

CASE STUDY FROM UNIDOS CONTRA DIABETES (UCD)

# Implementing, Monitoring, & Evaluating Your Program

## History

Unidos Contra Diabetes (UCD) has been working to reduce pre-diabetes in the Rio Grande Valley through community awareness, pre-diabetes screening, lifestyle changes and medical integration.

Want to learn more? Visit their [website](#).



UNIDOS CONTRA  
LA DIABETES

## Implement & Monitor

UCD strives to make PSE change with all of the projects they implement. They do this by looking at how they can better improve their program by using train-the-trainer models and providing compensation to health coaches. As they monitor the outcomes of their programs, UCD also utilizes feedback loops from their stakeholders and community members to continue to improve their outcomes.

## Evaluation Plan

Evaluation can often times take a back seat when implementing your project but it is an important step your coalition needs to take. UCD believes that an evaluation plan is imperative to their work and works with program leads to determine the different evaluation levels for each program. To learn more on how to make an evaluation plan check out our Evaluation Tools & Resource section.

## Lessons Learned

UCD has learned a lot in their 10 years of coalition work. The biggest lesson learned has been to center evaluation at the very beginning of their work and to be aware of the different audiences that will be reviewing their outcomes like: their funders, community members, and their members.

## Steps You Can Take

Something you should consider when you are in this stage of your coalition work is to determine your evaluation plan- **how you plan to conduct formative, process, and impact evaluation**- prior to program implementation and if possible build this plan into any funding you may have. You can check out the Evaluation resources included in the toolkit for more information.