

DEVELOPING A METHOD FOR DEFINING MODEL PRACTICES FOR REPLICATION AND DISSEMINATION

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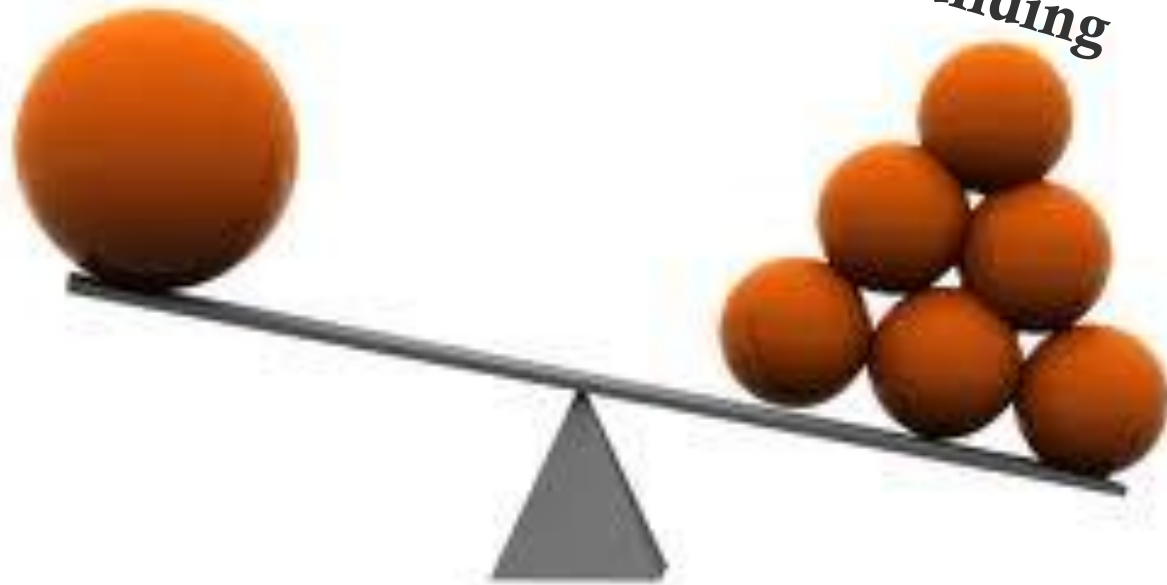
PURPOSE

- Propose criteria for identifying Model Practices for obesity prevention
- Apply criteria and illustrate a community program that can be classified as a Model Practice

THE IMBALANCE

**Research-tested
Interventions**

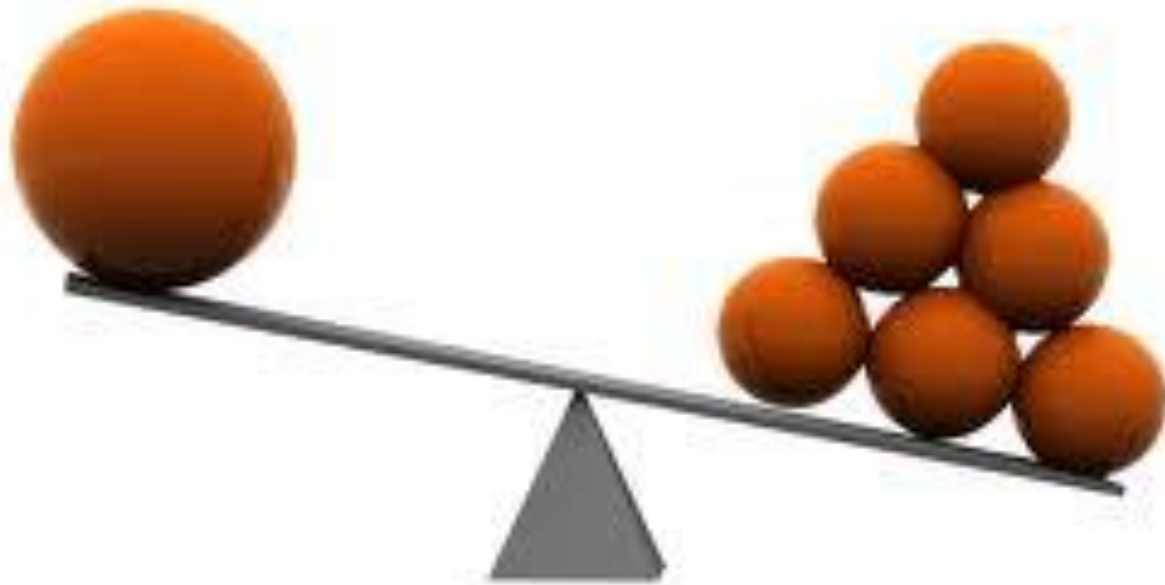
***Practice-based
Programs are
Building***



THE IMBALANCE

Internal Validity

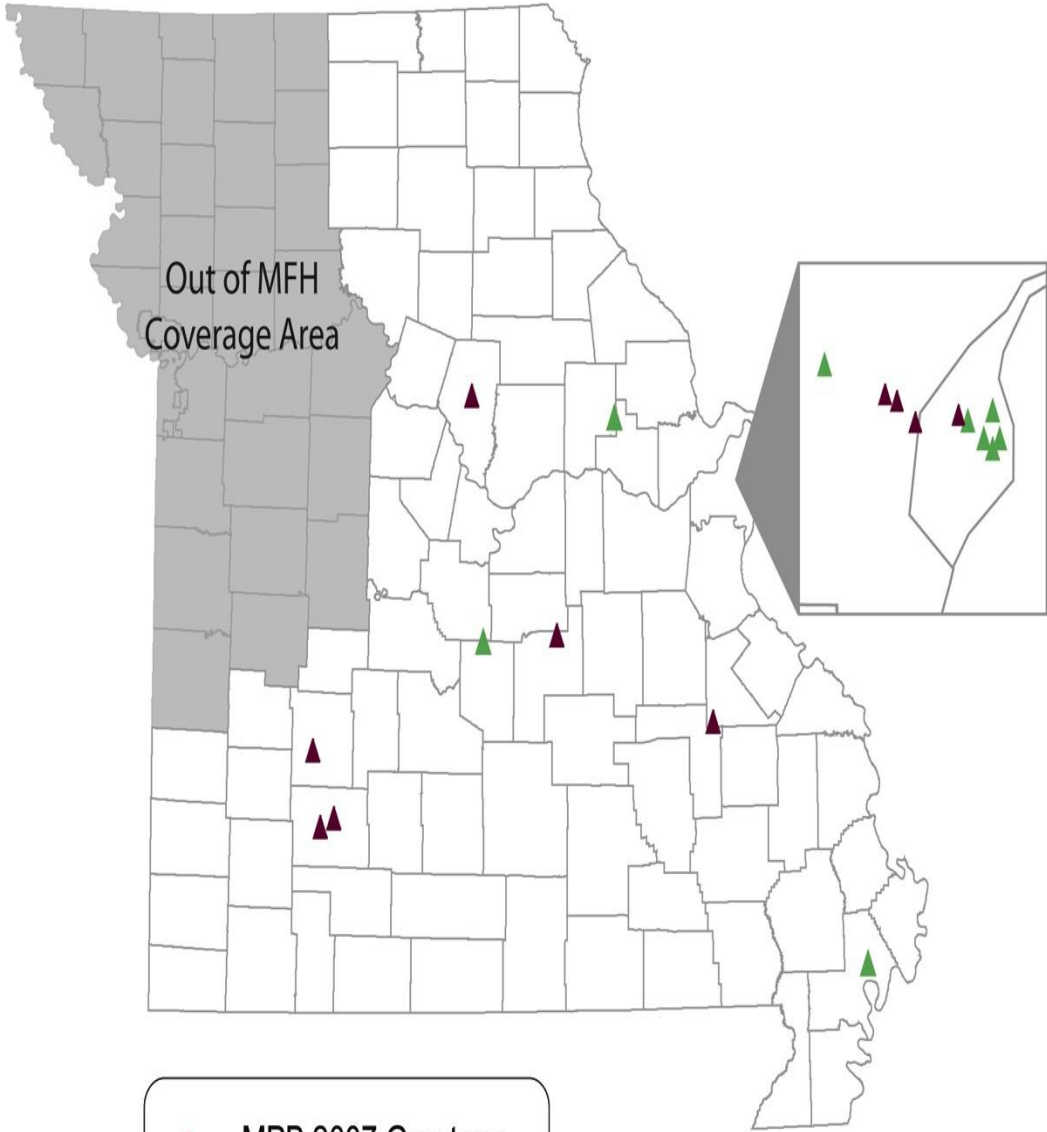
External Validity



MODEL PRACTICE BUILDING PROGRAM

Purpose: implement healthy & active interventions to reduce obesity

- 2007 – 2012; 19 Grantees in two cohorts (2007 & 2008)
- Encouraged to both adapt model or evidence-based practices and be innovative in creating their own community program.
- Grantees focused on programming and creating environmental and policy changes



- ▲ MPB 2007 Grantees
- ▲ MPB 2008 Grantees

DEFINING MODEL PRACTICES

A practice exhibiting quantitative and qualitative evidence that the intervention has created some positive change to promote healthy and active living; active collaboration; replicable program components; and elements of sustainability.

DEFINING MODEL PRACTICES

Innovation:

- Implementation of an environmental or policy approach
- Implementation of activities with a new population
- Implementation of activities in a new setting
- Addressing populations with disparities with healthy eating or active living
- The extent to which the grantee has:
 - Engaged partners from diverse sectors
 - Gathered evidence to guide the adaptation of an existing program or policy for a specific community

DEFINING MODEL PRACTICES

Effectiveness:

- The project's ability to reach the target population
- The project design is linked to an existing evidence-based intervention or theory
- Fidelity of the project to evidence based interventions
- The project can demonstrate that it has processes and procedures in place to measure project effectiveness
- The degree to which the project's effectiveness is demonstrated by its own internal evaluation results

DEFINING MODEL PRACTICES

Sustainability

- *Strategic Planning*
- *Organizational Capacity*
- *Project Improvement*
- *Surveillance and Evaluation*
- *Public Health Impacts*
- *Communications*
- *Funding Stability*
- *Political Support*
- *Community Partnerships*

IDENTIFYING MODEL PRACTICES

Methods

- Innovation & Effectiveness:
 - 3 independent reviewers
 - Ranked grantees on each indicator (innovation, effectiveness)
- Sustainability
 - Program Sustainability Assessment Tool, self-report by grantee
 - Rated indicators on a scale from 1 to 7
 - Average sustainability score computed

CASE EXAMPLE: POLK COUNTY HEALTH

	Population	Below Poverty	Obesity	Overweight
Polk	31,000	22%	25%	38%
Dade	7,000	21%	31%	38%
Dallas	16,000	16%	34%	32%
Hickory	19,000	15%	30%	38%
Cedar	14,000	18%	30%	37%

*Missouri Department of Health & Senior Services,
2007 County-level Study & 2010 U.S. Census

CASE EXAMPLE: POLK COUNTY HEALTH

INNOVATION

- Implemented environmental and policy strategies to increase physical activity and healthy eating in a rural community with health disparities
- Engaged 51 partners from ten different sectors (e.g., schools, businesses, community organizations) over the course of three years

CASE EXAMPLE: POLK COUNTY HEALTH

EFFECTIVENESS

- The Obesity Prevention Project used existing evidence to identify the environmental and policy strategies to implement in each of the 18 communities.
- Increased the number of facilities that support physical activity or healthy eating (e.g., exercise room, healthy vending machine options) by 19%

CASE EXAMPLE:

POLK COUNTY HEALTH

SUSTAINABILITY

- Demonstrated funding stability by securing over \$450,000 in additional funding for project activities
- Provided training opportunities for 12 community leaders and 12 school superintendents to learn about creating environmental and policy changes to support physical activity and healthy eating that will be sustained in the community.
- Communicated project activities in a variety of ways, including 17 published newspaper articles on the implemented environmental changes in the targeted communities.

IMPLICATIONS

Criteria can be used to:

1. Identify projects to implement (decision makers, funders, community organizations)
2. Provide a framework for the type of work funders may want to fund (e.g., must meet a few indicators)
3. Highlight projects that may be ready for replication and dissemination – contribute to practice-based literature

MODEL PRACTICES

Not replacing research!

Rather....

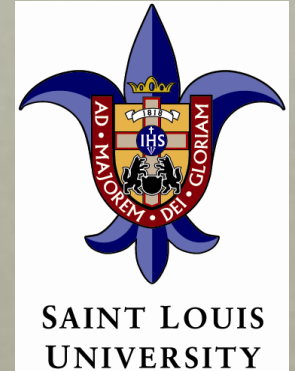
Capturing practice-based evidence
for replication and dissemination

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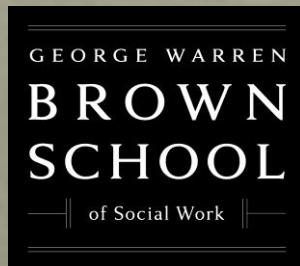


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