

Project Evaluation Series

**Cluster evaluation of
“Establishing a Hunger-free Initiative for
West Africa”
and
“Mainstreaming Nutrition in CAADP and
Agriculture Policies and Programmes in
Sub-Saharan Africa”**

**Project codes: GCP/RAF/476/GER
and GCP/RAF/477/GER**

Annex 6. Stages of change

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The classic Stages of Change Model of Prochaska et al. (1992) has been adapted to change that will be facilitated through policy development and formulation. Essentially, new policies will change ways of working, focus of intervention and implementation to achieve a new or adjusted objective. Here, the two projects – GER 476 & GER 477 – focused on the change to integrate Nutrition into Agriculture Policies and National Agriculture Investment Plans.

The below table presents the various stages policy change needs to go through to be successful to facilitate change on the ground, to enable the achievement of the set objectives. Additionally, stage definition, processes for each stage, as well as suggested interventions in link with each stage are captured in the lower table.

This table has to be reviewed and understood in the context of integrating nutrition into Agriculture Policies and National Agriculture Investment Plans.

Table 1: The Stages of Change Model - adapted from (Prochaska et al. 1992) focusing on Policy Change

Stage >>	Pre-contemplation of Change	Contemplation of Change	Preparation of Change	Action for Change	Maintenance of Change
Objective to be achieved: Zero Hunger and Malnutrition in Africa	Denial of nutrition as a problem, focus on agriculture yields (quantity over quality of yields), lack of awareness of nutrition security as a concept and in its importance.	Mobilization by peer community, UN Decade for Nutrition Action, CAADP, Malabo, NEPAD, advocacy on nutrition security with RECs and Gov etc.	Policy/Strategy formulation, action planning including budgeting.	Implementation of policy, transfer of new skills and new ways of working, adjustment of tools and guidance.	Continuation of implementation, monitoring and evaluation, reporting, impact measurement, etc.
Stage Definition	Institution is unaware of the problem and has no intention to change approach in foreseeable future, maybe individuals are aware of problem.	Institution is aware of problem; serious consideration of change in approach ("behavior"), awareness raising and advocacy with individuals.	Institution is intending to take action, has requested support to policy formulation, has completed policy.	New Policy modifies program approach ("behavior") implemented, monitoring of implementation and gains, increased knowledge and information management.	Institution works to prevent relapse and consolidates gains, use of new evidence and knowledge, effective impact and benefit measurement, achievement of overall objective.
Process	1.Consciousness raising, 2.Dramatic relief, 3.Environmental re-evaluation	Self-evaluation	Self-liberation	1.Counter-conditioning, 2.Stimulus control, 3. Helping relationships, 4. Reinforcement of management	Social liberation and achievement

Stage >>	Pre-contemplation of Change	Contemplation of Change	Preparation of Change	Action for Change	Maintenance of Change
Process definition	1.Increasing information about self and problem, 2.Experiencing and expressing feelings about one's problems and solutions, 3.Assessing how one's problem affects physical environment	Assessing how one feels and thinks about oneself with respect to a problem.	Choosing and commitment to act or belief in ability to change.	1. Substituting alternatives for problem behaviors, 2.Avoiding or countering stimuli that elicit problem behaviors, 3. Being open and trusting about problems with someone who cares, 4. Rewarding one's self or being rewarded by others for making changes	Increasing alternatives for non-problem behaviors available in society.
Interventions	Observations, confrontations/conversations, interpretations, documentaries	Value clarification, imagery, mapping, corrective experience	Decision-making, New Year's resolutions, commitment enhancing initiatives	1. Relaxation, desensitization, assertion, 2. restructuring one's environment (e.g., removing fattening foods), avoiding high risk cues, fading techniques, 3. alliances, social support, self-help groups, 4. contingency contracts, overt and covert reinforcement, reward and incentive	Advocating for rights of repressed, empowering, policy interventions