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TERMS OF REFERENCE FOR INDIVIDUAL CONSULTANTS

Title:	**Monitoring and Evaluation Consultant for the Jamaica Moves In Schools Programme** (Jamaican nationals only)
Duration:	9 months
Estimated Start Date:	Oct. 2025
Duty Station:	Jamaica (remote/hybrid)
Reporting to:	Novia Condell, Health Specialist, UNICEF Jamaica

BACKGROUND & ORGANIZATIONAL CONTEXT

According to the latest Global Student Health Survey, the prevalence of obesity in Jamaican adolescents 13-15 years increased by 68% and doubled in adolescent boys over a 7 year period. Overweight prevalence increased by 29% mainly due to a rise among boys. Meanwhile, 8.5% of children under age 5 are overweight. This is in keeping with the world-wide trend in similar middle-income countries. Obesity occurs in children due to exposure to an unhealthy or obesogenic environment where behavioural and biological responses to that environment are inadequate. Low breastfeeding rates, unhealthy eating, sedentary lifestyle, limited food policies and marketing of unhealthy diets in schools and other places where children gather are some of the main factors contributing to the obesity epidemic in Jamaica.

Research in the Caribbean has found that "*consumption of sweetened beverages, limited fruit, vegetable and water intake and low physical activity levels are significantly associated with obesity*". Jamaican children are physically inactive and consume an unhealthy diet, including sugar-sweetened beverages, along with low vegetable intake. Notably fewer than one in four adolescents are engaged in some type of physical activity for at least 60 minutes each day. Poor nutrition, physical inactivity and obesity in the younger populations represent a serious threat to their educational attainment, physical, social and emotional health and development, with longer-term impacts including increased risk of non-communicable diseases (NCDs) such as cardiovascular disease, diabetes, chronic respiratory diseases and cancers, which are the leading cause of premature death and disability in Jamaica. The consequences of childhood obesity can wipe out families' incomes, as a Jamaican with an NCD is estimated to spend one third of their income on treatment and diagnosis.

Acknowledging that Jamaican children have a right to a healthy life in keeping with the UN Convention of the Rights of the Child and the Charter of Fundamental Rights and Freedom, the Government of Jamaica has taken significant policy and programmatic steps to address these threats by seeking to scale up efforts to reduce the risk and consequences of childhood obesity through the implementation of the Jamaica Moves in Schools Programme, a key component of the broader Jamaica Moves campaign. Jamaica Moves is a comprehensive national health promotion initiative designed to address the growing burden of non-communicable diseases (NCDs) by focusing on three primary areas - reducing physical inactivity, promoting healthy nutrition, and encouraging routine, age-appropriate health screenings. Encompassing the principles and tenets of the Ottawa Charter for Health Promotion, the programme fosters behaviour change across the population by building healthy public policy, creating supportive environments, strengthening community action, developing personal skills, and reorienting health services. Jamaica Moves activities advocate for health, empower individuals to take control of factors that influence their health, while acknowledging the Ministry of Health & Wellness' responsibility to mediate between differing interests in society for the pursuit of health. To maximise its impact, the programme adopts a settings-based approach, targeting the key environments where people live, grow, work and age, namely schools, workplaces, and communities, thereby creating a multi-layered sustainable strategy for long-term health improvement.

It is widely accepted that the food environment in and around schools influences their eating and physical activity habits. Now implemented in 300 schools, the Jamaica Moves in Schools Programmes will complement the impending implementation of the National School Nutrition Policy with the main goal of strengthening the capacity of the school community to become a healthy setting for learning. The programme's strategic objectives are:

- To increase the number of students engaging in moderate levels of physical activity by 5%.
- To increase the number of students that make healthier food choices by 5%
- To increase the number of schools that integrate appropriate interventions for the modification of health risk factors by 20% from baseline.

PURPOSE OF ASSIGNMENT

UNICEF has maintained a longstanding partnership with various Government agencies in Jamaica, including the Ministry of Health and Wellness and its four Regional Health Authorities, to address health inequities and advocate for the health rights of children. To foster lifelong healthy behaviours among school-aged children toward the prevention of NCDs, UNICEF has worked closely with both the Ministry of Health & Wellness (MOHW) and the Ministry of Education, Skills, Youth and Information (MOESYI) to support the development and advancement of the National School Nutrition Policy as well as the expansion and institutionalization of the Jamaica Moves in Schools Programme.

In keeping with these collaborative efforts, UNICEF Jamaica is seeking a Consultant to support the Ministry of Health & Wellness to conduct a comprehensive, independent evaluation of the Jamaica Moves in Schools Programme to inform continuous improvement and support the scale-up of the programme in line with the impending implementation of the National School Nutrition Policy.

The primary objective of this evaluation is to assess the effectiveness of the Jamaica Moves in School programme in increasing the capacity of the school community to create and sustain a healthy learning and working environment. The evaluation will:

- Assess the extent to which Jamaica Moves has been institutionalised within cohort schools
- Assess the sustainability of Jamaica Moves within the school system.
- Evaluate the programme's impact on students' knowledge, attitudes, and behaviours related to healthy eating, physical activity, age-appropriate health checks and common non-communicable diseases (NCDs) over time.
- Identify the programme's strengths, weaknesses, and areas for improvement.
- Make evidence-based recommendations to enhance the programme's future impact and sustainability
- Assess the extent to which the school environment, including teachers, administrators, and institutional culture, has supported or hindered the implementation of the programme.

Deliverables from this consultancy will be used by:

- Programme Managers at the MOHW and MOEYSI to track progress, guide policy decisions, planning and implementation and improve delivery.
- Donors and Partners to assess results and inform future support.

Reporting Relationship

The consultant will report jointly to the Director, Health Promotion & Education Unit or designate, in the Ministry of Health and Wellness and UNICEF's Health Specialist; and work in collaboration with UNICEF's Nutrition Officer.

MAIN DUTIES AND RESPONSIBILITIES

The expected duties and responsibilities of this consultancy are as follows:

1. Conduct a review of all relevant programme documentation, including initial frameworks, planning documents, standard of operating procedures, reports, curriculum and policy guidelines and prior evaluations, to establish a clear understanding of programme objectives, strategies, and context.

2. Consult with key stakeholders, including programme administrators and principals, teachers, health promotion and education officers, education officers, students, and parents, to assess the programme's implementation and sustainability.

3. Design and implement data collection tools, including but not limited to surveys, interviews, and focus groups, tailored to capture both quantitative and qualitative data analysis of the programme's impact.

4. Analyse the data to identify trends, patterns, and significant changes over the period of the programme.

5. Compile findings in a comprehensive report which includes details of the programme's achievements and limitations.

6. Identify and document sustainability factors (e.g., funding, partnerships) that support the programme's continuation and facilitate its integration into policy initiatives. Develop one (1) case study documenting lessons learnt and best practices.

7. Make evidence-based recommendations to strengthen the programme's results and impact, including enhancements to delivery methods and evaluation strategies

8. Present findings to key stakeholders to inform future programme decisions and strategic planning

KEY DELIVERABLES/EXPECTED RESULTS

Deliverables	Deliverable Date	Percentage Payment
Inception Report: A detailed plan outlining: • the consultant's approach, a theory of change and/ or monitoring framework , methodology, data collection instruments • proposed timeline/work plan for the evaluation	2 weeks from date of contract signing	10%
Interim Progress Report: An interim report summarizing the evaluation's progress, including initial findings, data collection activities, challenges encountered and case study. This report will provide an overview of the evaluation's trajectory, identify any potential adjustments needed and provide a structure for the final report.	5 months from date of contract signing	40%
Draft Final Report: A comprehensive report detailing methodology, findings, case study, conclusions, and recommendations, for stakeholder feedback, with a recommended theory of change/monitoring framework to guide future evaluations of the programme.	8 months from date of contract signing	30%
Final Report & Presentation of Findings: • A facilitated workshop or seminar to present the evaluation findings, conclusions, and recommendations to key stakeholders. Final Evaluation Report incorporating feedback and providing actionable insights to inform future programme decisions.	9 months from date of contract signing	20%

Consultancy Performance Indicators

- Quality of service in accordance with the MOHW guidelines
- Good communication
- Strict adherence to deadlines
- Accuracy and completeness of data collection and analysis
- Quality and depth of insights and recommendations
- Adherence to ethical guidelines and principles
- Respectful and collaborative behaviour with stakeholders

The consultant will receive payment for each deliverable upon its satisfactory submission and approval, as outlined in the agreed-upon payment schedule and terms of the contract.

Minimum Requirements and Qualifications of researcher (s)	
Education	A Master's degree in Public Health, Education, Social Sciences, or a related field.
Work Experience	Minimum of 5 years of experience conducting programme evaluations, preferably in health or educational settings, preferably in Jamaica
Languages	Fluency in English is required; with strong written and verbal competency **Please note language levels used in UNICEF are fluent, proficient, intermediate, and basic.*
Technical knowledge	Previous experience in the health/education sector will be an advantage. Strong quantitative and qualitative research skills. Excellent analytical and report-writing skills Proficiency in data analysis programs such as: SPSS- Statistical Package for the Social Sciences Stata -Statistical software for data science or similar software
Other skills and attributes	Strong interpersonal and communication skills.

- All applications will be evaluated based on 75 points for technical - (knowledge /expertise /skills) and 25 points for financial submissions.

Child Safeguarding
Is this project/assignment considered as "Elevated Risk Role" from a child safeguarding perspective?
☒ Yes ☐ No *If yes, check all that apply*
Direct Contact Role
☒ Yes ☐ No If yes, please indicate the number of hours/months of direct interpersonal contact with children, or work in their immediately physical proximity, with limited supervision by a more senior member of personnel:
The consultant will engage with students as part of the evaluation process. This will entail at most 2 hours contact time with participants. Consent will be secured from parents of children and adolescents under 18 years of age for their participation. The selected candidate will be required to complete the PSEA online training on Agora before the start of their contract
Child Data Role
☐ Yes ☒ No If yes, please indicate the number of hours/months of manipulating or transmitting personal-identifiable information of children (name, national ID, location data, photos):
More information is available in the Child Safeguarding SharePoint and Child Safeguarding FAQs and Updates

HOW TO APPLY

To apply, **click** on the Apply link

Candidates will need to submit:

1) A cover letter
2) CV that includes 4 relevant references.
3) Technical proposal detailing how deliverables will be executed
4) Itemized financial proposal(in Jamaican Dollars) including lump sum travel & subsistence cost, as applicable

In case of doubts please send your comments to jam-procurement@unicef.org at least 3 working days before the deadline.