

Intervention Planning Matrix - Guide

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 in Wisconsin (<http://whatworksforhealth.wisc.edu/>) 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. An example is below and a blank tool follows.

APPROACHES	SPHERES OF INFLUENCE TOPIC: Obesity (poor nutrition and lack of physical activity)		
	Individuals, Families, Social Networks	Organizations & Institutions	Community (neighborhoods, municipalities, counties or state)
Programs Activities focused on increasing knowledge about health issues and/or promoting healthy behaviors or conditions.	<ul style="list-style-type: none"> Food tastings (fruit and veggies) Healthy cooking classes 	<ul style="list-style-type: none"> School fruit and vegetable gardens Worksite wellness programs Walking school bus 	<ul style="list-style-type: none"> 10,000 step competitions
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.		<ul style="list-style-type: none"> Healthy foods at catered events Healthy menu alternatives at restaurants 	<ul style="list-style-type: none"> Media campaigns re: increase in physical activity
Environmental Change Physical aspects of the environment that support healthy or discourage unhealthy behaviors and conditions.	<ul style="list-style-type: none"> Television-free households 	<ul style="list-style-type: none"> Point-of-decision prompts Healthy vending options 	<ul style="list-style-type: none"> Walking and biking trails Community gardens
Policy Policies, rules, ordinances and laws that support healthy practices, actions and behaviors.	<ul style="list-style-type: none"> Sugar-sweetened beverage tax Home junk food ban 	<ul style="list-style-type: none"> Safe Routes to School Physical activity requirements for schools/childcare centers Nutrition standards for schools Competitive pricing for health options in worksite cafeterias 	<ul style="list-style-type: none"> Complete Streets Joint use agreements for community use of school gyms/other rec facilities EBT at farmer's markets Sugar-sweetened beverage tax

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HEALTHY WISCONSIN LEADERSHIP INSTITUTE

The Intervention Planning Matrix was developed by the Healthy Wisconsin Leadership using the following:

- Centers for Disease Control and Prevention. *Planned approach to community health: A guide for the local coordinator*. Atlanta, Georgia: U.S. Department of Health and Human Services.
- Centers for Disease Control and Prevention. Policy and environmental change: New directions for public health. August 2001. Accessed on 11-10-2008 at <http://www.dhpe.org/healthpolicyfinalreport.pdf>
- Gregson, J., Foerster, S. B., Orr, R., Jones, L., Benedict, J., & Clarke, B. et al. (2001). System, environmental, and policy changes: Using the social-ecological model as a framework for evaluating nutrition education and social marketing programs with low-income audiences. *Journal of Nutrition Education*, 33(Suppl 1), S4-15.
- McLeroy, K. R., Bibeau, D., Steckler, A., & Glanz, K. (1988). An ecological perspective on health promotion programs. *Health Education Quarterly*, 15, 351-377.
- Minnesota Department of Health. Comprehensive statewide health promotion plan: *Report to the Minnesota legislature 2007*. October 1, 2007. Accessed on 11-10-2008 at <http://www.health.state.mn.us/divs/hpcd/chp/chppages/pdfs/cshpp.pdf>