

## EVA-protocol – A monitoring instrument to assess capacity building in setting-based approaches

The aim of the EVA- protocol is to document the development of specific capacities ("capacity building") in newly founded participatory stakeholder groups (e.g. round tables, working groups, cooperative planning groups ...).

This protocol allows to monitor capacity building over time and is suitable for participatory stakeholder groups, ...

- which come together on a regular basis
- which follow a participatory approach, i.e. all participants can equally participate and influence decisions
- which are moderated by an (external) expert
- which intend to operate independently (without experts) in the long run.

The EVA- protocol enables (facilitating) researcher to describe the process of a group, e.g. over the course of several months - how the stakeholder group organizes itself as a group, whether it is possible to actively involve all participants, whether problem-solving skills, networking and resource acquisition can be established, so that the group can work without experts.

The EVA- protocol should be filled out by a moderator, (facilitating) researcher or observing person who is regularly attending the meetings.

The EVA-protocol was so far specifically used for health promotion projects on physical activity, but can also be applied to other topics such as nutrition, mental health etc.

Below you find previous studies which used the instrument:

- Sauter A., Lindacher V., Rueter J., Curbach J., Loss J. (2020) How health promoters can assess capacity building in setting based approaches – development and testing of a monitoring instrument. *International Journal of Environmental Research and Public Health*. 17(2), 407; <https://doi.org/10.3390/ijerph17020407>
- Strobl, H., Brew-Sam, N., Curbach, J., Metz, B., Tittlbach, S. & Loss, J. (2020). ACTION for Men: Study Protocol of a Community Capacity Building Intervention to Develop and Implement Gender-Sensitive Physical Activity Programs for Men 50 Plus. *Front. Public health* 8(4) doi:10.3389/fpubh.2020.00004
- Loss, J., Brew-Sam, N., Metz, B., Strobl, H., Sauter, A., Tittlbach, S. Capacity building in community stakeholder groups for increasing physical activity: results of a qualitative study in two German communities. *International Journal of Environmental Research and Public Health*. 2020, 17(7), 2306; <https://doi.org/10.3390/ijerph17072306>

Note on how to fill out: The EVA- protocol is best to be filled out after each stakeholder group meeting to ensure a longitudinal documentation. To improve objectivity, it is recommended that the protocol should be completed by two people who can discuss their subjective impressions based on the protocol's dimensions.