

FRESH Monitoring & Evaluation Guidance

Frequently Asked Questions



1. What is FRESH?

FRESH or Focusing Resources on Effective School Health is an international framework for implementing school health interventions, jointly launched by UN and international development agencies at the 2000 World Education Forum in Dakar Senegal. The four Pillars of school health interventions, as recommended by FRESH are (1) the presence of school-based health policies, (2) presence of a safe school environment, (3) skills-based health education and (4) the provision of relevant health services in schools. The three supporting strategies for school health interventions are partnership between the health and education sectors, between schools and communities; and child participation.

2. Who is the target audience for the FRESH M&E Guidance?

The FRESH M&E Guidance is targeted at governments and organizations in low- and middle-income countries intending to use this document to develop a national self-assessment tool to monitor and evaluate their school health interventions. It is intended for program directors and managers to use this broad guidance to develop specific questionnaires for their assessments.

3. What does the FRESH M&E Guidance measure?

The FRESH M&E Guidance includes two sets of Indicators- Core and Thematic Indicators. The Core indicators are output-level indicators that measure the overall implementation of the four FRESH pillars in a country. The Thematic Indicators are health-topic specific output and outcome indicators that may be used by projects to track their progress. They are a combination of qualitative and quantitative indicators; some of the output-level Thematic Indicators are similar to the Sub-Indicators of the FRESH Core Indicators.

4. How is each FRESH Pillar measured?

Each Fresh pillar has two indicators – a national indicator and a school-level indicator. The national and school level indicator for each FRESH pillar has Sub-Indicators with their corresponding Guiding Questions. The response to each Guiding Question is scored; Sub-Indicator scores are aggregates of their Guiding Questions; and the total and mean score for the FRESH Pillar Indicators are determined using the scores of their Sub-Indicators.

5. How do we define the 3 scoring categories: well-established, emergent, and not yet established?

The three scores of well-established, emergent and not yet established (corresponding to scores 2, 1, and 0, respectively) have been defined for each Guiding Question, depending on what it measures and benchmarks that were considered acceptable. These have been piloted in different countries and schools and adjusted based on pilot and review recommendations. If a Guiding Question is changed, the new scoring criteria would need to be determined based on what are locally acceptable benchmarks. The questions would need to be pilot tested to assess if the scoring is appropriate.

6. How can the Guiding Questions for Core Indicators be converted into a simplified questionnaire?

The Guiding Questions are presented by each FRESH indicator, in a Checklist format, as well as by Questionnaire Tool (in the Appendices). You could either use the latter to develop simple, context-specific questions you would ask the key informants or during observations, OR define the tools to use for the FRESH Guiding Questions in the checklist and ask simple questions to answer each Guiding Question for tools selected. It is important to keep a record of which questions answer a Guiding Question for easy scoring and analysis.

7. What sampling designs have been successful?

For the CORE and some of the Thematic Indicators which are qualitative, a convenience sample which is representative of the different contexts in a country is recommended. The national level Core Indicators can be answered with inputs from different stakeholders who inform the national practice of school health. The school-level indicators can be answered by a handful of schools in a particular geography/ context. For Thematic Indicators which are quantitative, statistical sampling methods are recommended.

8. How frequently are the FRESH Indicators to be collected?

The FRESH Core Indicators are output-level indicators which can be measured yearly or every two years, depending on a country's resources and existing tools for data collection. Generally, output-level Thematic Indicators have been recommended for every two years, while outcome-level indicators every three to five years.

9. How are the FRESH Indicators related to existing monitoring and evaluation tools (such as EMIS, WHO and World Bank surveys) and awards/certification schemes?

It is recommended that to the extent possible data for FRESH Core and Thematic Indicators are collected using existing tools. Where the data for a FRESH indicator are not entirely collected by an existing tool, the option of adding additional questions to the existing survey could be explored.

10. How is the FRESH M&E Guidance adapted to a local country context?

The FRESH M&E Guidance can be adapted by countries to define their Core and Thematic indicators. The Sub-Indicators under each Core Indicator can be prioritized depending on the local context, and the Guiding Questions can also be modified to the context. The Thematic Indicators can similarly be chosen and defined according to the local context.

11. How will changing or removing Sub-Indicators or Guiding Questions influence the validity of the scoring tool?

A rigorous exercise of internal and external validation of the scoring has not been done. The methodology for scoring a question relies on consensus between enumerators and triangulation of data received from key informants and observations.

12. How is each indicator weighted when calculating the overall FRESH score for a school or nation?

Each indicator is weighted equally to determine the school-level and national level indicator score. This could be changed in a national context, where some Sub-Indicators have greater priority/ weight over others. (The summary of FRESH Core Indicators on page 18 of the Core Indicators document suggests priority indicators.) Kindly note what weights were used for any future use of data for cross-country comparison.

For more information, go to:

<http://www.unesco.org/new/en/education/themes/leading-the-international-agenda/health-education/fresh/me-indicators/>

