

Tools to Support the Ontario Public Health Standard for Research & Knowledge Exchange

Three Community Experiences

teip

Towards Evidence-Informed Practice
A Project in Chronic Disease Prevention

Presentation Outline

- Expectations for using evidence
- TEIP Program Evidence Tools
- Community Experiences
 - ✓ Grey Bruce Health Unit
 - ✓ Oxford County Public Health & Emergency Services
 - ✓ Lambton County Health Unit
- Conclusions & Moving Forward

Expectations for Using Evidence

PHAC Core Competency Statements

- Use evidence & research
 - ✓ Identify
 - ✓ Analyze & Interpret
 - ✓ Recommend

Expectations for Using Evidence (2)

Ontario Public Health Standards

- **Foundational Standard**

- ✓ Engage in knowledge exchange activities
- ✓ Build relationships w/community researchers

“ Public health programs and services that are informed by evidence are the foundation for effective public health practice.”

(OPHS, Revised Draft, April 2008, p.21)

TEIP Program Evidence Tools

Process

- Expert Advisory Committee
- Field-test & evaluate
- Revise tools & disseminate

Program Evidence Tools (2)

- Steps:
 1. Define evidence question - *Focus*
 2. Develop search strategy - *Map*
 3. Collect & synthesize - *Summary*
 4. Interpret & adapt - *Decision guide*
 5. Implement - *Make the case*
- Organizational Capacity Assessment Tool
- Evidence 101

Building Healthy Communities - Operation Safe Strong and Clean

Jennifer Croft, BPE
Health Promoter



Evidence Question

What comments should public health professionals provide municipalities related to land use planning and development to promote healthy communities?

Challenges & Successes

Challenges:

- Time and human resources
- Access to databases
- Narrowing focus

Successes:

- Comprehensive evidence to support consistency and credibility
- Awareness and understanding of policy frameworks
- Growing field of knowledge with recent evidence

Outcomes

- Identifying features of the built environment that public health will comment on based on support from evidence
- Identifying policies that form a framework for public health comments on land use planning and development
- Developing a template to assist interdisciplinary comments, based on policy references and supported by evidence
- Developing position papers to ensure consistency in approach for those areas with conflicting evidence

Lessons Learned

- Need for organizational access to evidence
- Many areas of practice that would benefit from supporting evidence
- Investment in evidence-informed practice leads to payoff in results

Words of Wisdom

- Sometimes having evidence to support programs isn't just *nice*, it is *necessary*
- Investing resources (internal or external) for identifying evidence yields dividends

Jenn.croft@publichealthgreybruce.on.ca

Slow Cooker Class for HBHC Families

Susan Burke RN, BScN
Public Health Nurse

Karen Reading, MSc, RD
Public Health Nutritionist



Program Description & Evidence Question

Slow Cooker Class for HBHC Families

- Series of 4 classes
- Economical, healthy and basic meals
- Salvation Army Vegetable and Fruit Box, leftovers and tougher cuts of meats
- Focus on Canada's Food Guide, family meals and food safety

Evidence Question:

- *What program features are needed to address social determinants of health issues in order to decrease food insecurity in Oxford County for low-income families?*

Challenges & Successes

Challenges:

- Choosing the evidence question
- Organizational Capacity Tool highlighted differences in perspectives of management & staff
- Time and human resources
- Access to databases
- Language of TEIP

Successes:

- Value of consultant and content experts
- Abundant evidence supporting programming

Outcome

- Identified methods to overcome participation barriers
- Identified mentoring opportunity for participants
- Developed staged approach plan to move forward with a vision of Community Food Security
- Identified method to integrate Social Determinants of Health into program planning and delivery

Lessons Learned

- Organizational Capacity Assessment Tool an important first step
- Important to use a variety of sources in finding and supporting evidence
- The program was not a stand alone program

Words of Wisdom

- The bigger picture is essential
- Investing resources for identifying evidence is imperative
- Involving staff from a variety of backgrounds, disciplines and programs maximized results

sburke@oxfordcounty.ca
kreading@oxfordcounty.ca

Bringing Health to Work

Workplace Wellness

Lana Smith MSc, BSc, RD
Public Health Nutritionist



Evidence Question

What types of workplace approaches have been used to engage small businesses in workplace initiatives?

Challenges & Successes

Challenges:

- Very little evidence available
- Added sub questions to evidence question
- Continued to gather too much “good to know” information

Successes:

- Value of content expert: experience and knowledge
- Specific action suggestions provided

Outcomes

- Membership with WELCOA (Wellness Council of America)
- Identified approach to engage small business
- Plan to host a community workshop for small businesses

Lessons Learned

- Organizational Capacity Assessment: identify and strengthen
- Systematic process: gave direction & follow through
- Improved knowledge and understanding

Words of Wisdom

- Community perspective on wellness:
“ What’s good for the workplace is good for the community”
- Recruiting small business:
 - ✓ Ready, Willing and Able
- Treat small business as small businesses

iana.smith@county-lambton.on.ca

Findings of Pilot Evaluation

Majority Recommend Tools & Process

- Fine-tune: ↑ clarity ↓ complexity
- Step-by-step guided approach
- Broader definition of evidence
- Step 4 – knowledge exchange

Organizational & Environmental Supports Needed

- Organizational / Manager support - time, importance
- Skills training & coaching
- Resources - access to databases, knowledge broker / content expert

TEIP Resources & Supports

1. Website: <http://teip.hhrc.net>
 - Evidence summaries
 - Tools & Online learning modules
2. HHRC Workshop - Toronto, Nov 12/08
3. Master Trainer Workshops
 - Organizational or regional
4. Webinars & e-Newsletters

For more Info Contact: Dayna Albert

dalbert@opha.on.ca