

INTERVENTION PLANNING MATRIX

COMMUNITY HEALTH IMPROVEMENT INTERVENTION PLANNING MATRIX

Adapted from the [Healthy Wisconsin Leadership Institute Community Health Improvement Toolkit](#).

Instructions:

Consider the range of possible approaches and fill in interventions that could be utilized to address the identified health issue at the individual, organization/institution, and community levels. It may be useful to use a tool like What Works for Health to identify evidence based strategies. Some approaches may fit into more than one box. Just decide where it fits best. Not every box needs to be filled out.

County Health Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

APPROACHES	SPHERES OF INFLUENCE TOPIC: Active Living		
	Individuals	Organizations & Institutions	Community (neighborhoods, municipalities, counties or state)
Programs Activities focused on increasing knowledge about health issues and/or promoting healthy behaviors or conditions.	Chronic disease self-management support (i.e. classes, groups) Mentor activities Activity education and support (e.g. bicycle education, Couch to 5k, water safety)	Corporate wellness (e.g. HRA, programs, promotions recognitions, education) Before and After School programs Corporate Events (e.g. Move Your Shoes)	Community Events (e.g. Bass Pro Fitness Festival, Heart Walk) Recreational and Fitness Programming School Community Programming Community Campaigns (e.g. Let's Go Smart)
Systems Change Change that impacts social norms of an organization, institution, or system; may include a policy or environmental change strategy. Policies are often the driving force behind systems change.	Financial assistance to participate	Active/Walk Meetings	Playspaces made public
Environmental Change Physical aspects of the environment that support healthy or discourage unhealthy behaviors and conditions.		Accessibility to exercise (bike racks, trails, fitness centers)	Parks, Ozark Greenways, the LINK Active Transportation Network (bike and pedestrian paths)
Policy Policies, rules, ordinances and laws that support healthy practices, actions and behaviors.		Advocacy for Physical Education in Schools	Complete Streets Adoption Supportive Community Design Water quality and conservation