

Sources of evidence for Health Promotion & Public Health

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The Canadian Best Practices Portal for Health Promotion & Chronic Disease Prevention

<http://cbpp-ccpe.phac-aspc.gc.ca/>

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Many many struggles

- Definitions, conceptualizations
- Meaning of "best practices" & related terms
- Meaning and sources of "evidence"
- Decision-making model/frameworks
- Decision-making in the real world of Ottawa and health promotion/public health practice
- Dearth of evidence
- Reflects the current state of debate re. "best practices" etc.

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Three Phases of the CBPS

Phase I	Consolidate, standardize and disseminate information on currently available evidence on effective population-level and community-level interventions. Fall 2005 - Fall 2006 (completed)
Phase II	Expand the evidence available about gap content areas, provide additional intervention information and increase decision-maker capacity for uptake. Fall 2006 - Fall 2008
Phase III	Systematically collect practice-based evidence to further expand the body of knowledge in various areas (contexts, populations, etc.) relevant to the scope of the project. Fall 2008 - Summer 2010

March 18, 2007
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CBPI

- A virtual front door
- Link to effective interventions & resources to help inform decision-making
- Organized around PHAC's *Population Health Approach* (<http://www.phac-aspc.gc.ca/ph-sp/>)

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Long term goal of CBPI

"To increase the proportion of decisions made by the intended populations of interest using best available evidence. These decisions are particularly important when they support the changing face of Canada, the reduction of health disparities and integrated approaches to the prevention and treatment of chronic diseases."

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PHAC's definition of "best practices"

- Best Practices are interventions, programs/services, strategies, or policies
- which have demonstrated desired changes through the use of appropriate well documented research or evaluation methodologies.
- They have the ability to be replicated, and the potential to be adapted and transferred.
- A best practice is one that is most suitable given the available evidence and particular situation or context.

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PHAC's definition of "best practices" (cont.)

- In the context of population health / health promotion, such practices are used to demonstrate what works for enhancing the health status and health-related outcomes of individuals and communities,
- and to accumulate and apply knowledge about how and why they work in different situations and contexts.

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CBPI: Three components

1. Portal content
2. Knowledge exchange supports
3. Monitoring the uptake in practice
 - Context
 - Adaptations
 - "Best Processes"

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The CBPI Organizing Framework

Is PHAC's Population Health Approach

<http://www.phac-aspc.gc.ca/ph-sp/approach-approche/index-eng.php>

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Population Health Approach: Key Elements (PHAC)

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Find effective interventions and recommended resources in the database using my own search terms

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Canadian BP Portal: Phase I

- Focus on "big three" chronic diseases
- Portal I (100 interventions) restricted those that had a well-designed outcome evaluation showing positive results, with clear linkages to at least one systematic review
- Context

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Canadian BP Portal: Phase II

Expanded re:

1. Content: mental health, obesity, vulnerable groups
2. Evidence base:
 1. quantitative & qualitative
 2. avoids "hierarchy of evidence" & "best/promising" practice designation
3. User "friendliness" of "Interventions-at-a-glance": intervention topics, study design, links (or not) to systematic reviews
4. User interactivity

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Interventions (232)	Resources (20)	Organizations (0)	
Title (click to sort) (asc)	Topics	Evaluation Design	Linked to systematic review evidence
Aboriginal Chronic Disease Outreach Program		Analytic obs.	UNKNOWN
Abuse-Focused Cognitive Behavioral Therapy for Child Physical Abuse (AF-CBT)		Quasi-exp.	YES
Action Schools! BC		Process evaluation	UNKNOWN
Active Community Environments Initiative (ACES)		Analytic obs.	UNKNOWN
Active Living Everyday		Experimental	YES
Active Programme Promoting Lifestyle Education in School (APPLES)		Experimental	YES
Adolescent Alcohol Prevention Trial (AAPT)		Experimental	YES

Expanded evidence inclusion: rationale

Discomfort with labeling interventions:

1. A "promising" practice was often limited in being identified as "best" not because it was an inferior program, but because the evaluation methodology was not as rigorous

No practice can be guaranteed to be "best" when transplanted from the original (often artificial) environment in which it was created, to a different context.

Field, expert & partner feedback

Put the decision-making process of what is "best" in the hands of the potential user, given as much info as possible & decision-making supports (i.e., importance of CONTEXT)

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PHAC Best Practices Portal

A virtual front door to an array of online evidence-based best practice interventions, systematic reviews, and resources for health promotion and chronic disease prevention

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PHAC Best Practices Portal

- o Developed for decision makers in practice, policy and research who work in health promotion and chronic disease prevention.
- o To help address the challenges associated with implementation of Best Practices
- o To enhance effectiveness and accountability in decision-making

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PHAC Best Practices Portal Definition of BP

- o Population- and community-based interventions spanning a variety of approaches
- o They are aimed at health promotion and chronic disease prevention.
- o They have been informed by and result in evidence of effectiveness to inform decision making.
- o They cover a variety of settings and populations.

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PHAC Best Practices Portal Development

- Developed conceptual & evaluation frameworks & logic models
- Developed criteria to assess the best practice interventions and systematic reviews
- Other steps included:
 - Gap analysis
 - Peer review process
 - Criteria and review tool development
 - User needs assessment
 - Broad consultation
 - Usability testing

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PHAC BP Portal Contents

- Population Health Approach planning framework
- Resources supporting 8 elements of Population Health Approach
- 13 Selected systematic review databases
- Searchable BP interventions (~100)
- Reports, articles, links
- Background documents (re. portal development, etc.)
- Glossary of terms
- On-line technical support
- Nomination process for BP interventions

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PHAC BP Portal Population Health Approach

- The Best Practices Portal uses the Population Health Approach as its organizing framework, a tool that provides a systematic approach to planning & decision-making
- The Population Health Approach focuses on improving health status through action directed at the health of an entire population, or sub-population, rather than on individuals.

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PHAC BP Portal Population Health Approach Key elements

1. Focus on the health of populations
2. Address the determinants of health and their interactions
3. Base decisions on evidence
4. Increase upstream investments
5. Apply multiple strategies
6. Collaborate across sectors and levels
7. Employ mechanisms for public involvement
8. Demonstrate accountability for health outcomes

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PHAC BP Portal Selected Systematic Review Databases

13 systematic review databases: inclusion criteria

1. Relevance to health promotion and chronic disease prevention
2. Relevance to population health
3. The level of intervention is primary and/or secondary
4. Credibility and/or valid authority of source
5. Content on site is current
6. No commercial influences
7. Quality of the review process

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1. Campbell Collaboration Reviews of Interventions and Policy Evaluations (<http://www.campbellcollaboration.org/frontend.asp#About%20C2Ripe>)
2. Canadian Taskforce on Preventive Health Care (<http://www.ctfphc.org/>)
3. Cochrane Database of Systematic Reviews (available through the University of Toronto electronic resources and at:
www.mv.interscience.wiley.com/cochrane/cochrane_clsysrev_articles_fs.html); and Canadian Cochrane Network & Centre – www.cochrane.uottawa.ca/ ; Cochrane HP & PH Field (<http://www.vichealth.vic.gov.au/cochrane/welcome/index.htm>)
4. Database of Abstracts & Reviews of Effects (DARE) (www.york.ac.uk/inst/crd/crddatabases.htm)
5. Effective Public Health Practice Project (Ontario, EPHPP) (<http://www.myhamilton.ca/myhamilton/CityandGovernment/HealthandSocialServices/Research/EPHPP/>)

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6. EPPi-Centre's Database of Promoting Health Effectiveness Reviews (DoPHER) (<http://eppi.ioe.ac.uk/cms/Default.aspx?tabid=185>)
7. EPPi-Centre's Health Promotion Review Documents (<http://eppi.ioe.ac.uk/cms/Default.aspx?tabid=61>)
8. Evidence-based Practice Centres Evidence Reports (<http://www.ahrq.gov/clinic/epcix.htm>)
9. Guide to Community Preventive Services (CDC Community Guide) (www.thecommunityguide.org)
10. Health-evidence.ca www.health-evidence.ca
11. National Institute for Health and Clinical Evidence (NICE) Public Health Evidence Base (<http://www.nice.org.uk/page.aspx?o=508295>)
12. National Institute for Health and Clinical Evidence (NICE) Public Health Intervention Guidance (<http://www.nice.org.uk/guidance>)
13. U.S. Preventive Services Task Force (USPSTF) (<http://www.ahrq.gov/clinic/epcix.htm>)

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PHAC BP Portal

BP interventions: search functions

Search by key words or use advanced search function & select options, including:

- **Language**
- **Population characteristic** – for example adults, children, health care professionals, Aboriginal populations
- **Purpose** – for example, advocacy, skill development
- **Disease** – for example, cancer, mental illness
- **Gender**
- **Population focus** – for example, individual
- **Topic** – for example hypertension prevention
- **Determinant of health** – for example education and literacy
- **Setting** – for example, community, media, workplace

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