

WHAT WORKS FOR HEALTH 101

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OUTLINE

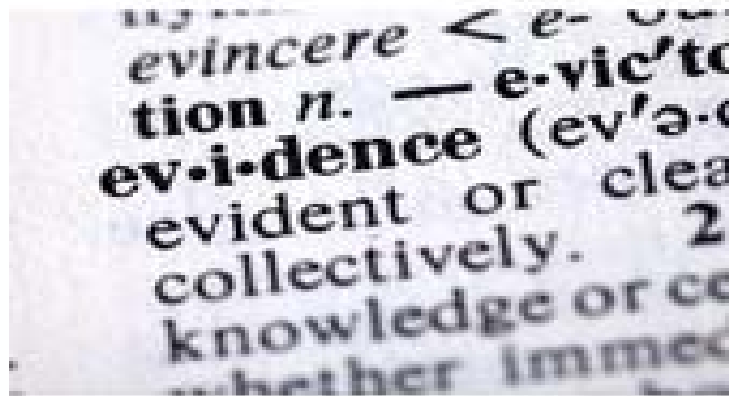
What is evidence?

Choosing a strategy

What Works for Health introduction

What Works for Health tour

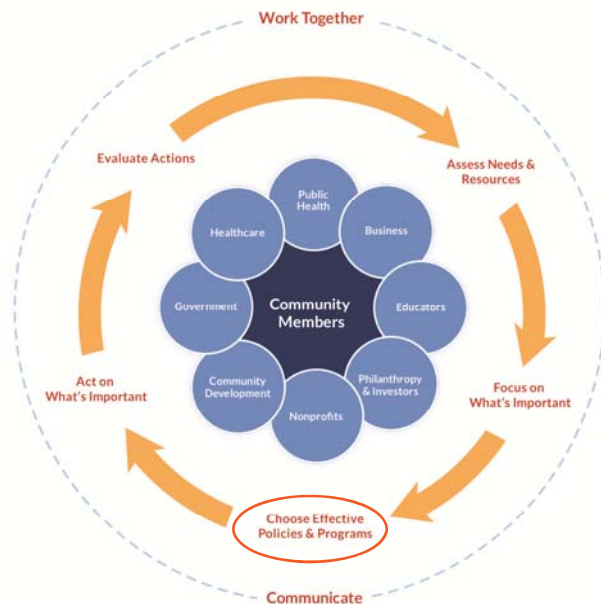
Q & A



WHAT CRITERIA WOULD YOU LIKE A PHYSICIAN TO USE IN DECIDING HOW TO TREAT YOU?

1. Intuition (gut feeling) about what will be effective
2. What they have heard from co-workers is effective
3. Past experience with similar situations
4. Results of controlled experimental studies that show a method is helpful
5. What they know by critically reading the literature in their field

Adapted from: E. Gambrill, Critical Thinking for Helping Professionals



YOU ARE IN “CHOOSE” WHEN:

- ▶ You have selected priorities but not strategies.
 - *What’s the best way to increase access to healthy foods in our community?*
 - *How can we help reduce crime in the area?*
- ▶ You have been implementing strategies to address an issue but want to do more
 - *We’ve had fitness challenges. Now what?*
 - *We share books during pediatric visits. What else can we do to support school readiness?*

WHAT WORKS FOR HEALTH



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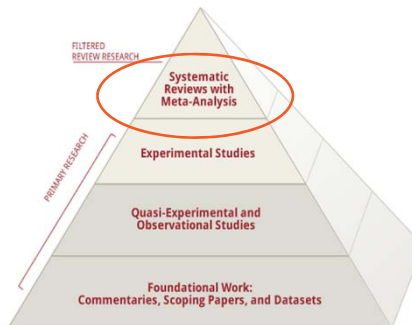
WHAT WORKS FOR HEALTH EVIDENCE RATINGS

- ▶ Scientifically Supported
- ▶ Some Evidence
- ▶ Expert Opinion
- ▶ Insufficient Evidence
- ▶ Mixed Evidence
- ▶ Evidence of Ineffectiveness

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RATING EVIDENCE

- ▶ Literature search
 - ▶ Peer-reviewed
 - ▶ Grey literature
 - ▶ Rating organizations
- ▶ Considerations
 - ▶ Number of studies
 - ▶ Type of studies
 - ▶ Study quality



Graphic from *Public Health Law Research (PHLR)*



WHAT WORKS FOR HEALTH

County Health Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

HEALTH RANKINGS ROADMAPS TO HEALTH RESOURCES MORE

Search by county, state, or topic

What can I do?

Action Center
Explore guides and tools for improving health

Roadmaps to Health Coaching

What Works for Health

What can I learn from others?

Stories

Projects Showcase

National Partners

Choose a state or search below to begin

VT NH MA RI CT NJ DE MD DC

GET STEP-BY-STEP GUIDANCE FROM THE ACTION CENTER

WHAT WORKS FOR HEALTH

Using What Works for Health

Our Ratings

Our Methods

Our Sources

Choosing Your Strategy

BROWSE ALL POLICIES & PROGRAMS

Keyword Search

GO

What Works for Health

What Works for Health provides communities with information to help select and implement evidence-informed policies, programs, and system changes that will improve the variety of factors we know affect health.

WANT TO LEARN MORE? - View our 4 minute *What Works for Health* Tutorial.

To learn more about strategies that could work in your community, select a health factor of interest (the light blue boxes on the far right) in the model below.



New or Updated Policies & Programs

Allied dental professional scope of practice

Career Academies

College access programs

MORE NEW OR UPDATED POLICIES & PROGRAMS

WANT TO LEARN MORE? View our 4-minute tutorial!



EXAMPLE: SCHOOL BREAKFAST PROGRAMS

Evidence Rating



Scientifically Supported

Health Factors

Education

Diet and Exercise

Decision Makers

Philanthropy and Investors

Educators

Government

Community in Action



Toledo Launches Universal School Breakfast Program

School breakfast programs offer students a nutritious breakfast, often incorporating healthy and culturally relevant choices. Breakfast can be served in the cafeteria; starts, from grab and go carts in hallways, or in classrooms as the school day begins; schools offer breakfast during a morning break, called second chance breakfast (NKH CBP-School breakfast). Schools that participate in the federal School Breakfast Program receive subsidies for each breakfast served. Students from families with income at or below 185 percent of the federal poverty level (FPL) are eligible for free breakfast and children from families with incomes between 130 and 185 percent FPL qualify for reduced-cost breakfasts (FPL participation in the federal program varies by state and region (Bartfield 2010)). Participating schools offer free breakfast to all students, others only to qualify (FRAC-Woo 2015).

Expected Beneficial Outcomes (Rated)

- Improved cognitive function
- Increased academic achievement
- Increased healthy food consumption

Other Potential Beneficial Outcomes

- Improved nutrition
- Increased food security

Evidence of Effectiveness

There is strong evidence that having access to school breakfast programs improves cognition and scholastic achievement, especially among nutritionally deficient or malnourished children (Frisvold 2015, Hoyland 2009, Meyers 1989, Adolphus 2013). Access to school breakfast programs also increases healthy food consumption and can improve breakfast nutrition (Bhattacharya 2006, Murphy 2011, Ask 2006, ERS-Fox 2004, Frisvold 2015).

School breakfast availability can reduce short-term hunger (Mhurchu 2012), marginal food insecurity, and food-related concerns in low income households (USDA-Bartfeld 2009, Bartfeld

Impact on Disparities

Likely to decrease disparities

Implementation Examples

In the 2013-2014 school year, the federal School Breakfast Program served approximately 11.2 million low income children on a typical day (FRAC-Woo 2015). Low income children participate in the School Breakfast Program much more than higher income children, and schools that serve

Implementation Resources

USDA-SBP - Food and Nutrition Service (FNS). School Breakfast Program (SBP). US Department of Agriculture (USDA).

FRAC-SBP - Food Research and Action Center (FRAC). School breakfast program.

NIH CRD. School breakfast - No Kid Hungry Center for Best Practices (NIH CRD). School

HOW DO COMMUNITIES USE WWFH?

- ▶ Learn about policies and programs
- ▶ Inventory current work
- ▶ Formulate an action plan

What Works for Health

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STRATEGY SELECTION: EVIDENCE PLUS

- ▶ What has been shown to work?
 - Strength of evidence
 - Demonstrated outcomes
- ▶ What would work in your community?
 - Capacity
 - Resources
 - Readiness
 - Values
 - Vulnerable populations



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STRATEGY SELECTION: TOOLS & RESOURCES

- ▶ WWFH implementation resources
- ▶ CHOOSE Tools
 - ▶ Policy Advocacy Choice Tool
www.countyhealthrankings.org/resources/policy-advocacy-choice-tool
 - ▶ Intervention Planning Matrix
www.countyhealthrankings.org/resources/intervention-planning-matrix
 - ▶ Evidence in Action—A Guide to Selecting Effective Prevention Strategies
(from the Health Policy Institute of Ohio and the Ohio Department of Health)
www.countyhealthrankings.org/sites/default/files/resources/Evidence_in_Action.pdf

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KEY TAKEAWAYS

- ▶ Evidence means different things to different people
- ▶ Evidence is an important part of decision making, but not the only part
- ▶ WWFH provides information about what works, what doesn't, and how to get started

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QUESTIONS

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THANK YOU!

www.countyhealthrankings.org

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