Title: Evaluating Healthy Life Style Education to Adolescents by means of Direct Method, Parents, and Teachers Using CIPP Evaluation Model

Abstract: Introduction: Detrimental nutritional habits along with inactive life style in children and adolescents are severe threats to the health of this age group at present and future which predispose the society to chronic diseases for the next two decades. The aim of this study was to assess different methods of healthy life style education to adolescents considering the feasibility and applicability in school environment from the viewpoints of stakeholders and program administrators using CIPP (Context, Input, Process, Product) model.

Methods: This field evaluation study was performed using CIPP model. 600 male and female students of intermediate schools in Khomeinishahr were selected and randomly assigned into 4 intervention groups including direct education to students (Group A), education by parents (Group B), education by teachers (Group C), and control group (Group D). Education about healthy nutrition and appropriate physical activity was presented for a month using 3 different methods. The effectiveness of education was evaluated by interview with stakeholders and using questionnaire. Data related to evaluation of interventional program was gathered by a researcher made checklists adapted from CIPP checklist (Version 2007).

Results: The highest scores in the stages of "contractual agreements" and "program effectiveness" of CIPP checklist belonged to parents group (B) and direct education group (A), respectively. The results of stakeholders' viewpoints (students, parents, and teachers) about the program showed that the highest score belonged to group A.

Conclusion: This study recognized "direct education to students " as the most effective and practical method for healthy life style education to adolescents.

Keywords: Education, Life style, Adolescents, Evaluation, CIPP model.