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5-2023

### Let's Go! 2022-2023 Educational Programs: A Realist Evaluation

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#### Recommended Citation

Steward, Austin; Bronzo, Kayla; Rogers, Victoria; Stickney, Isaac; Bing-You, Robert; and Luro, Alec, "Let's Go! 2022-2023 Educational Programs: A Realist Evaluation" (2023). *Costas T. Lambrew Research Retreat 2023*. 31.

<https://knowledgeconnection.mainehealth.org/lambrew-retreat-2023/31>

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# Let's Go! 2022-2023 Educational Programs: A Realist Evaluation

Austin Steward, Kayla Bronzo, Victoria Rogers, Isaac Stickney, Alec Luro, Robert Bing-You

## Introduction

Let's Go! is a community engagement initiative working to improve health behaviors that impact obesity.

Let's Go! provides educational programming for all medical learners and attending staff throughout Maine.

A realist evaluation is a theory-led approach to evaluation that seeks to understand what works for whom, in what circumstances, and in what respects an intervention is more likely to succeed.

This project used the realist evaluation framework to evaluate Let's Go! educational programming in 2022-2023.

## Methods

Qualitative data were collected via semi-structured interviews with clinicians.

The data were coded by themes and ultimately by contexts, mechanisms and outcomes.

## Results

Seven interviews were coded using 50 different codes. From the codes, themes were analyzed, and the following context-mechanism-outcome was observed:

It was seen that lack of organizational support (context) led to lack of appropriate time to dedicate to the activities (mechanism) decreasing the ability to have the full learning and confidence desired (outcome).

## Discussion

When developing educational interventions, the context of organizational support is essential.

The mechanism for delivering the content can help to optimize outcomes.

Lack of **organizational support** hinders the effectiveness of educational programs aimed at addressing obesity and related issues.

**Inadequate time dedicated** to educational activities decreases the ability to have full learning and confidence.

Obesity training should include **specific language for providers to use with patients.**

An interventional format that allows **providers to form a community of care** can enhance the effectiveness of obesity education and management programs.



*For additional resources including our abstract for this project, the Let's Go! Shorts video series, and the Let's Talk About Obesity Care Podcast.*



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**LET'S GO!**