

Rural Health Care Services Outreach Grant Program: Evidence-based and Practice-based Programs Tips and Tools

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ORHP Leading the Way in Establishing an Evidence Base of Effective Rural Health Programs

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What is evidence?

Evidence involves “the available body of facts or information indicating whether a belief or proposition is true or valid.”

Source: The New Oxford American Dictionary

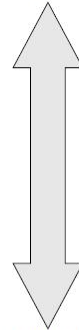
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Different Forms of Evidence

- Scientific literature in systematic reviews
- Scientific literature in one or more journal articles
- Public health surveillance data
- Program evaluations
- Qualitative data
 - Community members
 - Other stakeholders
- Media/marketing data
- Word of mouth
- Personal experience

Objective



Subjective

Figure 2

Different forms of evidence. Adapted from Chambers & Kerner (37).

Evidence-Based Practice

- Developed from Scientific evidence and/or have been found to be effective based on the results of rigorous evaluations.
- Examples:
 - Diabetes Prevention and Control: Case Management Interventions to Improve Glycemic Control
 - Obesity Prevention and Control: Behavioral Interventions to Reduce Screen Time

Where is Evidence-Based Practice Used?

- Evidence Based Medicine (EBM)
 - Deemphasize unsystematic clinical experience and place greater emphasis on evidence from clinical research
 - Scientific rigor
 - Randomized controlled studies
 - Funding and Dissemination
 - Agency for Healthcare Research and Quality
 - National Institutes of Health

Where is Evidence-Based Practice Used?

- Evidence-Based Public Health
 - Conscientious, explicit, and judicious use of current best evidence in making decisions about the care of communities and populations in the domain of health protection, disease prevention, and health promotion. (Adapted from Jenicek)
 - Cross-sectional studies
 - Funding and Dissemination
 - The Robert Wood Johnson Foundation
 - Centers for Disease Control and Prevention

What influences decision making?

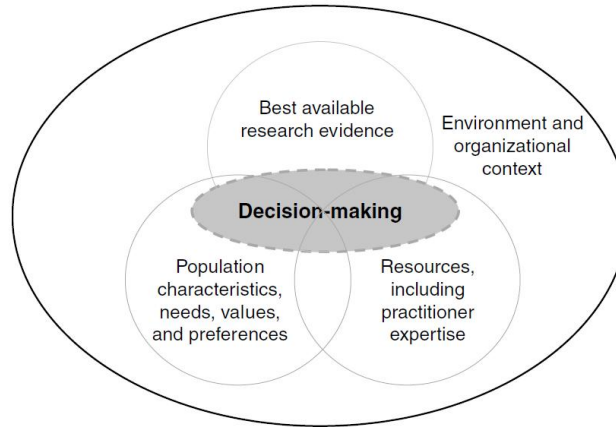


Figure 1
Domains that influence evidence-based decision making [from Spring et al. (151, 152)].

Data Sources

- Centers for Disease Control and Prevention
 - Behavioral Risk Factor Surveillance Survey
 - Youth Risk Behavioral Survey
- Local and State Health Departments
 - Community Health Assessments
- Human Services
 - Medicaid and Children's Health Insurance Programs
- Kaiser Family Foundation

Key Attributes of EBPH

- Making decisions using the best available peer-reviewed evidence
- Using data and information
- Applying program-planning frameworks
- Engaging the community in assessment and decision making
- Conducting evaluation
- Disseminating lessons learned

Selecting a program or intervention...

- What is the size of the rural health problem?
- Are there effective interventions to address the problem?
- What information is available locally to help decide if an intervention is appropriate?
- Is there an intervention that has been used successfully to address the health problem given the local context?
 - Is there a targeted population?

Classifying Interventions

Category	How Established
Evidence-based	Peer review via systematic or narrative review
Effective	Peer review
Promising	Written program evaluation without formal peer review
Emerging	Ongoing work, practice-based summaries, or evaluation in process

Who is interested in Evidence Based Practice?

- ORHP, HRSA, and HHS
- Potential and current funders
- Administrators
- Program Directors
- Policy Makers
 - Local, State, Tribal, Federal and International
- Stakeholders
- Researchers

Evidence-Based and Promising Practice Model Resources: Community Guide

- Task Force Meetings
- Slides and Promotional Materials
- ▶ **The Guide to Clinical Preventive Services**
- Systematic Review Methods
- Economic Reviews
- Systematic Review Teams
- Community Guide Publications
- Ways to Use the Guide
- Collaborators
- History
- Glossary
- News and Announcements
- News Archive
- Did You Know?

Topics

Guide to Clinical Preventive Services


[The Guide to Clinical Preventive Services](#) contains the U.S. Preventive Services Task Force (USPSTF) recommendations on the use of screening, counseling, and other preventive services that are typically delivered in primary care settings. The USPSTF, an independent panel of experts supported by the Agency for Healthcare Research and Quality (AHRQ), makes recommendations based on systematic reviews of the evidence related to the benefits and potential harms of clinical preventive services.

The primary care interventions reviewed by the USPSTF and included in the Clinical Guide can provide support to community interventions as health care providers are typically the gatekeepers to health services for their patients. Similarly, the community-based and health system-based interventions reviewed by the Community Guide can provide support to primary care interventions by:

- Reinforcing health care providers' recommendations to their patients
- Identifying effective community-based and health care system-based programs to which providers can refer their patients for additional education and support (e.g., quit lines that supplement physician smoking cessation counseling)
- Identifying effective health system supports for health care providers (e.g., provider reminder systems)

Health care providers can also help, both in their local communities and nationwide, to support community-based efforts that assist them in meeting the public health needs of their patients and others.

Together, the Clinical and Community Guides provide evidence-based recommendations across the prevention spectrum of clinical practice and public health.



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Evidence-Based and Promising Practice Model Resources: Community Guide

- Alcohol
- Asthma
- Birth Defects
- Cancer
- Diabetes
- Health Communication
- HIV/AIDS, STIs & Pregnancy
- Mental Health
- Motor Vehicle
- Nutrition
- Obesity
- Provider-oriented
- ▶ **Interventions in community settings**
- Behavioral interventions to reduce screen time
- Mass media interventions to reduce screen time
- Technology-supported interventions
- Worksite programs
- School-based programs
- Supporting materials
- Oral Health
- Physical Activity

Obesity Prevention and Control: Interventions in Community Settings



Reviewed interventions include programs designed to reduce screen time, technology-based strategies, and interventions specific to worksite and school settings.

Summary of Task Force Recommendations & Findings

This table lists interventions reviewed by the Community Guide, with Task Force findings for each ([definitions of findings](#)). Click on an underlined intervention title for a summary of the review.

Interventions to reduce screen time (e.g., time in front of a TV, computer monitor)	
Behavioral interventions to reduce screen time	Recommended
Mass media interventions to reduce screen time	Insufficient Evidence
Technology-supported interventions (e.g., computer or web applications)	
Multicomponent coaching or counseling interventions:	
To reduce weight	Recommended
To maintain weight loss	Recommended
Interventions in specific settings	
Worksite programs	Recommended
School-based programs	Insufficient Evidence

For More On This Topic

[CDC, Overweight and Obesity](#)

[Healthy People 2020](#)

[Healthy Weight](#)

[Recommended Community Strategies and](#)

Related Topics

[Adolescent Health](#)

[Cancer Prevention and Control](#)

[Promoting Good Nutrition](#)

[Promoting Physical Activity](#)


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Importance of Building Evidence Based Toolkits

- ORHP is working to align grantee program activities and evidence based practices
- Identifying evidence based models and resources, and making them accessible to other rural communities, will help to facilitate replication of programs that are supported by research and/or experience
- Ensuring that programs are based on proven models of practice will help leverage resources for sustainability

The screenshot displays the Rural Assistance Center (RAC) website. At the top, there is a navigation menu with the following items: Funding, Information Guides, News & Events, Experts & Organizations, Publications & Maps, Success Stories, and State Resources. The main content area is titled "Community Health Gateway" and includes the following sections:

- Build What Works**: Starting a new health or human service program can be difficult, but you're not alone. The Community Health Gateway helps you build effective community health programs, improve services you offer and develop new programs. Resources in this Gateway are chosen for effectiveness and adaptability.
- How the Community Health Gateway helps you**: Gateway resources showcase program approaches that adapt to fit your community and the people you serve, allowing you to:
 - Research approaches to featured community health programs
 - Discover what works and why
 - Learn about common obstacles
 - Explore funding opportunities
 - Connect with program experts
 - Grow your project and build on its success
- All examples and methods are evidence-driven, meaning that they are proven effective by programs with a strong history of service and community success. Toolkits in the Gateway are continually evaluated for effectiveness by the National Opinion Research Center (NORC) at the University of Chicago.**
- What's available**:
 - [Community Health Workers Toolkit](#)
- Still to come**: More toolkits are being developed to help improve your community's health:
 - Obesity Prevention Programs
 - Chronic Illness
- More useful tools for you**:
 - [Economic Impact Analysis](#): Show how your program's grant funding affects your community's economic well-being and share this information with sponsors, funders and your community
 - [Success Stories & Lessons Learned](#): See how other programs have succeeded and adapt their methods to help strengthen your program


skip navigation

Funding
Information Guides
News & Events
Experts & Organizations
Publications & Maps
Success Stories
State Resources

Home > [Community Health Workers Toolkit](#) > About

About the CHW Toolkit

Modules

- 1: [Community Health Workers](#)
- 2: [Program Models](#)
- 3: [Training Approaches](#)
- 4: [Program Implementation](#)
- 5: [Planning for Sustainability](#)
- 6: [Measuring Program Impact](#)
- 7: [Disseminating Best Practices](#)
- 8: [Program Clearinghouse](#)

[Contact Us](#)

About the Community Health Workers Toolkit

Development of this toolkit is provided by the Office of Rural Health Policy (ORPH), Health Resources and Services Administration, in collaboration with the Rural Assistance Center. Information and resources included in the toolkit are compiled using the following criteria:

- Evidence-based models
- Appropriateness for rural populations
- Feasibility of programs
- Effectiveness of programs

Ongoing CHW programs were also reviewed in the development of this toolkit. Examples of some of these programs are available in the [Program Clearinghouse \(Module 8\)](#) section.

Funder
The Office of Rural Health Policy coordinates activities related to rural health care within the U.S. Department of Health and Human Services. ORPH administers grant programs designed to build health care capacity at local and state levels. [Visit the ORPH website](#)

[Home](#) > [Community Health Workers Toolkit](#)

[About the CHW Toolkit](#)

Modules:

1. [Community Health Workers](#)
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3. [Training Approaches](#)
4. [Program Implementation](#)
5. [Planning for Sustainability](#)
6. [Measuring Program Impact](#)
7. [Resources and Best Practices](#)
8. [Program Clearinghouse](#)

Community Health Workers Toolkit

Welcome to the Community Health Workers (CHW) Toolkit. This toolkit will help you evaluate opportunities for developing a CHW program as well as provide resources and best practices other CHW programs have developed. [Learn more about this Toolkit](#)

Toolkit Modules

The CHW toolkit is made up of several modules, each concentrating on different aspects of CHW programs. Modules also include resources for you to use in developing a program for your area.

- [Module 1: Introduction to Community Health Workers](#)
An overview of Community Health Workers and their roles.
- [Module 2: Program Models](#)
Elements of differing models for CHW programs.
- [Module 3: Training Approaches](#)
Available training materials and procedures for CHWs.
- [Module 4: Program Implementation](#)
Building a program from the bottom up.
- [Module 5: Planning for Sustainability](#)
How to ensure your CHW program functions properly.
- [Module 6: Measuring Program Impacts](#)
Methods that allow you to measure the effectiveness of your program.
- [Module 7: Disseminating Resources and Best Practices](#)
Letting other people know what you have done with your program.
- [Module 8: Program Clearinghouse](#)
Examples of and contacts for successful CHW programs.

Contact Information

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