Canadian Best Practices Portal
– a powerful tool to improve practice
www.phac.gc.ca/cbpp

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Public Health Agency of Canada
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Healthy Communities Consortium Webinar
The Canadian Best Practices Portal (CBPP)

Today’s objectives
• Find
• Explore
• Learn
• Discover
What do you want to know & share?

Un-mute *1 to talk
or use Chat

- What do want to get out of today’s session?
- Have you ever used the Best Practices Portal?
- Any burning questions?

Flickr photo by JosephGilbert.org
Canadian Best Practices Portal for Health Promotion and Chronic Disease Prevention

- A virtual front door
- Link to effective community interventions & evidence-informed decision making resources to help program planning
- Audience is chronic disease prevention & health promotion decision-makers
What do we mean by “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.
How are Interventions Selected?

- Interventions, programs and resources on the Portal are assessed against a strict set of criteria by researchers and by expert reviewers before being included within the database
  - Selection Criteria
  - Exclusion Criteria
  - Inclusion Criteria
  - Expert Review
Content you can find on the Portal

- **TOPICS**
  - Physical activity
  - Healthy eating
  - Tobacco use prevention and cessation
  - Alcohol and drug use prevention
  - Mental health promotion and mental illness prevention
  - Cancer screening programs
  - Food security
  - Injury prevention
  - Violence prevention
  - Oral Health (upcoming)
  - And Others

- **POPULATIONS**
  - Seniors
  - Children
  - Aboriginal populations
  - Lesbian, Gay, Bisexual, Transgendered, Transsexual, 2-spirited, Intersex, Queer and Questioning (LGBTT2IQQ) populations
  - And Others
Canadian Content on the Portal

• There are a total of 66 Canadian interventions currently on the Portal
• Some spotlights include:
  – Coordinated Approach to Child Health (CATCH) Kids Club
  – Strengthening Families for the Future
  – A Million Messages
  – Peer Nutrition Program
Find interventions, resources

1. browse through Interventions and sort
2. do quick searches with keywords
3. limit searches by intervention characteristics
4. focus on just one topic through an icon
5. use an advanced search
Browse Interventions-at-a-Glance

Currently, the Portal contains 358 interventions. All appear in the table below.

On this page, you can search for well evaluated community interventions that focus on chronic disease prevention and health promotion to help you design, implement or assess your own intervention across a number of health issues. Click here to search our database of resources to help with your health planning.

Click here to show help for this page

<table>
<thead>
<tr>
<th>Title (click to sort) (asc)</th>
<th>Intervention Characteristics</th>
<th>Evaluation Methodology/Design</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 in 10 LGBTQ Youth Support Services</td>
<td></td>
<td>Quantitative Qualitative</td>
</tr>
<tr>
<td>4-H Community All Terrain Vehicle (ATV) Safety Program</td>
<td></td>
<td>Quantitative Qualitative</td>
</tr>
<tr>
<td>A Million Messages</td>
<td></td>
<td>Quantitative Qualitative</td>
</tr>
<tr>
<td>A Model Intervention for Elder Abuse and Dementia</td>
<td></td>
<td>Qualitative</td>
</tr>
<tr>
<td>Aboriginal Chronic Disease Outreach Program</td>
<td></td>
<td>Quantitative Qualitative</td>
</tr>
</tbody>
</table>
Intervention Search Centre

Keyword Search

Keyword(s): 

Search History

- Search History will be lost after one month of inactivity.

<table>
<thead>
<tr>
<th>#</th>
<th>Search Query</th>
<th>When</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>#3</td>
<td>Topics: Obesity, Elementary school</td>
<td>8 minutes ago</td>
<td>15</td>
</tr>
<tr>
<td>#2</td>
<td>Topics: Asthma, Obesity, Elementary school</td>
<td>13 minutes ago</td>
<td>0</td>
</tr>
<tr>
<td>#1</td>
<td>Topics: Asthma</td>
<td>14 minutes ago</td>
<td>2</td>
</tr>
</tbody>
</table>

Limit By Topics

Year of Publication: 

- Display only interventions linked to systematic review

Limit By Intervention Characteristics

- Chronic Disease
- Health Promotion Topics
- Chronic Condition
- Behaviour-Related Risk
- Strategy
- Educational Settings
Use an advanced search to find **fewer**, more specialized resources.
Focus on a topic by selecting an icon or limit by characteristic.
The Results of the Intervention Search

Submit your Portal search on health-evidence.ca
Explore The Intervention Annotation

MENTAL FITNESS FOR LIFE

The program is an 8 week series of intensive workshops where participants learn to set meaningful goals, develop critical thinking skills, appreciate diversity and different perspectives, and to take risks that extend and enrich their lives. Participants of the program are aged 50+.

Citation Information and Links

Country of Origin
Canada

Evaluation Design

- Analytic Observational study including: Cohort studies, case control studies, repeated measures/interrupted time series

Language(s)
English

Primary Source Document

Authors:
SA Cusack, WJA Thompson, ME Rogers

Document Title:
Mental Fitness for Life: Assessing the Impact of an 8-week mental fitness program on healthy aging
How might I use this ... 

• Any ideas so far of how you / your organization might use some feature of the Portal?

• Would you add a comment on, rate or nominate a program?
Examples of interventions on the CBPP (Injury Prevention)

Topics in Injury Prevention

• **Road Safety**
  - Ex. Roundabouts; Child Pedestrian Injury Prevention Project; Black Spot Program

• **Child Abuse/Maltreatment**
  - Ex. The Upstate New York Shaken Baby Syndrome (SBS) Education Program; Nurse Family Partnership

• **Falls Prevention**
  - Ex. No Falls! No Fears! Falls Prevention Project; Stay on your Feet; Falls prevention in residential centres (under development)

• **Sports Injuries**
  - Ex. Injury in snow and ice sports

• **Workplace Injuries**
  - Ex. UCLA – Labor Occupational Safety Program: Young Workers Project; Tractor Rollover Protective Structure (ROPs) Rebate Scheme; Assaulted Staff Action Program
INJURY IN SNOW AND ICE SPORTS

Have you used this intervention? Please share your learnings:
User Comments (0)

This program provides fall prevention strategies for skiing, snowboarding, tobogganing/sledding, ice-skating and ice hockey. For skiers, snowboarders, and ice skaters, preventive measures include helmet wearing, wrist guard use, falls training for advanced skiers, pre-season conditioning programs for skiers and snowboarders (focusing on the physical attributes needed for the specific sport), skier safety education and skills training, speed and collision control measures on slopes, separation of skiers and snowboarders and beginners/novices from other slope users, interventions that support careful progression from easier to harder runs by novice participants based on skills development, identification and mitigation of environmental hazards by resort/park operators, regular grooming of slopes, and the provision of active and well-trained ski patrollers who have a high level of training in first aid.
Examples of Food Security interventions on the CBPP

Topics in Food Security

Community
- *Food Security Community Partnership Project

School
- *Farm to school salad bar
- The School Breakfast Program
- Young Adults (age 18-34)

Community
- *Take 5: 5-10 a day... your way. Vegetable and Fruit Behaviour Change Intervention
- *Food Security Community Partnership Project (FSCPP)(ROPs) Rebate Scheme; Assaulted Staff Action Program
In September 2006, the Food Security Community Partnership Project (FSCPP) was launched by the Peterborough County-City Health Unit (PCCHU) to address the issue of hunger in their community. The Food Security Community Partnership Project (FSCPP) helps people access healthier foods through innovative programming and partnerships. The goal of the project is to partner with community members and organizations to develop a coordinated and innovative system of food security programs that ensures all community members have access to affordable, nutritious, and personally acceptable foods. The FSCPP encompasses six strategies: Advocacy; Breaking down the Barriers; Come Cook With Us; Cooking up Employment; Food Box programs; and Frozen Meal programs. The community partners work with the health unit to deliver these programs which enhance access to affordable, nutritious and personally acceptable foods. The community response to these programs has been remarkable, not just in the numbers reached, but in the stories from individuals whose lives have been affected. The FSCPP has been supported by funding from Ontario’s Ministry of Health Promotion, Ministry of Health and Long Term Care, the City of Peterborough, the County of Peterborough, Curve Lake First Nation and Hiawatha First Nation.

Visit Intervention Site  Download Complete Intervention Summary

Citation Information and Links

Additional Web Links

For additional information about the intervention:
The website of the Peterborough County-City Health Unit (PCCHU): http://pcchu.peterborough.on.ca/index.html

For reports about the intervention, etc.:

Country of Origin
Canada

Evaluation Design  LEARN MORE
Examples of interventions on the CBPP (Mental Health)

Topics in Mental Health

Teenagers/Youth (age 13-17)
• Communities that Care
• Coping and Support Training (CAST)
• Coping with Stress
• FRIENDS for Life
• Gatehouse Project
• Group Cognitive Intervention for Preventing Depression in Adolescent Offspring of Depressed Parents
• Lions Quest Skills for Adolescence
• MindMatters
• Preventing Depressive Symptoms in Chinese Children (Study #1)
Strengthening Families for the Future is a prevention program for families with children between the ages of seven and 11 who may be at risk for substance use problems, depression, violence, delinquency and school failure. Strengthening Families is effective because it involves the whole family.

Citation Information and Links

Additional Web Links

For additional information about the intervention:
http://www.parentactionondrugs.org/strengtheningfamilies.php

Country of Origin
Canada

Evaluation Design

- Experimental design (controlled studies with random assignment of participants in experimental conditions - e.g., RCTs, Solomon Four Group design, etc.)

Language(s)

English, French

Primary Source Document
Examples of interventions on the CBPP (Obesity Prevention)

**Topics in Obesity Prevention**

- Nutrition and Physical Activity Interventions
- Action Schools! BC
- Active Programme Promoting Lifestyle Education in School (APPLES)
- Annapolis Valley Health Promoting Schools
- Be Active Eat Well (BAEW)
- Cardiovascular Health in Children (CHIC)
- Coordinated Approach to Child Health (CATCH)
- Cretan Health and Nutrition Education Program
Seven elementary and one middle school in the Annapolis Valley, Nova Scotia, participated in a three year comprehensive program to address risk factors for diabetes - nutrition and physical activity levels. The program followed a community development approach that facilitated partnership building between schools and other organizations and individuals. Programs were designed based on community input and teamwork. Guiding principles of the Population Health Approach, Health Promotion, and Comprehensive School Health were followed. Changes in the schools included introducing healthier choices in cafeterias and vending machines, and increasing opportunities for physical activity.

This intervention links to the systematic review conducted by the Effective Public Health Practices Project called the "Effectiveness of physical activity enhancement and obesity prevention programs in children and youth". This systematic review can be found at [http://old.hamilton.ca/phcs/ephpp/Research/Summary/2004/HealthyWeightsFull2004.pdf](http://old.hamilton.ca/phcs/ephpp/Research/Summary/2004/HealthyWeightsFull2004.pdf).

Further information about this intervention is found within the Towards Evidence Informed Strategy for Physical Activity: A Guide to Effective Practice. Additional resources can be found through the Population Health Strategies and Knowledge Centre.
Discover New Content

1. Lesbian, Gay, Bisexual, Transgender, Transsexual, 2-spirit, Intersex, Queer and Questioning (LGBT2IQQ) health promotion: cancer screening, smoking cessation, mental health, improved medical care, creating safe and supportive environments

2. Oral Health Promotion: vulnerable populations, infants & children, school-based preventative services, fluoride varnish programs, planning & surveillance

3. Preventing Violence: bullying prevention & healthy relations


5. Innovative Interventions section
Learn about BP resources and online evidence tools

- **Find the Website (FWS) tool** is to help you find the right websites for your needs.
- * Searches 6 evidence-related websites in database
- * Look for Interventions, Evidence or Supports

http://cbpp-pcpe.phac-aspc.gc.ca/find_the_website/index-eng.html
RESOURCES AT A GLANCE

Currently, the Portal contains 41 resources. All appear in the table below.

On this page you can search for resources to inform your public health practice. These resources are organized around the NCCMT Evidence-Informed Public Health framework. Click here to go to our database of "best practices" for well-evaluated community interventions.

<table>
<thead>
<tr>
<th>Title (click to sort) (desc)</th>
<th>Year</th>
<th>DEFINE</th>
<th>SEARCH</th>
<th>APPRAISE</th>
<th>SYNTHESIZE</th>
<th>ADAPT</th>
<th>IMPLEMENT</th>
<th>EVALUATE</th>
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<tbody>
<tr>
<td>WISEWOMAN best practices toolkit: Lessons learned from selected projects</td>
<td>2007</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
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<td>✔️</td>
</tr>
<tr>
<td>VOICE (Voluntary Organizations Involvement in Collaborative Engagement) for Health Policy</td>
<td>2005</td>
<td>✔️</td>
<td>✔️</td>
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<tr>
<td>The Winning Legacy: A Plan for Improving the Health of British Columbians by 2010</td>
<td>2005</td>
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<td>The Health Planners Toolkit - Module 3: Evidence-Based Planning</td>
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<tr>
<td>The Good Indicators Guide: Understanding how to use and choose indicators</td>
<td>2008</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
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<td>✔️</td>
<td>✔️</td>
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</tr>
<tr>
<td>The Community Tool Box: Links to Databases of Best Practices</td>
<td>2009</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
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<tr>
<td>The Community Health Promotion Handbook: Action</td>
<td>2008</td>
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</tbody>
</table>
Stages in EIPH

- Define
- Search
- Appraise
- Synthesize
- Adapt
- Implement

Clearly define the question or problem.
Other Sources of Evidence

Health-Evidence.ca
www.health-evidence.ca

Public Health +
www.nccmt.ca/tools/public_health_plus-eng.html

Effective Public Health Practice Project
www.ephpp.ca

Cochrane Library
www.thecochranelibrary.com
Orientation to the Portal

- View video on home page
- Visit the Web tour (in the Help section)
- Keep track of your questions and send them to us - e-mail below

Cbpp-pcpe@phac-aspc.gc.ca
Get your “best” & promising interventions on the Portal

- Help us to increase the contribution of Portal content from practitioners and researchers
- Contact a Portal Partner with similar priority topic
- Use the Nomination form on the Portal
Three Phases of the CBPI

**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 (completed)

**Phase III**
Systematically collect practice-based evidence to further expand the body of knowledge on gap content areas (context, populations, etc). This phase is part of the project.

Winter 2012 (in progress)
Thank you

www.phac.gc.ca/cbpp

Good, better, best: Apply good evidence, make better decisions, use best practices