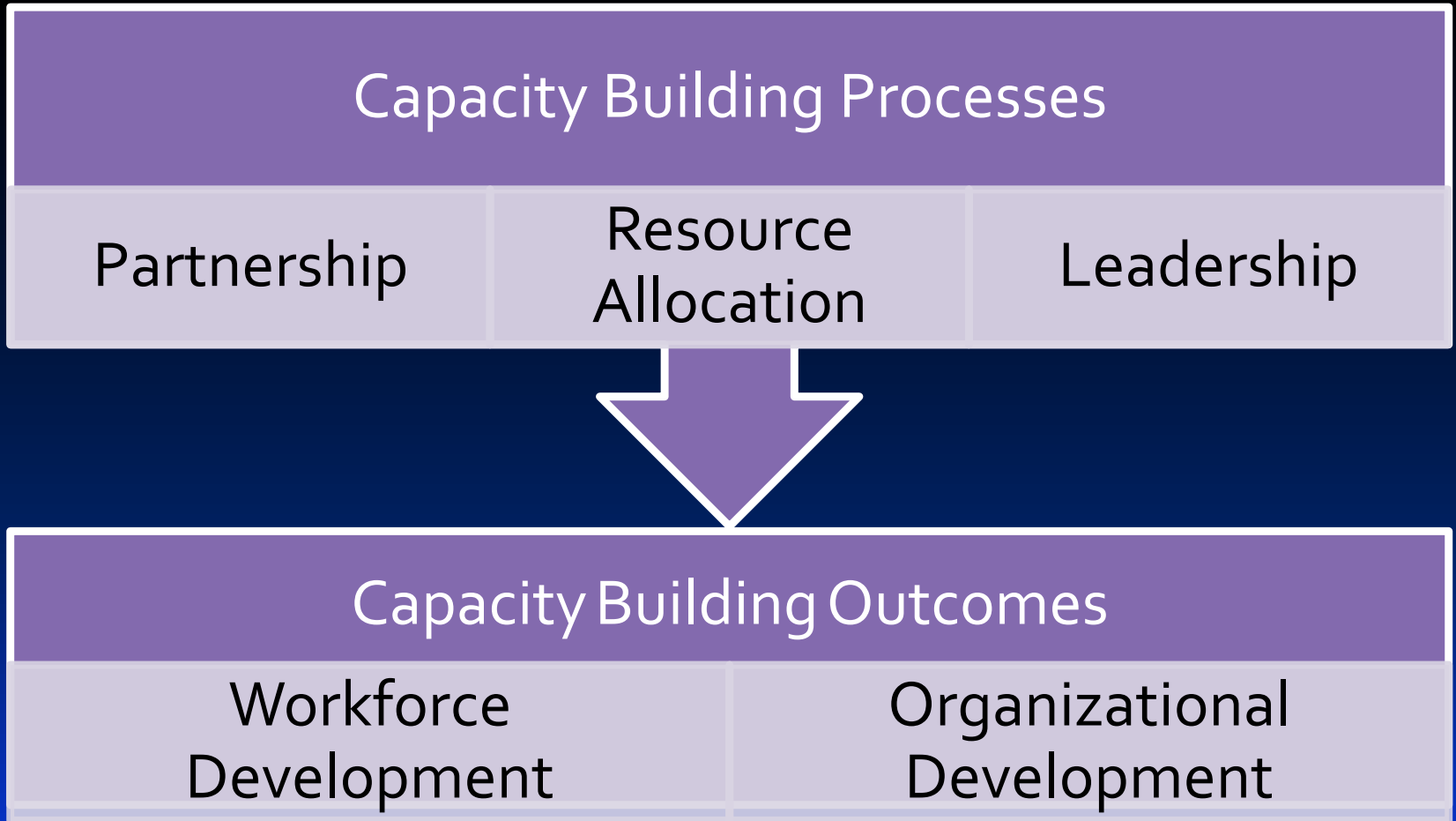
The Partnership

Challenges

Reciprocity

Patience

Discussion



Contributions

Participatory Research	Processes
Capacity building	•Processes & Outcomes
Physical Activity	• Viability and value of the capacity building and partnership approaches for sustainability

Implications

Practice	Research
Partner differences	<ul style="list-style-type: none">• Feasibility of partnership approach
Leadership	<ul style="list-style-type: none">• Impact of capacity building
Process use	<ul style="list-style-type: none">• Context

Future Directions

- Observation of long term effects
- Collect additional perspectives
- Design and carry out multiphase mixed methods study to explore
 1. in what ways program evaluation results impact physical activity promotion decisions and
 2. the changes (if any) regarding
 - a. physical activity opportunities offered and
 - b. teens' participation in these opportunities



Questions