

Appendix G

Steps to a HealthierUS Cooperative Agreement Program—Sources of Evidence for Program Planning and Implementation

Steps communities rely on current knowledge of what works in chronic disease prevention and health promotion in order to accelerate progress toward intended outcomes. By implementing evidence-based strategies, communities focus their efforts on the most effective interventions and demonstrate that funds are being used in the best way possible to reduce the burden of chronic disease in their communities. In doing so, communities draw from a wide range of sources of evidence.

This appendix lists sources of evidence relevant to Steps Program interventions. It is an optional tool that Steps communities may use to aid in program planning and implementation or to identify the evidence base for selected interventions. This list is not exhaustive or prescriptive, and communities are not limited to the sources on this list. The list includes the following information:

- **Resource:** The name of the resource, hyperlinked to the relevant web page
- **Description:** A brief description of relevant sources of evidence included in the resource
- **Focus Areas:** An indication of which Steps focus areas (i.e., obesity, diabetes, asthma, nutrition, physical activity, and tobacco use) the resource addresses
- **Key Sectors:** An indication of which resources address healthcare access and quality or school health

Steps to a HealthierUS Cooperative Agreement Program—Sources of Evidence for Program Planning and Implementation

Resource	Description	Focus Areas						Key Sectors	
		Obesity / Overweight	Diabetes	Asthma	Nutrition	Physical Activity	Tobacco	Healthcare Access / Quality	School Health
101 Packets, National School Boards Association	Informational packets about selected school health issues available by mail. Physical Activity 101 & 201, Healthy Eating 101, Tobacco Use Prevention 101, and Asthma in Schools 101 contain recommendations about policies and practices.			x	x	x	x		x
Allies Against Asthma, University of Michigan	Resource bank includes resources to help implement asthma intervention programs.			x					
American Diabetes Association 2005 Clinical Practice Recommendations	Position statements on standards of medical care; diagnosis; care in school, day care, camp, and correctional institutions; and third party reimbursement for care and self management education. Also includes national standards for diabetes self management education.		x						x
American Heart Association Guide for Improving Cardiovascular Health at the Community Level	Goals, strategies and interventions to promote cardiovascular health through policy and environmental change on a community-wide basis.				x	x	x	x	x
Best Practice Initiative, Office of Public Health and Science, HHS	Best Practices from around the country include childhood obesity prevention initiative, breastfeeding initiative, tobacco control, and diabetes control.	x	x		x		x		
Best Practices for Comprehensive Tobacco Control Programs, CDC	Recommended strategies include school programs, cessation programs, enforcement, and counter-marketing.			x			x	x	x

Resource	Description	Focus Areas						Key Sectors	
		Obesity / Overweight	Diabetes	Asthma	Nutrition	Physical Activity	Tobacco	Healthcare Access / Quality	School Health
Best Practices, National Institute to Improve Adolescent and Young Adult Health	Provides an overview and comprehensive listing of resources for Best Practices in substance use, nutrition and physical activity, and other areas of adolescent health.				x	x	x	x	x
Best Processes and Practices that Promote Community Change and Improvement, Community Tool Box, University of Kansas	12 best processes address topics such as organizational structure, leadership, strategic planning, and sustainability. Each best process includes the evidence base for why that process matters, case examples that describe how it has been applied, how-to tips and tools for putting it into practice, and other information and resources that can help promote its use.								
Better Practices for Youth Tobacco Cessation, American Journal of Health Behavior	Behavioral interventions based on social cognitive theory were effective in helping young smokers quit smoking.						x		x
Bright Futures in Practice: Nutrition, Georgetown University	Strategies and tools to help health professionals provide nutrition supervision (including screening, assessment, and counseling).	x	x		x	x		x	x
Building a Healthier Future Through School Health Programs, CDC	Chapter of CDC's Promising Practices in Chronic Disease Prevention and Control. Promising practices include: coordinate multiple components and use multiple strategies, coordinate the activities of health and education agencies and other organizations, implement CDC's school health guidelines, and use a program planning process to achieve health promotion goals.	x			x	x	x		x
CDC Guide to Breastfeeding Interventions	Evidence-based interventions to promote breastfeeding include: maternity care practices, support for breastfeeding in the workplace, peer support, educating mothers, professional support, media and social marketing.				x			x	

Resource	Description	Focus Areas						Key Sectors	
		Obesity / Overweight	Diabetes	Asthma	Nutrition	Physical Activity	Tobacco	Healthcare Access / Quality	School Health
Cessation Research Center, CDC	Cessation-focused resources developed and tested by state tobacco control programs, CDC Office on Smoking and Health (OSH) partner organizations, and other federal agencies.						x	x	
Changing the Scene: Improving the School Nutrition Environment, USDA	Guidelines and activities to examine school's nutrition environment, develop a plan for improvement, and put the plan into action.				x				
Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, National Heart, Lung, and Blood Institute	Clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults.	x	x		x	x		x	
Community Action Practices, CDC	Descriptions of interventions for implementation, training, or strategic planning that reflect current scientific recommendations for comprehensive tobacco control programs.						x		
Coordinated School Health Programs, CDC	Describes components of a coordinated school health program model including physical education, nutrition services, and health promotion for staff.				x	x	x	x	x
Division of Diabetes Treatment and Prevention: Best Practices, Indian Health Services	Best practice models for successful diabetes prevention, treatment and education practices in American Indian/Alaska Native communities. Strategies include case management; patient education; training providers & educators; community-wide prevention programs; and cultural awareness training for providers.	x	x		x	x		x	x
Exemplary and Promising, Safe, Disciplined, and Drug-Free Schools Programs, US Dept. of Education	Evaluations of educational programs. Recommends two curricula that address tobacco use specifically, several others that address alcohol, tobacco, and other drugs.						x		x

Resource	Description	Focus Areas						Key Sectors	
		Obesity / Overweight	Diabetes	Asthma	Nutrition	Physical Activity	Tobacco	Healthcare Access / Quality	School Health
Fit, Healthy, and Ready to Learn: A School Health Policy Guide, National Association of State Boards of Education	Sample school health policies that reflect best practice and can be adapted to local use.	x		x	x	x	x	x	x
Food Marketing to Children and Youth: Threat or Opportunity, Institute of Medicine	Recommendations to guide the development of effective marketing and advertising strategies that promote healthier foods to children and youth. Recommendations include long-term, multi-faceted social marketing programs and policies to improve nutritional quality of foods sold and served at school.	x			x				x
Guide to Clinical Preventive Services, U.S. Preventive Services Task Force, AHRQ	Recommendations on screening, counseling, and preventive medication topics. Recommendations include diabetes and obesity screening in adults, diet and tobacco use counseling in primary care, and breastfeeding counseling and education.	x	x		x		x	x	
Guide to Community Preventive Services - Diabetes, Task Force on Community Preventive Services	Effective interventions include disease management, case management, and self management education at home and in community gathering places.		x						
Guide to Community Preventive Services - Obesity, Task Force on Community Preventive Services	Effective interventions include multi-component worksite interventions aimed at diet, physical activity, and cognitive change.	x							
Guide to Community Preventive Services - Physical Activity, Task Force on Community Preventive Services	Effective interventions to increase physical activity include community-wide campaigns, "point-of-decision prompts," individually adapted behavior change, school-based physical education, non-family social support, and creation or enhancement of access to places for physical activity.					x			

Resource	Description	Focus Areas						Key Sectors	
		Obesity / Overweight	Diabetes	Asthma	Nutrition	Physical Activity	Tobacco	Healthcare Access / Quality	School Health
Guide to Community Preventive Services - Tobacco Use, Task Force on Community Preventive Services	Effective interventions include smoking bans and restrictions, increasing price of tobacco products, mass media when combined with other interventions, provider reminder systems, patient telephone support (quit lines), and reducing out-of-pocket costs for effective treatment.						x		
Guidelines for After-School Physical Activity and Intramural Sport Programs, National Association for Sport & Physical Education	Guidelines for planning and implementing physical activity and intramural programming for children in grades K-12.					x			x
Guidelines for Comprehensive Programs to Promote Healthy Eating and Physical Activity, Association of State and Territorial Public Health Nutrition Directors	Provides sample activities, practices, and programs in seven areas: leadership, planning/management and coordination; environmental, systems, and policy change; mass communication; community programs and community development; programs for children and youth; health care delivery; and surveillance, epidemiology, and research.	x	x		x	x		x	x
Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People, CDC	Guidelines for school and community programs on policy, environment, physical education, health education, extracurricular activities, parental involvement, personnel training, health services, community programs, and evaluation.	x				x			x
Guidelines for School Health Programs to Prevent Tobacco Use and Addiction, CDC	Guidelines to help school personnel plan, implement, and assess educational programs and school policies to prevent tobacco use. Recommendations include developing and enforcing a school policy on tobacco use, providing prevention education and support for cessation, and involving parents/families.						x		x

Resource	Description	Focus Areas						Key Sectors	
		Obesity / Overweight	Diabetes	Asthma	Nutrition	Physical Activity	Tobacco	Healthcare Access / Quality	School Health
Guidelines for School Health Programs to Promote Lifelong Healthy Eating, CDC	Summarizes strategies most likely to be effective in promoting healthy eating and provides nutrition education guidelines. Recommendations include nutrition education, adopting a coordinated school nutrition policy, and integrating school food service and nutrition education.	x	x		x				x
Guidelines for the Diagnosis and Management of Asthma National Asthma Education and Prevention Program, NIH	Clinical practice guidelines for diagnosis and management of asthma; provides information on treating asthma at all severity levels and stresses both clinical and self-management strategies.			x				x	
Health Policy Guide, Center for Health Improvement	Provides policy guidance and resources to support advocacy and decision-making at the state and local levels. Topics include asthma, physical activity, access to a nutritious diet, educating about healthy foods, preventing childhood obesity, tobacco advertising and sponsorship, environmental tobacco smoke, tobacco cessation strategies, and youth access.	x		x	x	x	x	x	x
Healthy School Food Policies: A Checklist, Urban & Environmental Policy Institute	Collection of innovative policies that have been adopted or proposed to improve school food. Policy options include improving food sold and served in schools; integrating food service with school education, health, and environmental missions; and improving food preparation, service, and eating environments.				x				x
Helping the Student with Diabetes Succeed, National Diabetes Education Program	Includes a set of practices that enable schools to ensure a safe learning environment for students with diabetes. Key practices include diabetes management plans for students and training for school staff.		x		x	x			x

Resource	Description	Focus Areas						Key Sectors	
		Obesity / Overweight	Diabetes	Asthma	Nutrition	Physical Activity	Tobacco	Healthcare Access / Quality	School Health
Improving Childhood Asthma Outcomes in the United States: A Blueprint for Policy Action. RAND Corporation	Policy recommendations to promote swift diagnosis and effective treatment of childhood asthma, and protection from exposure to harmful environmental factors. Includes options for implementing recommended policies. Recommendations include teaching self-management skills, case management for high-risk children, and promoting asthma-friendly schools.			x				x	
Improving the Health of Adolescents & Young Adults: A Guide for States and Communities, CDC	Guide to help organizations through public health processes to address adolescent health issues. Focus is on process, but resources section does include recommended programs and interventions.	x				x	x		x
Key Strategies to Prevent Obesity, CDC Healthy Youth	Key strategies to promote physical activity and healthful eating at schools include the following: implementing coordinated school health programs, strengthening school nutrition and physical activity policies, implementing courses of study in health education and physical education, increasing opportunities for physical activity, and providing healthy school meals and other food options.	x			x	x			x
Making It Happen—School Nutrition Success Stories, CDC	Illustrates variety of approaches that schools have taken to improve student nutrition. Approaches grouped into six areas: establish nutrition standards for competitive foods, influence food & beverage contracts, make more healthful foods & beverages available, adopt marketing to promote healthful choices, limit access to competitive foods, and use fundraising activities/rewards that support health.				x				x

Resource	Description	Focus Areas						Key Sectors	
		Obesity / Overweight	Diabetes	Asthma	Nutrition	Physical Activity	Tobacco	Healthcare Access / Quality	School Health
Managing Asthma in the School Environment, Indoor Air Quality Tools for Schools, U.S. Environmental Protection Agency	Strategies to manage asthma include school asthma management plans, asthma education programs, and using Indoor Air Quality (IAQ) Tools For Schools. IAQ kit helps schools personnel identify, solve, and prevent indoor air quality problems; includes 19-step management plan and checklists for the entire building.			x					
Managing Asthma: A Guide for Schools, National Heart, Lung, and Blood Institute	Guide to assist schools planning and/or maintaining an asthma management program. Management program should contain confidential list of students with asthma, policies and procedures for administering medication, actions for staff members, written action plans for students, and education about asthma.			x					x
Model Practice Database, National Association of County & City Health Officials	On on-line searchable collection of practices across public health areas including (but not limited to): chronic disease, access to care, community involvement, community assessment, disparities, and tobacco. Each model practice includes information on agency and community roles, costs, implementation and sustainability.	x	x	x	x	x	x	x	x
Moving into Action: Promoting Heart-Healthy and Stroke-Free Communities, CDC	Series of action items to help governors, state legislators, local officials, employers, and health care leaders promote heart-healthy and stroke-free communities.	x	x		x	x		x	x
National Diabetes Information Clearinghouse, National Institute of Diabetes, Digestive, and Kidney Diseases	Collection of diabetes information includes publications on diabetes, a searchable database of health education materials, and responses to questions.		x		x	x			
National Guideline Clearinghouse, Agency for Healthcare Research and Quality	Comprehensive database of evidence-based clinical practice guidelines and related documents. Includes related guidelines for all Steps diseases and risk factors.	x	x	x	x	x	x	x	x

Resource	Description	Focus Areas						Key Sectors	
		Obesity / Overweight	Diabetes	Asthma	Nutrition	Physical Activity	Tobacco	Healthcare Access / Quality	School Health
Open Airways for Schools, American Lung Association	School-based asthma education for children with asthma includes recognizing and avoiding asthma symptoms and avoiding asthma triggers.			x					x
Physical Activity and Health, A Report of the Surgeon General	Recommends minimum amounts of physical activity. Includes summary of research on effectiveness of physical activity programs. Some successful interventions for adults in communities, worksites, health care settings, and at home. Effectiveness of interventions targeting PE in elementary schools.	x				x		x	x
Planet Health, Harvard Prevention Research Center on Nutrition and Physical Activity	An interdisciplinary curriculum focused on improving the health and well-being of sixth through eighth grade students while building and reinforcing skills in language, arts, math, science, social studies and physical education.	x	x		x	x			x
Policy and Environmental Change: New Directions for Public Health, Association of State and Territorial Directors of Health Promotion and Public Health Education and CDC	Findings from a study to gain a better understanding how public health departments engage in policy and environmental change initiatives. Recommendations include developing models of successful interventions and creating a searchable database of information and resources. No recommendations on specific programs/interventions.		x			x	x		x
Potentially Effective Interventions for Asthma, CDC	Describes community-based interventions for asthma control by target population (adults, children, health care providers) and intervention setting (home, healthcare settings, schools).			x				x	x
Promising Practices in Chronic Disease Prevention and Control: A Public Health Framework For Action, CDC	Recommended strategies, indicators, and program examples for diabetes, promoting healthy eating and physical activity, tobacco control, and school health.		x		x	x	x		x

Resource	Description	Focus Areas						Key Sectors	
		Obesity / Overweight	Diabetes	Asthma	Nutrition	Physical Activity	Tobacco	Healthcare Access / Quality	School Health
Promoting Better Health for Young People through Physical Activity and Sports, CDC	Strategies to promote health and reduce obesity through lifelong participation in enjoyable and safe physical activity and sports including emphases on families, school programs, after school programs, sports and recreation programs, community structural environment, and media campaigns.	x				x			x
Promoting Physical Activity: A Guide for Community Action, CDC	Summary and ordering information for guide using social marketing and behavioral science approach to plan interventions to promote physical activity. Includes focus on addressing your target population's understanding and skills, the social networks, the physical environments in which they live and work, and the policies that most influence their actions.					x			
Research Tested Intervention Programs, National Cancer Institute	Summary information for research tested programs in areas including nutrition, physical activity, and tobacco control.				x	x	x		x
Resource Guide for Nutrition and Physical Activity Interventions to Prevent Obesity and Other Chronic Diseases, CDC	Topics cover obesity prevention and control (including caloric intake and expenditure), increased physical activity, improved nutrition (including increased breastfeeding and increased consumption of fruits and vegetables), and reduced television time.	x	x		x	x			
Resources to Improve Schools, Action for Healthy Kids	Resource clearinghouse for programs to improve nutrition and physical activity in schools. Includes links to resources and profiles of successful school-based programs.	x			x	x			x

Resource	Description	Focus Areas						Key Sectors	
		Obesity / Overweight	Diabetes	Asthma	Nutrition	Physical Activity	Tobacco	Healthcare Access / Quality	School Health
Role of Michigan Schools in Promoting Healthy Weight, Michigan Department of Education	Guidelines, recommendations and tools for schools to promote healthy weight among students. Strategies include coordinated school health team approach, healthy nutrition policies, opportunities for physical activity, nutrition education, family involvement, interventions for families with weight concerns, and safeguards for weight screening.	x			x	x			x
SAMSHA Model Programs, National Registry for Effective Programs	Evidence-based programs on tobacco and other drug use.						x		x
School Health Guidelines and Strategies, CDC	Series of guidelines documents that identify the school health program strategies most likely to be effective in promoting healthy behaviors among young people.		x	x	x	x	x		x
School Health Index: A Self-assessment and Planning Guide, CDC	Self-assessment and planning tool for schools to improve their health and safety policies and programs.		x	x	x	x	x	x	x
School Health Resource Database, National School Boards Association	Searchable database with resources, including sample policies, articles, and training tools, that address health issues affecting schools and students. Topic areas include tobacco, nutrition, physical activity, asthma, and family and community involvement.			x	x	x	x		x
Strategies for Addressing Asthma within a Coordinated School Health Program, CDC	Strategies include support systems for asthma-friendly schools, school health services, asthma education for students and staff, a safe and healthy school environment, physical education and activity for students with asthma, and coordinated school, community and family efforts.			x					

Resource	Description	Focus Areas						Key Sectors	
		Obesity / Overweight	Diabetes	Asthma	Nutrition	Physical Activity	Tobacco	Healthcare Access / Quality	School Health
Team Nutrition Days and Beyond: How-To Kit, USDA	How-to kit for implementing Team Nutrition activities including starting a garden, hosting a food festival, promoting events, and locating resources.				x				
Tobacco Cessation Guideline, Office of the Surgeon General	Consumer and clinician materials for treating tobacco use and dependence including clinical practice guidelines and a how-to guide for implementing programs and guidelines.						x	x	
Validated Health Educational Programs, Asthma and Allergy Foundation of America	Effective interventions include Asthma Care Training for Kids, Wee Wheezers, You Can Control Asthma, and Power Breathing.			x					
VERB Campaign, CDC	A multiethnic campaign combining paid advertisements with school and community promotions and Internet activities resulted in increased awareness and increased levels of physical activity for children ages 9-13.					x			