**Evidence Scavenger Hunt**

Finding evidence-based interventions (EBIs) using The Community Guide and Healthy People 2030

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***Part 1 Directions:*** *Go to the home page (*[*www.thecommunityguide.org*](http://www.thecommunityguide.org)*) to answer the following questions:*

1. Click the **topics** menu in the top ribbon of the site and select “physical activity”. Identify three interventions that the Community Guide recommends to increase physical activity and note whether they were recommended based on strong or sufficient evidence. Also note the date that they were last reviewed.

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| **Name of strategy (Answers Vary)** | **Label if it has strong or sufficient evidence** | **Date this strategy was last reviewed** |
| Enhanced School-Based Physical Education | Strong Evidence | December 2013 |
| Community-Wide Campaigns | Strong Evidence | February 2001 |
| Park, Trail, and Greenway Infrastructure Interventions with Combined with Additional Interventions | Sufficient Evidence | July 2021 |

2. Why was the “Stand-Alone Mass Media Campaigns” intervention labeled as having insufficient evidence?

Studies reported modest and inconsistent effects. Look at Summary of CPSTF Finding under “Snapshot.”

3. What considerations for implementation does the Community Guide give for “Individually-Adapted Health Behavior Change Programs”?

Individually adapted health behavior change programs require careful planning and coordination, well-trained staff members, and resources sufficient to carry out the program as planned. Look under the tab “Considerations for Implementation.”

***Part 2 Directions:*** *The Evidence-Based Cancer Control Programs (EBCCP) is a “searchable database of evidence-based cancer control programs” for practitioners. On the site, you can see a list of evidence-based programs that can be filtered based on program area, population focus, delivery location, community types, age, sex, race/ethnicity, and material available. Go to this site to see the program listings:* [*https://ebccp.cancercontrol.cancer.gov/searchResults.do*](https://ebccp.cancercontrol.cancer.gov/searchResults.do)*.*

1. Click the plus next to the “program area” icon, scroll down and select “physical activity” from the list. Then expand the “delivery location” by clicking on the plus icon next to this heading. Under this heading, click “home”. Choose the “ALIVE!” program.
   1. Give a brief summary of this program: This is a computer program that includes a health risk assessment, behavior modules, and tailored emails for physical activity and nutrition health behavior improvements.
   2. What community preventative services task force finding does this program use: Individually-adapted health behavior change program for physical activity
   3. How are the costs of this program structured: Under required resources it explains that there are two pricing schedules—one based on how many people sign up and the other based on how many people the program is offered for.
   4. What was one of the key findings of the program: Answers may vary: The effect of ALIVE! was greatest among people who did not meet the recommendation for the minimal amount of physical activity needed for health benefits before the program began.
2. . Identify a different evidence-based resource form this site list that interests you (it does not have to be physical activity based) and click on the resource. Answers vary depending on program chosen.
   1. Give a brief summary of this program:
   2. What community preventative services task force finding does this program use:
   3. How are the costs of this program structured:
   4. What was one of the key findings of the program: