



6.0 TOOLS

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This section contains blank templates of the tools discussed in this toolkit. Refer back to the Toolkit for further information and examples about each tool.

In this section:

- A. Stakeholder analysis
- B. PABCAR Model
- C. PRECEDE-PROCEED Model Planning questions
- D. Logic model
- E. Stages of Change Model
- F. Health Belief Model

A. Stakeholder analysis

Who are some of the individuals, groups, communities, agencies and organisations you may need to consult with to gain a clear understanding of your health problem? Circle those who you would want to have an ongoing partnership with or participation within the planning and implementation of the program.

Key individuals	Groups
Agencies/organisations	Communities
Other	Other

B. PABCAR Model

Think back to the PABCAR model for planning your program, and answer the questions below in relation to your intervention. This will assist you in identifying key factors of your program that will shape your goal, objectives and strategies. Refer back to Section 2 in this toolkit if you need further information.

1. What is the problem and is it significant?	
2. Is the problem amenable to change?	
3. Are intervention benefits greater than the costs?	
4. Is there acceptance for interventions?	
5. What actions are recommended?	

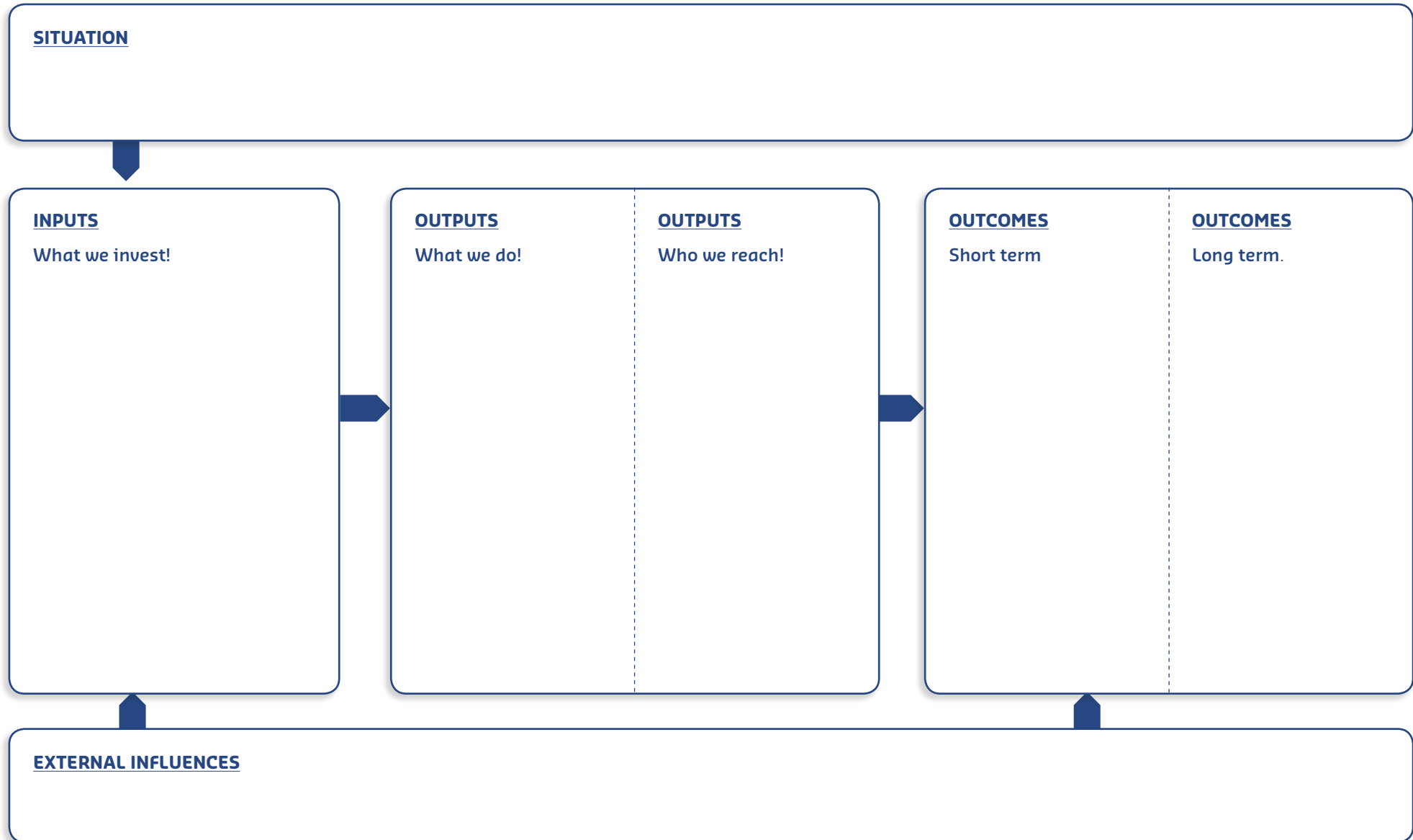
C. PRECEDE-PROCEED Model

Use the PRECEDE-PROCEED model to help you assess priority health issues and identify factors that should be focused on during an intervention. Answer the planning questions in terms of your program. Refer back to Section 2 in this toolkit if you need further information.

Health Issue:	
Planning Questions	Answers
How serious is the health problem?	
What health related behavioral and environmental factors are involved?	
What are the determinants of those behavioral or environmental factors?	
Which combination of health promotion interventions might change these determinants and factors?	
How can those interventions be implemented?	

D. Logic Model

Use the logic model to demonstrate the logical flow of your program elements. It will provide a one page visual map of the activities and outputs of your health based program. Fill in each box below, and refer back to Section 2 in this toolkit for more information.



E. Stages of Change

Here is a blank template for the Stages of Change model. Try applying it to your program to determine your target group's motivation and readiness to change their behaviour. Identify the stage or stages relevant for your target group by describing the behaviours seen currently. Next determine the strategies you could use to move people to the next stage of change. Refer back to Section 3 in this toolkit for more information.

HEALTH ISSUE:

1. Pre-contemplation

2. Contemplation

3. Preparation

4. Action

5. Maintenance

F. Health Belief Model

Use the Health Belief Model (HBM) to help you predict the behaviours of your target group. The HBM can assist you in developing your strategies based on the target group's likely behaviour. If you need further information refer back to Section 3 of this toolkit.

