Strengthening Democracy

Programs improving civic and political participation: A rapid review. Evaluation and Program Details Appendix

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Table 1: Evaluation details

Citation	Country	Name of program	Type of study design	Type(s) of participation outcome(s)	Outcome(s) of interest	Results
Aylward B L, Milford K M, Storey K E, Nykiforuk C I J and Raine K D (2022) Local Environment Action on Food project: impact of a community-based food environment intervention in Canada. *Health Promotion International*, 37(2). https://doi.org/10.1093/heapro/daab127	Canada	Local Environment Action on Food (LEAF)	Qualitative	Civic and political participation	Community impacts	Community impacts from LEAF took the form of longer-term strategies to improve local food environments. Participating community stakeholders reported using Mini Nutrition Report Cards on Food Environments for Children & Youth (Mini NRC) to gain active support from decision-makers and guide actions towards healthier local food environments. They worked towards these goals by using the Mini NRC to raise awareness, frame conversations and align stakeholder priorities in relation to food-related issues.
Bloom J D (2021) "Spiraling up": Using ripple effect mapping to evaluate how an extension volunteer program increases community development capacity. *Community Development*, 52(1):22-41. https://doi.org/10.1080/15575330.2020.1830816	USA	North Carolina Extension Master Food Volunteer Program (NC EMFV)	Qualitative	Civic and political participation	Impacts on Extension Program	Participating in the NC EMFV increased volunteers' human capital and thereby led to an increase in bonding social capital among the volunteers and within NC EMFV. Participating in NC EMFV furthermore sparked interest among volunteers in other volunteering opportunities. Volunteers also increased NC EMFV's community engagement, for example in the form of helping NC EMFV reach new audiences and build relationships with new organisations, by further developing NC EMFV's bridging social capital. There was also evidence that volunteers for NC EMFV fostered political community capital beyond the program, for example through their involvement in Advisory Boards or collaborations with government agencies.
Boulianne S, Chen K and Kahane D (2020) Mobilizing mini-publics: The causal impact of deliberation on civic engagement using panel data. *Politics*, 40(4):460-476. https://doi.org/10.1177/0263395720902982	Canada	Citizens' Panel on Energy and Climate Challenges	Quantitative	Civic and political participation	Civic engagement	Participation in the panel did not significantly improve civic engagement among panelists in the short-term (at 6-months follow-up), except for a significant increase in the proportion of panelists who had talked to other people to change their mind about a political issue (42.2% at pre-test compared to 66.7% at 6-months follow-up, t-test=2.41, p=0.018). At the two-and-a-half-year follow-up, there was a noticeable but non-significant increase in average civic engagement activities among panelists compared to pre-test levels (1.91 at pre-test compared to 2.48 at two-and-a-half-year follow-up, t-test=1.9 , p=0.06). There were noticeable differences between the comparison group and the panelists two-and-a-half years after the event. Civic engagement among panelists was significantly higher than among comparison group (t-test = 3.49, p=0.01). More panelists had talked to other people to change their mind about a political issue (66.7% vs 49.2%), boycotted certain products for political reasons (48.9% vs 19.8%), volunteered to work on a community project (44.4% vs 24.5%; all t-tests significant at p=0.01 or less).
Bragg R, Wood C and Barton J (2013) Ecominds effects on mental wellbeing: An evaluation for Mind. London. Available at: https://www.mind.org.uk/media/4418/ecominds-effects-on-mental-wellbeing-evaluation-report.pdf	England	Ecominds	Quantitative	Civic participation	Community involvement	Over 80% of participants reported an increase in the frequency of their involvement in community activities after being involved with Ecominds. For example, the proportion of participants who had helped with or attended community activities in the past year at least once a week almost doubled between the beginning and the end of the program.
Brown-Fraser S, Forrester I, Rowel R, Richardson A and Spence A N (2015) Development of a Community Organic Vegetable Garden in Baltimore, Maryland: A Student Service-Learning Approach to Community	USA	Community Organic	Mixed methods	Civic participation	Garden participation	Garden participation increased from 5 to 10 participants in 2011 to 10 to 15 in 2012, and to about 50 in 2013 following the implementation of the Adopt-a-Bed plan.

Engagement. *Journal of Hunger and Environmental Nutrition*, 10(3):409-436. https://doi.org/10.1080/19320248.2014.962778		Vegetable Garden (COVG)				
Cheezum R R, Coombe C M, Israel B A, McGranaghan R J, Burris A, Grant-White S, Weigl A and Anderson M (2013) Building Community Capacity to Advocate for Policy Change: An Outcome Evaluation of the Neighborhoods Working in Partnership Project in Detroit. *Journal of Community Practice*, 21(3):228-247. https://doi.org/10.1080/10705422.2013.811624	USA	Neighbourhoods Working in Partnership (NWP)	Qualitative	Civic and political participation	Current participation in policy advocacy activities, Extent of getting others involved in policy advocacy activities, Intentions for future participation in policy advocacy activities	Program participants felt empowered to participate in policy advocacy activities. Through NWP, they developed skills and competencies to participate in policy advocacy activities. In particular, program participants showed an increase in leadership, thereby improving community capacity. Through their policy advocacy activities, program participants further enhanced community capacity through increased participation, intergenerational networking and skill development.
Curran L, Vernon A and Barnett P T (2017) Reflecting on community development practices: Improving access to justice by working with communities to effect change. *Flinders Law Journal*, 19(1):37-88.	Australia	Not specified	Qualitative	Political participation	Access to legal and other services, Participation in political processes (like a Parliamentary Inquiry)	Legal assistance services that adopt community development, restorative justice and action learning approaches can support community members in their advocacy and problem-solving efforts, enabling them to participate in decision-making processes more fully.
Etuk L E, Rahe M L, Crandall M S, Sektnan M and Bowman S (2013) Rural leadership development: pathways to community change. *Community Development*, 44(4):411-425. https://doi.org/10.1080/15575330.2012.761639	USA	Ford Institute Leadership Program	Mixed methods	Civic participation	Changes to community resources, Changes to community capacity	The Ford Institute Leadership Program improves human capital and social resources by training community leaders and contributing to better-connected communities. Program participants reported an increase in their leadership ability and motivation to take part in further civic activities as a result of the Ford Institute Leadership Program. The impact on community capacity attributed to the Ford Institute Leadership Program was higher in communities with a high sense of belonging and a high ability to solve problems compared to those with a low sense of belonging and a low ability to solve problems. One program component that program participants discussed in relation to changes in community capacity was the cohort project, in which program participants identified an area of need in their community and worked towards addressing it.
Goodman L, Majee W and Reed Adams J (2018) Building Community Leaders in Underserved Communities: An Exploration of the Role of Seed-Funding for Community Projects by Program Graduates. *Journal of Community Practice*, 26(3):358-376. https://doi.org/10.1080/10705422.2017.1359719	USA	Step Up to Leadership (SUL)	Qualitative	Civic participation	Enhanced community involvement	Like other community leadership development programs, Step Up to Leadership improved program participants' skills and capacities, their self-efficacy and community engagement. The mini-grant component in particular provided program participants with the opportunity to apply their new or refined skills with the support of program facilitators and thereby facilitate community change.
Harley A E, Frazer D, Weber T, Edwards T C and Carnegie N (2020) No Longer an Island: A Social Network Intervention Engaging Black Men Through CBPR. *American Journal of Men's Health*, 14(2). https://doi.org/10.1177/1557988320913387	USA	No Longer an Island (NLI)	Quantitative	Civic participation	Civic engagement	Participation in the peer support groups did not lead to an increase in the proportion of participants who attended organised group meetings or did volunteer work in the past 12 months.

Im H and Rosenberg R (2016) Building Social Capital Through a Peer-Led Community Health Workshop: A Pilot with the Bhutanese Refugee Community. *Journal of Community Health*, 41(3):509-517. https://doi.org/10.1007/s10900-015-0124-z	USA	Community Health Workshop (CHW)	Qualitative	Civic participation	Structural social capital	Participation in Community Health Workshop improved health-related outcomes among participants and supported the development of social capital in the Bhutanese refugee community. More specifically, CHW provided a platform for participants to come together and build support networks within the community, and afforded opportunities for community capacity and leadership development. Thereby, it highlighted the importance of participating in the community to help solve personal and shared issues.
Ipsos MORI (2015) National Citizen Service 2014 Evaluation Main report. Available at: https://www.ipsos.com/en-uk/national-citizen-service-2014-evaluation	England	National Citizen Service (NCS)	Quantitative	Civic and political participation	Community involvement	Following participation in any of the NCS programs, there was an increase in participants who reported having done something to help someone out or to improve a local area in the last three months. Summer and autumn NCS program also led to an increase in participants who reported helping out at other organisations in the last three months. The summer standard program also led to an increase in the total hours spent on formal and informal volunteering. NCS participants also reported a stronger intention to vote, with the largest impact among participants of the summer standard program who were eligible for free school meals.
Ipsos MORI (2017) National Citizen Servce 2015 Evaluation Main report. Available at: https://wearencs.com/sites/default/files/2020-09/NCS%202015%20Evaluation%20Report.pdf	England	National Citizen Service (NCS)	Quantitative	Civic and political participation	Community involvement	There was evidence that participation in summer and autumn NCS programs led to increases in participants who reported helping out at organisations, as well as in the total hours spent on formal and informal volunteering. Participation in the autumn program also had a positive impact on political participation, specifically in the form of organising petitions. NCS participants across all programs also reported a stronger intention to vote.
Jalaludin B, Maxwell M, Basema S, Lobb E, Byun R, Gutierrez R and Piette J D (2012) A pre-and-post study of an urban renewal program in a socially disadvantaged neighbourhood in Sydney, Australia. *BMC Public Health*, 12(1):521. https://doi.org/10.1186/1471-2458-12-521	Australia	Not specified	Quantitative	Civic participation	Social capital	The urban renewal program did improve perceived neighbourhood aesthetics (attractive buildings or homes, tree cover, natural features). The urban renewal program did not substantially improve neighbourhood safety (except for feeling safe walking home from public transport at night), neighbourhood perceptions (except for feelings safe walking down the street at night) or social capital (except for perceptions of neighbourhood stability). The urban renewal program did not improve neighbourhood walkability nor perceived health outcomes.
Jones G J, Edwards M B, Bocarro J N, Bunds K S and Smith J W (2018) Leveraging community sport organizations to promote community capacity: Strategic outcomes, challenges, and theoretical considerations. *Sport Management Review*, 21(3):279-292. https://doi.org/10.1016/j.smr.2017.07.006	USA	Westside Youth Center (WYS)	Qualitative	Civic participation	Civic participation	A strong collective identity inspired involvement in WYC, for example in the form of former players returning as coaches. However, WYC struggled to foster engagement from the wider community. Relatedly, although local leadership development was regarded a strategic outcome, nomination for leadership positions within WYC was conditional upon a high level of involvement, and the organisation struggled with leadership turnover.
Kantar and London Economics (2020) National Citizen Service 2018 Evaluation Main report. Available at: https://wearencs.com/sites/default/files/2020-09/NCS%202018%20Evaluation%20Report.pdf	England	National Citizen Service (NCS)	Quantitative	Civic and political participation	Community involvement - actions	Participation in the NCS summer programs led to an increase in the proportion of young people who had engaged in at least one extracurricular or formal volunteering activity in the past 12 months, whereas participation in the NCS autumn programs did not. However, both summer and autumn programs did improve participation in five and three formal volunteering activities, respectively, as well as participants' voting intentions.
Kantar and London Economics (2021) National Citizen Service 2019 Summer Evaluation Main report. Available	England	National Citizen Service (NCS)	Quantitative	Civic and political participation	Extra curricular activities, Formal volunteering,	Participation in the NCS summer programs increased the proportions of young people who engaged in public affairs, for example by signing a paper or online petition. Following participation, more participants engaged in at least one extracurricular or formal volunteering activity. However, there

Reference	Country	Program	Method	Type of participation	Outcome	Findings
at: https://wearencs.com/sites/default/files/2021-09/NCS%202019%20Evaluation%20Report.pdf					Engagement in public affairs	was no significant impact of participation in the NCS summer programs on hours spent in formal and informal volunteering in the past month. In contrast, participation did improve voting intention among young people.
Kantar Public and London Economics (2017) National Citizen Service 2016 Evaluation Main report. Available at: https://wearencs.com/sites/default/files/2020-09/NCS%202016%20Evaluation%20Report.pdf	England	National Citizen Service (NCS)	Quantitative	Civic and political participation	Community involvement actions	Participation in the NCS summer and autumn programs led to an increase in the proportions of young people becoming involved in their communities. Among others, summer and autumn programs had a positive impact on hours spent in formal and informal volunteering as well as voting intention, and the proportions of young people who had done something to help other people or improve the local area.
Kantar Public and London Economics (2020) National Citizen Service 2017 Evaluation Main report. Available at: https://wearencs.com/sites/default/files/2020-09/NCS%202017%20Evaluation%20Report.pdf	England	National Citizen Service (NCS)	Quantitative	Civic and political participation	Community involvement - actions	Both NCS summer and autumn programs had a positive impact on participants' community involvement. Following participation in NCS autumn programs, the proportion of participants who had engaged in at least one of the seven activities in the past 12 months had increased by 15%. For the NCS Summer programs, there was an improvement in four out of the seven activities and for the NCS autumn programs, there was an improvement in six out the seven activities. In addition, NCS summer and autumn program participants reported higher voting intentions.
Katsonis M (2019) Designing effective public engagement: the case study of Future Melbourne 2026. *Policy Design and Practice*, 2(2):215-228. https://doi.org/10.1080/25741292.2019.1621032	Australia	Future Melbourne 2026	Qualitative	Political participation	Public engagement	The public engagement strategy underpinning Future Melbourne 2026 was highly effective and aligned with the principles and values for public engagement as per the International Association for Public Participation.
King C and Cruickshank M (2012) Building capacity to engage: Community engagement or government engagement? *Community Development Journal*, 47(1):5-28. https://doi.org/10.1093/cdj/bsq018	Australia	Not specified	Qualitative	Civic and political participation	Government engagement activities, Community development activities	Over a two-year period, the Tara Community Action Team increased their capacity to engage with all levels of government and create change by increasing their social networks. In addition, the Tara Community Action Team contributed to community development by engaging with the wider community, bringing on board or forming other community groups.
Mahéo V (2017) Information Campaigns and (Under)Privileged Citizens: An Experiment on the Differential Effects of a Voting Advice Application. *Political Communication*, 34(4):511-529. https://doi.org/10.1080/10584609.2017.1282560	Canada	Vote Compass	Quantitative	Political participation	Electoral participation	There was no difference among survey respondents exposed to the voting advice application treatment and the control group in terms of voting intention or electoral participation. However, survey respondents with a lower level of education who were exposed to the voting advice application reported a stronger intention to vote than those respondents with a higher level of education who were exposed to the voting advice application.
Majee W, Long S and Smith D (2012) Engaging the underserved in community leadership development: Step Up to Leadership graduates in northwest Missouri tell their stories. *Community Development*, 43(1):80-94. https://doi.org/10.1080/15575330.2011.645049	USA	Step Up to Leadership (SUL)	Mixed methods	Civic participation	Community involvement	A majority of participants reported an improvement in leadership skills, including in community involvement.
Mandarano L (2015) Civic Engagement Capacity Building: An Assessment of the Citizen Planning Academy Model of Public Outreach and Education. *Journal of Planning Education and Research*, 35(2):174-187. https://doi.org/10.1177/0739456X14566869	USA	Not specified	Quantitative	Civic and political participation	Actions taken to improve community capitals	At least half of the surveyed academy participants had taken actions to improve their community's human, social, cultural, political, financial, built or natural capital, for example by encouraging others to become involved in the community, creating new groups or organisations, or engaging directly with local politicians and decision-makers.

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Reference	Country	Program	Methodology	Type	Outcome	Findings
Martinson M, Minkler M and Garcia A (2013) Honoring, Training, and Building a Statewide Network of Elder Activists: The California Senior Leaders Program (2002-2012). *Journal of Community Practice*, 21(4):327-355. https://doi.org/10.1080/10705422.2013.848829	USA	California Senior Leaders Program (CSLP), California Senior Leaders Alliance (CSLA)	Qualitative	Civic and political participation	Contributions to policy change	The programs contributions to policy consisted in providing a forum for activists to come together, which led to the formation of an advocacy organisation, the California Senior Leaders Alliance. The work of this advocacy organisation centered around seniors' rights, leading and supporting successful policy advocacy efforts particularly around ensuring economic security.
Meyer M, Hopkins K, Lee J, Mattocks N and Denlinger J (2023) Looking for impact in all the wrong places: Setting realistic expectations and measurable outcomes for small-scale community building initiatives. *Journal of Community Practice*, 31(2):215-234. https://doi.org/10.1080/10705422.2023.2214547	USA	Not specified	Mixed methods	Civic participation	Involvement in activities of local community-based organisations	While there were few improvements in indicators of social capital, there was no improvement in residents' involvement in activities run by neighbourhood community-based organisation in either of the two neighbourhoods.
Michels A and Binnema H (2019) Assessing the Impact of Deliberative Democratic Initiatives at the Local Level: A Framework for Analysis. *Administration and Society*, 51(5):49-769. https://doi.org/10.1177/0095399718760588	Netherlands	G1000	Qualitative	Civic and political participation	Social Conceptual Impact	The G1000 initiative in Amersfoort did not lead to new forms of civic or political participation, while in Uden, the initiative has led to a number of activities, for example a "Learning Café".
Morley A, Farrier A and Dooris M (2017) Propagating success? The incredible edible model final report. Available at: https://www.incredibleedible.org.uk/wp-ontent/uploads/2018/06/Propagating-success-the-incredible-edible-model-Final-report.pdf	England	Incredible Edible Todmorden (IET)	Mixed methods	Civic participation	Community engagement with Incredible Edible Todmorden, Nature of [volunteer] involvement [with Incredible Edible Todmorden]	Comparing survey results obtained in 2016 with those obtained in an earlier evaluation in 2009, there was a small increase in the proportion of community members who had participated in an activity involving Incredible Edible Todmorden, but a decrease in the frequency of participation. In the 2016 volunteer survey, the average time spent volunteering among respondents was 170 hours, with a median of 50 hours. A majority of volunteers reported that their involvement with Incredible Edible Todmorden had increased since they started volunteering.
Mouly A, Kim J H and Beyea W (2023) The Role of Visual Communication in Community Participation on Developing A Climate Adaptation Plan. *Journal of People, Plants and Environment*, 26(2):115-124. https://doi.org/10.11628/ksppe.2023.26.2.115	USA	Marquette Area Climate and Health Adaptation Planning (MACHAP)	Mixed methods	Political participation	Impacts of visualisations on community participation	As a result of the use of visualisations at three public workshops as part of the development of a climate adaptation plan, a majority of respondents were more inclined to participate in climate change adaptation planning in the future.
Mærøe A R, Norta A, Tsap V and Pappel I (2021) Increasing citizen participation in e-participatory budgeting processes. *Journal of Information Technology and Politics*, 18(2):125-147. https://doi.org/10.1080/19331681.2020.1821421	Estonia	Not specified	Qualitative	Political participation	Citizen inclusion	The e-participatory budgeting projects at the City of Tartu facilitated a high level of citizen participation because they allowed citizens to be involved at multiple stages of the decision-making process, supported active participation and facilitated citizen's ideas to influence the political agenda.
Nguyen M T (2014) Consulting whom? Lessons from the Toronto urban aboriginal strategy. *International Indigenous Policy Journal*, 5(1). https://doi.org/10.18584/iipj.2014.5.1.3	Canada	Toronto Urban Aboriginal Strategy	Qualitative	Political participation	Citizen participation	Toronto's Urban Aboriginal Strategy did not allow Indigenous people to effectively participate in the consultation process because their participation was limited to providing input on the policy areas to be included in government planning and to the selection process of representatives on the Steering Committee.
Nix K, Eades D and Frost R (2013) First impressions: An effective approach for community improvement. *Journal*	USA	Community First Impressions Program	Quantitative	Civic and political participation	Increased partnerships	Participation in the program led to improvements in community and economic development conditions. In terms of improvements in civic and political participation, there was some evidence that the program had led

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of Extension, 51(3). https://doi.org/10.34068/joe.51.03.35						to new partnerships among community organisations and government agencies and contributed to community participation.
Ohmer M L (2016) Strategies for Preventing Youth Violence: Facilitating Collective Efficacy Among Youth and Adults. *Journal of the Society for Social Work and Research*, 7(4):681-705. https://doi.org/10.1086/689407	USA	Not specified	Quantitative	Civic participation	Neighbourhood activism	Involvement in neighbourhood activities increased significantly as a result of the training component, but it decreased marginally from completion of the training to completion of the intervention.
O'Neil K, Vettern R, McGlaughlin P, Harrington R, Maass S, Grant S and Good T (2021) How volunteering with extension 4-H youth development contributes to public value. *Community Development*, 52(4):505-521. https://doi.org/10.1080/15575330.2021.1889630	USA	Extension 4-H Youth Development Program (YPD)	Quantitative	Civic and political participation	Civic involvement	Extension 4-H youth development (YPD) volunteers contributed to community development by increasing civic involvement, fostering stronger and better-connected communities and improving community health. More specifically, over three quarters of volunteers believed that volunteering with YDP led to an increase in their civic involvement, including in the form of taking leadership roles and engaging with government officials.
Parrott E (2017) Building Political Participation: The Role of Family Policy and Political Science Courses. *Journal of Political Science Education*, 13(4), pp.404-425. https://doi.org/10.1080/15512169.2017.1350862	USA	Not specified	Quantitative	Political participation	Political participation, Current involvement in policy issues	Alumni of family studies reported voting more regularly in local elections, having higher levels of family policy knowledge and being more skilled at teamwork and collaboration than alumni of child studies. Among alumni of family studies, those who remembered taking the family policy course reported voting more regularly in national elections and engaging with politics online, as well as being better at political analysis and judgement than those who did not.
Perko I and Mendiwelso-Bendek Z (2019) Students as active citizens: A systems perspective on a Jean Monnet module, experiential learning and participative approaches. *Kybernetes*, 48(7):437-1462. https://doi.org/10.1108/K-10-2018-0527	Slovenia	The Big Data EU Business Implications Summer School	Mixed methods	Civic participation	Civic participation	In student feedback surveys, more than 80 percent of students reported that the Jean Monnet Module had helped them be at least "somewhat" more active in their community.
Phillips G, Bottomley C, Schmidt E, Tobi P, Lais S, Yu G, Lynch R, Lock K, Draper A, Moore D, Clow A, Petticrew M, Hayes R and Renton A (2014) Measures of exposure to the Well London Phase-1 intervention and their association with health well-being and social outcomes. *Journal of Epidemiology and Community Health*, 68(7):597-605. https://doi.org/10.1136/jech-2013-202507	England	Well London	Quantitative	Civic participation	Collective efficacy	Respondents who reported participating in a Well London program activity were more likely to report volunteering and taking action to improve their local area. Higher exposure to the Well London program at the neighbourhood level as well as a higher number of project contact events were also associated with higher likelihoods of volunteering, and of taking action to improve the local area, respectively.
Rae R, Jones M, Handal A J, Bluehorse-Anderson M, Frazier S, Maltrud K, Percy C, Tso T, Varela F and Wallerstein N (2016) Healthy native community fellowship: An indigenous leadership program to enhance community wellness. *International Indigenous Policy Journal*, 7(4). https://doi.org/10.18584/iipj.2016.7.4.2	USA	Healthy Native Communities Fellowship (HNCF)	Mixed methods	Civic and political participation	Participatory behaviours, Community change efforts	Eighty-eight percent of HCNF teams reported a change in participatory behaviours (defined as working with others to improve wellness policies, programs and practices) and furthermore affected change in their community predominantly through policy work, community action, resource development and increased partnerships.
Riedy C and Kent J (2017) Systemic impacts of mini-publics. Available at: https://search.informit.org/doi/full/10.3316/apo.105991	Australia	Penrith Community Panel, Noosa River Community Jury, Infrastructure	Qualitative	Civic and political participation	External quality of mini-publics	There was little evidence that panelists or stakeholders shared their experiences of the mini-publics beyond their families and friends, or that panelists engaged with the wider public to gather a wider range of viewpoints, or to form their own views, to contribute to panel sessions.

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Sampson N, Price C, Alwishah K, Saleh I, Ali M, Mozip A, Luqman S, Archambault D, Gleicher S, Norwood D, Almaklani A B, Leonard N, Tariq M and Reda Z (2021) Building youth capacity to address environmental health and justice concerns in Dearborn, Michigan. *Progress in Community Health Partnerships: Research, Education and Action*, 15(3):401-410. https://doi.org/10.1353/cpr.2021.0041	USA	Environmental Health Research-to-Action (EHRA) Youth Academy	Quantitative	Civic and political participation	Anticipated future policy advocacy activities	Program participants reported that they were somewhat or extremely likely to engage in a range of advocacy activities in the following year, including attending a public hearing and talking convincingly about a policy issue with to a friend or family member. Program participants reported being least likely to become part of a policy-making board or committee, or to work with the media. There were only minor differences between young people who participated in 2018 and those who participated in 2019. Participants in 2018 reported being more likely to write and distribute policy fact sheets for policy briefs, while participants in 2019 reported being more likely to speak before a local board or government committee - a difference attributed to the different tasks assigned to participants in 2018 and 2019.
Sharpe P A, Flint S, Burroughs-Girardi E L, Pekuri L, Wilcox S and Forthofer M (2015) Building Capacity in Disadvantaged Communities: Development of the Community Advocacy and Leadership Program. *Progress in Community Health Partnerships: Research, Education and Action*, 9(1):113-127. https://doi.org/10.1353/cpr.2015.0003	USA	Community Advocacy and Leadership Program (CALP)	Mixed methods	Civic and political participation	Impact of CALP on community advocacy activities	Participants reported high levels of skill improvement in the self-assessment questionnaire and, in the focus group discussions, feeling empowered to be more involved in their communities because of their increased awareness of community needs, the skills they had learned to increase community involvement and the transferability of these skills to other settings, as well as feeling excited about community improvement potential.
Skobba K and Tinsley K (2016) Addressing housing and neighborhood revitalization needs in Georgia's rural and small towns: A study of the Georgia Initiative for Community Housing. *Community Development,* 47(4):449-463. https://doi.org/10.1080/15575330.2016.1205117	USA	Georgia Initiative for Community Housing (GICH)	Quantitative	Civic and political participation	Use of housing tools and progams	Detailed or expert knowledge and use of tools and strategies were largely more common among third-year than among first-year program participants. Exceptions included the use of housing code enforcement, programs for people affected by homelessness and housing authority programs, for which differences between first-year and third-year program participants were marginal.
Slingerland G, Kooijman J, Lukosch S, Comes T and Brazier F (2023) The power of stories: A framework to orchestrate reflection in urban storytelling to form stronger communities. *Community Development*, 54(1):18-37. https://doi.org/10.1080/15575330.2021.1998169	Netherlands	Haags Verhaal	Qualitative	Civic participation	Return to other events, Become volunteers, Act as ambassadors, Follow-up meetings, First step for a new initiative, Inspiration for other projects	The citizen-run storytelling initiative "Haags Verhaal" aimed to orchestrate reflection and form stronger communities in the Hague, Netherlands. Beyond anticipated outcomes of the initiative, other outcomes emerged after the event that contributed to the formation of stronger communities. These emergent outcomes included audience members continuing to attend storytelling events, becoming volunteers themselves, encourage others to attend, and take first steps toward setting up similar initiatives in their own neighbourhoods.
Spitzer S J and Weber L M (2023) Building Community to Promote Civic Engagement: The Town Hall Meeting Program at California State University, Fullerton. *Journal of Political Science Education*, 19(4):627-648. https://doi.org/10.1080/15512169.2023.2216884	USA	Town Hall Meeting (THM)	Mixed methods	Civic and political participation	Disposition for future political activity	Intervention and control groups did not differ in their scores on the Future Political Activity scale following the completion of the Town Hall Meeting Program.
Stewart C and Watson S D (2019) Giving Voice to Medicaid: Waivers, Public Comments and Kentucky's "Secret Sauce". *American Journal of Law & Medicine*,	USA	Kentucky's Secret Sauce	Qualitative	Political participation	Participation in public comment process	An online survey campaign reached over 13,000 people and allowed them to articulate how proposed health reforms would impact on their lives, providing a robust evidence base of citizen perspectives for government agencies and legal institutions in shaping health reforms.

45(2-3):202-223. https://doi.org/10.1177/0098858819860606						
Ward S (2023) Using theory-based evaluation to understand what works in asset-based community development. *Community Development Journal*, 58(2):206-224. https://doi.org/10.1093/cdj/bsab046	Scotland	EMPOWER	Qualitative	Civic participation	Generate activity	The evaluation assessed whether seven theoretical mechanisms (recruit community connectors, conversations with residents, introduce people with shared interests, generate activity, build association across activities, associations come together to plan vision for change, engage professionals) underpinning the program were successful or not, or required adaptation. Successful mechanisms included conversations with residents, introduce people with shared interests, generate activity, while recruiting community connectors and engaging professionals required adaptation. Differences in the success or otherwise of those mechanisms between the two neighbourhoods were in large part the result of differences in neighbourhood infrastructure and resources available to the communities, experience in community organising and advocacy as well as in local activities.
Warwick-Booth L, South J, Giuntoli G, Kinsella K and White J (2021) A Small project, big differences: Capacity building through a national volunteering fund: An evaluation of the Department of Health's Health and Social Care Volunteering Fund. *Voluntary Sector Review*, 11(1):21-40. https://doi.org/10.1332/204080520X15786512944458	England	Health and Social Care Volunteering Fund (HCSVF)	Mixed methods	Civic participation	Percentage increase in volunteers, Extra volunteering hours	HSCVF enhanced resource mobilisation, organisational linkages as well as development and training. Forty-three projects supported in 2010 recruited a total of 517 new volunteers who carried out an additional 11,856 hours of volunteering and that 51 projects supported in 2011 recruited 687 new volunteers who carried out an additional 20,335 hours of volunteering.
Welborn R, Downey L, Dyk P H, Monroe P A, Tyler-Mackey C and Worthy S L (2016) Turning the Tide on Poverty: Documenting impacts through Ripple Effect Mapping. *Community Development*, 47(3):385-402. https://doi.org/10.1080/15575330.2016.1167099	USA	Turning the Tide on Poverty	Qualitative	Civic and political participation	Actions taken to improve community capital	Using Ripple Effect Mapping, participants from all six communities were able to document actions that had been taken in their communities to improve its natural, cultural, human, social, political, financial and built capital. Across all sites, participants identified at least one action taken to improve six out the seven community capitals. Most contributions were to a community's human, social and financial capitals, with specific actions including the creation of scholarship programs for students and successful grant applications for community projects.

Table 2: Program details

Short citations of program evaluation	Program details
Aylward et al. (2022)	The Local Environment Action on Food (LEAF) project in Alberta, Canada, began in 2017 and is an ongoing community-based health intervention that has been implemented across 17 communities. Participating communities work with the LEAF research team to create a Mini Nutrition Report Card on Food Environments for Children and Youth (Mini NRC)
Bloom (2021)	The North Carolina Extension Master Food Volunteer program (NC EMFV) is a volunteer training program to support paid staff in the delivery of food and nutrition programs. It was piloted in 2016-2017 and rolled out statewide in 2018.
Boulianne et al. (2020)	Citizens' Panel on Energy and Climate Challenges, consisting of 6 sessions over a period of 10 weeks: • Session 1: Learning about deliberative process and discussions of panellists values. • Session 2: Learning about climate change, followed by deliberation and voting on values. • Session 3: Stakeholder presentations on Edmonton's climate and energy challenges. • Session 4: Identifying points of agreement and disagreement, followed by voting on possible solutions. • Sessions 5 and 6: Development of and voting on recommendations, identification of key messages.
Bragg et al. (2013)	Ecominds is an open-grant scheme that supports ecotherapy interventions. It is run by Mind UK and funded by the Big Lottery Fund. A subset of nine Ecominds projects give more in-depth information on the effects on participant wellbeing, social inclusion and connection to nature. 1. Grow It: an allotment initiative designed to create a supportive learning environment 2. Grow2Grow: provides therapeutically supported placements for vulnerable young people on an organic dairy farm 3. Growing Clearer Minds: encourages people with mental health difficulties to enjoy and benefit from nature and green spaces 4. Growing Well: an organic growing enterprise providing support to people recovering from mental health issues

	5. Seed to Succeed: uses food-growing as a tool to improve the mental health, physical well-being, knowledge and skills of homeless and vulnerably-housed people
	6. Spring to Life: supports people affected by mental health problems through time spent in woodland, rivers, gardens and farmland
	7. The Outdoor Club: provides adults with mental health problems opportunities to participate in bush craft activities
	8. Wellbeing Comes Naturally (WCN): encourages people experiencing mental health problems to become environmental volunteers
	9. The Wildwoods Ecominds Project: provides volunteering opportunities for people with mental health problems
Brown-Fraser et al. (2015)	The Community Organic Vegetable Garden is an urban community garden by Morgan State University Nutritional Sciences Program in Baltimore to promote healthy eating, service learning, community engagement, and student involvement.
Cheezum et al. (2013)	Neighborhoods Working in Partnership (NWP), a community based participatory research project of the Detroit Community Academic Urban Research Centre, consisting of three components: • Component 1: Workshops to train leaders of participating community organisations and others to become NWP trainers. • Component 2: Development of four session training program (for young people and adults). • Component 3: Provision of technical assistance to interested participants by NWP trainers.
Curran et al. (2017)	Victorian legal and community-based projects demonstrating how community legal education, conflict management training, capacity building, and law reform advocacy can enhance greater social participation and access to justice.
Etuk et al. (2013)	The Ford Institute Leadership Program is a leadership program that has been operating in Oregon and Siskiyou County, California since 2003. It aims to enhance human capital and network resources in rural communities, leading to increased community capacity. The program consists of a series of training events held over a five-year period.

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Goodman et al. (2018) Majee et al. (2012)	Step Up to Leadership is a community leadership development program created in 2004. It is a 12-week course that ends with a graduation ceremony planned by participants. It involves a competitive mini-grant component that provides seed money for graduate projects, helping to translate skills into practice and thereby increasing community engagement and socio-economic wellbeing.
Harley et al. (2020)	A four-year multilevel social network intervention designed to promote the health of Black men in an urban neighbourhood. Activities included peer support groups, door-to-door outreach, media initiatives and community partnerships. The peer support groups demonstrated increased overall social support, particularly in guidance, reliable alliance, and reassurance of worth, along with a reduction in perceived stress.
Im & Rosenberg (2015)	The Community Health Workshop is a pilot for a peer-led health education program for the Bhutanese refugee community in the USA that is delivered in language. It consists of eight sessions around health and wellbeing that are delivered by trained peer facilitators. Results indicated improved health outcomes, enhanced health practices, and perceived emotional well-being. It also fostered community building, increased the sense of community, belonging, and unity, suggesting that this intervention model is culturally responsive and effective for promoting community health among refugees.
Jalaludin et al. (2012)	The urban renewal program consisted of a 16 month intervention that comprised of internal (e.g., internal painting, replacement of kitchens, bathrooms and carpets where required, and general maintenance such as repairing water leakages, faulty windows and doors) and external upgrades (e.g., property painting, new front and back fencing, new carports, letterboxes, concrete driveways, drainage, landscaping, as well as general external maintenance such as repairs to roofs) as well as community engagement activities, learning and employment initiatives and the establishment of a community meeting place.
Jones et al. (2018)	The Westside Youth Center is a volunteer-run community sports organisation founded in 1950 that offers football and cheerleading training to children aged five to fifteen years. Alongside its primary focus on facilitating positive youth

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	development, the Westside Youth Center also aims to build community capacity by leveraging its social and structural resources.
Ipsos MORI (2015, 2017) Kantar Public & London Economics (2017, 2020) Kantar & London Economics (2020, 2021)	The National Citizen Service (NCS), managed by the NCS Trust, is a government-backed initiative that brings together young people aged 15 to 17 from different backgrounds, enabling them to undertake personal and social development and community action. The Service works to enable social cohesion, social engagement and social mobility.
Katsonis (2019)	The Future Melbourne 2026 is a 10-year plan for the City of Melbourne. It was developed over the five phases of Design, Ideas, Synthesis, Deliberation and Complete, each allowing for different modes of public engagement. Thereby, the development emphasises the importance of strong leadership, commitment to inclusion, participation, transparency, and the positive outcomes, including strengthened civic capacity and accountability.
King & Cruikshank (2012)	The Tara Community Action Team is a community group founded in the early 2000s in the rural town of Tara in western Queensland that works to improve conditions for the local community.
Mahéo (2017)	The program is a voting advice application embedded within a survey. At the end of the first survey, participants were randomly assigned to either the experimental or the control condition: • Experimental condition: Voting advice application (individual web information session of about 15 20 minutes). • Control condition: website on recent movies.
Mandarano (2015)	Citizen Planning Academies aim to increase citizens' capacity to effectively engage in city and local planning activities. These academies may follow formal and informal formats and involve varying levels of commitment, depending on the local planning agency.
Mærøe et al. (2021)	The City of Tartu launched an e-participatory budgeting project in 2013. It allows citizens to design, propose and vote on how to spend about 1% of the city's investment budget. It aims to increase the understanding of local government budgeting processes, improve cooperation among communities and identify good solutions to practical problems.
Martinson et al. (2013)	The California Senior Leaders Program (2002-2012) has provided recognition and support for diverse California elders engaged in community

	building and social justice work. As a result of the program, participants have formed the advocacy organisation California Senior Leaders Alliance to advocate for seniors' rights.
Meyer et al. (2023)	A foundation established a five year program (2012 2017) in two neighbourhoods with the broad goals of increasing social capital among residents and improving the safety, cleanliness, greenness and vibrancy of the neighbourhoods. The program aimed at improving the involvement of community based organisations and residents in planning processes and provided funding to resident led projects, over 50 in total.
Michels & Binnema (2019)	The G1000 initiatives in Amersfoort and Uden in the Netherlands are deliberative democratic initiatives modelled on similar initiatives in Belgium. Their aim is to facilitate citizen participation in local government processes, including by providing recommendations for government actions.
Morley et al. (2017)	The Incredible Edible model is a community-led framework for improving wellbeing through a focus on food. It is based around the idea of "three spinning plates", representing the core activities of Incredible Edible volunteers: Community, Business and Learning. The model was conceived and first implemented in Todmorden, England, in the form of a community group in 2007. Since then, it has evolved organisationally, including through spin-off social enterprises.
Mouly et al. (2023)	A 5-year climate adaptation planning project in Michigan, USA explored the impact of visual communication on community engagement. The results indicate that visualizations increased participants' interest, knowledge, and engagement, assisting in decision-making and prioritizing design goals. Additionally, the visuals extended participants' engagement beyond the project, influencing their inclination towards future climate and health adaptation planning.
Nguyen (2014)	Toronto's Urban Aboriginal Strategy is a program tailored to bolster indigenous communities thriving in urban landscapes. This strategic initiative concentrates on three key priorities: enhancing life skills; fostering job training, skills, and entrepreneurship; and providing support to Aboriginal women, children, and families.
Nix et al. (2013)	The Community First Impressions Program is a community development program developed in

	the 1990s in Wisconsin and adapted in the 2000s for West Virginia. It has been rolled out in 32 targeted communities in West Virginia and Pennsylvania. The program aims to facilitate community development focusing on seven factors: Visitor perceptions, Entrances and signage, Business areas, Residential, Infrastructure, Tourism assets, and People.
Ohmer (2016)	A community-based intervention was designed to prevent youth violence by building collective efficacy. The intervention consists of three phases: Community organising and mobilisation, Collective efficacy training and a subsequent community project to prevent youth violence.
O'Neil et al. (2021)	The NCR 4-H Volunteer Impact Study was a 12-state study sent to 12,000 volunteers in the 4-H YDP. These states included: Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, North Dakota, Nebraska, Ohio, South Dakota, and Wisconsin. The impact study survey assessed both quantitative and qualitative participant data and demonstrated that volunteering with extension not only makes communities stronger, they benefit individuals beyond those involved in the program
Parrott (2017)	This study investigated the lasting effects of political science and family policy courses on the political engagement of child and family studies alumni. The research used both quantitative and qualitative methods, examining alumni's political participation, knowledge, skill, efficacy, and politically engaged identity. The findings suggest that while college courses influenced political awareness during college, this awareness did not consistently translate into later political participation.
Perko & Mendiwelso-Bendek (2019)	The Big Data EU Business implications summer school is a Jean Monnet Academic Module that has been implemented at the University of Maribor, Slovenia in 2016, 2017 and 2018. Jean Monnet modules form part of Erasmus+ and have the overarching aim of facilitating European integration.
Phillips et al. (2014)	The Well London programme is a public health intervention using community engagement and community-based projects to increase physical activity, healthy eating and mental health and wellbeing in deprived neighbourhoods in London. It was supported by the Big Lottery Well-Being Fund and delivered between October 2007 and March 2011 and aimed to foster social

	networks and resilience and facilitate changes in food supply and neighbourhood conditions.
Rae et al. (2016)	The Healthy Native Communities Fellowship is an evidence-based mentorship and leadership program based on grassroots principles. It aims to enhance the skills and community-building capacities of leaders and community teams, with a primary focus on improving health status. The program employs a community-based participatory research approach and evaluation to explore the impact of local American Indian and Alaska Native leaders and their community coalitions. The overarching goal is to address structural social determinants of health and contribute to positive outcomes at individual, family, and community levels.
Riedy & Kent (2017)	The Penrith Community Panel, the Noosa Community Jury and Infrastructure Victoria's citizen juries are mini-public initiatives held between 2015 and 2016 and supported by the newDemocracy Foundation. The aim of mini-publics is to facilitate deliberative democratic processes and thereby improve citizen input in decision-making.
Sampson et al. (2021)	In 2018 and 2019, the Environmental Health Research-to-Action Academy (EHRA) partnered with a total of 45 16–18 years olds in Dearborn, Michigan. Participants were primarily Arab youth living in or near frontline communities. Fellows participated in a two-week academy of interactive sessions, designed to build skills and intergenerational knowledge in environmental health, community science, and policy advocacy.
Sharpe et al. (2015)	A South Carolina Community Advocacy and Leadership Program conducted a pilot for an educational initiative targeting community advocates in high chronic disease burden neighbourhoods. The program featured eight monthly workshops, a mini-grant opportunity, and technical assistance. An educational needs assessment, conducted through a nominal group with community health practitioners, focus group discussions with community advocates, and a literature search, provided valuable insights. Participants expressed positive impressions and highlighted personal and community benefits resulting from their involvement.

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Skobba & Tinsley (2016)	The Georgia Initiative for Community Housing is a three-year capacity building program to enable communities address housing and community development needs. It was formed in 2004 and admits five communities per year. Admission to the program is competitive. Program participants are teams of between six and 20 members. Over the three-year program, each team works with a facilitator to complete three phases: Identification of community needs, Identification and mapping of resources and assets, and Development and implementation of a community housing work plan.
Slingerland et al. (2023)	Haags Verhaal is a citizen-led storytelling initiative in the Hague, Netherlands. It started in 2019 and consists of monthly events organised in different parts of the city. Two communities are invited to each event, with one representative from each community invited to tell their life story. The events are designed to bring communities together who would otherwise be unlikely to engage with one another and make audience members reflect upon commonalities in people's stories.
Spitzer & Weber (2023)	The Town Hall Meeting (THM) program at California State University is an annual component of Introduction to American Politics courses that was introduced in 2012. It evolves around a semester-long student team research projects that are presented at a culminating Town Hall Meeting event. The event consists of 30 simultaneously held breakout sessions, in which three student teams present their work. The sessions are facilitated by a faculty or graduate student and features a local public affairs leader for further discussion of the presentation.
Stewart & Watson (2019)	The Secret Sauce is a strategy devised by consumer advocates in Kentucky to help consumers participate in the public comment process that is now required for Section 1115 Medicaid demonstration waiver applications. It shows how advocates can help real people's voices be heard in the public comment process, including through the use of an online survey.
Ward (2023)	EMPOWER is an asset-based community development pilot program in Scotland. It ran from 2014 to 2018 as a multi-site partnership across governmental and non-governmental organisations in Scotland. Its long-term aim was to improve communities' social capital and

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	connectedness and thereby improve mental health and wellbeing in socio-economically disadvantaged neighbourhoods.
Warwick Booth et al. (2021)	The Health and Social Care Volunteering Fund (HSCVF) programme is a national fund to support organisational capacities to support volunteering and thereby achieve social and health goals.
Welborn et al. (2016)	Turning the Tide on Poverty is a civic dialogue process that aims to facilitate community capacity building. It brings together community members in groups of eight to 15 in facilitated group discussions over a 5-week period. At the end of the process, each group identifies three actions that could be taken to address community needs. Each group presents their ideas at a community forum, with community members prioritising which actions to take and forming action groups to implement selected ideas.

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