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## Evidence-Based Interventions

### General Resources:

#### **The Guide to Community Preventive Services: The Community Guide**

- The Guide to Community Preventive Services is a free resource to help you choose programs and policies to improve health and prevent disease in your community. Their database is searchable by topic and they classify interventions as being either recommended, having insufficient evidence, or not recommended.
- Programs are chosen for inclusion based on these questions:
  - Which program and policy interventions have been proven effective?
  - Are there effective interventions that are right for my community?
  - What might effective interventions cost; what is the likely return on investment?
- <http://www.thecommunityguide.org/>

#### **Research-tested Intervention Programs (RTIPS)**

- 165 evidence-based intervention programs, searchable database related to cancer.
- <http://rtips.cancer.gov/rtips/index.do>

#### **Teen Pregnancy Prevention Resource Center**

- Database of adolescent pregnancy prevention program evidence-based interventions.
- [http://www.hhs.gov/ash/oah/oah-initiatives/teen\\_pregnancy/db/](http://www.hhs.gov/ash/oah/oah-initiatives/teen_pregnancy/db/)

#### **CDC on HIV Resources:**

- Complete listing of risk-reduction evidence based interventions
- <http://www.cdc.gov/hiv/research/interventionresearch/compendium/rr/complete.html>

#### **Blueprints for Healthy Youth Development**

- Searchable database of evidence-based programs on youth-related topics- bullying, violence, substance abuse, obesity, delinquency.
- <http://www.blueprintsprograms.com/>

#### **Evidence-based Behavioral Practice**

- Evidence-based programs related to depression, anxiety, and obesity.
- <http://www.ebbp.org/skillsBasedResources.html>

#### **Substance Abuse and Mental Health Services Administration**

- Programs related to substance abuse-prevention and treatment and mental health.
- <http://www.samhsa.gov/ebp-web-guide>

#### **Healthy People.gov**

- Searchable database of evidence interventions and programs related to Healthy People 2020 goals.
- <https://www.healthypeople.gov/2020/tools-resources/Evidence-Based-Resources>

### **US Preventive Services Task Force**

- Preventive service recommendations from independent expert panels who are responsible for reviewing evidence to formulate their recommendations.
- Database is searchable by age group, gender, type of service and category of disease or health condition.
- <https://www.uspreventiveservicestaskforce.org/BrowseRec/Search>

### **Cancer Control: PLANET (Plan, Link, Act, Network with Evidence-based Tools)**

- This portal provides access to data and resources that can help planners, program staff, and researchers design, implement and evaluate evidence-based cancer control programs.
- <http://cancercontrolplanet.cancer.gov/>

### **Center Training and Research Translation**

- The Center TRT translation efforts focus on providing practitioners with the best available evidence and approaches related to health eating, physical activity and breastfeeding.
- [http://www.centertrt.org/?p=find\\_interventions](http://www.centertrt.org/?p=find_interventions)

### **AHRQ National Guideline Clearing House**

- Guidelines are searchable and organized by both specialty area and publishing organization.
- <http://www.guideline.gov/>

### **National Association of County & City Health Officials**

- Database of model practices and programs on a variety of topics. Database is searchable by state, year and keyword.
  - This link will no longer be updated, but provides useful information on evidence-based practices and programs
- <http://archived.naccho.org/topics/modelpractices/database/>

### **CDC Community Health Improvement Navigator**

- Database of interventions; can tailor search for risk factors, populations, settings, and intervention types, among others.
- <https://wwwn.cdc.gov/chidatabase>

### **Evidence-Based Interventions for Specific Topics:**

#### ***Tobacco Control***

#### **CDC Resources:**

- Best Practices for Comprehensive Tobacco Control Programs
  - [http://www.cdc.gov/tobacco/stateandcommunity/best\\_practices/index.htm](http://www.cdc.gov/tobacco/stateandcommunity/best_practices/index.htm)
- Tips from Former Smokers Campaign
  - <http://www.cdc.gov/tobacco/campaign/tips/index.html>
- MAPPs (Media, Access, Point of Purchase/Promotion, Price, Social Support & Services) Interventions for Putting Communities to Work
  - [http://www.cdc.gov/chronicdisease/recovery/PDF/MAPPS\\_Intervention\\_Table.pdf](http://www.cdc.gov/chronicdisease/recovery/PDF/MAPPS_Intervention_Table.pdf)

#### ***Physical Activity***

#### **CDC Resources:**

- MAPPs (Media, Access, Point of Purchase/Promotion, Price, Social Support & Services) Interventions:
  - [http://www.cdc.gov/chronicdisease/recovery/PDF/MAPPS\\_Intervention\\_Table.pdf](http://www.cdc.gov/chronicdisease/recovery/PDF/MAPPS_Intervention_Table.pdf)

## **Nutrition**

### **Resources for School-Aged Children:**

- Program: Eat Well & Keep Moving
  - <http://www.eatwellandkeepmoving.org/>
- Program: Generation Fit
  - <http://generationfit.org/>
- Program: The SPARK Middle School Physical Activity and Nutrition (MSPAN)
  - <http://www.sparkpe.org/programMiddlePE.jsp>
- Program: Planet Health
  - <http://www.planet-health.org/>
- Program: We Can!
  - <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/get-involved/>

## **Sun Safety/Reducing UV Exposure**

### **CDC Resources:**

- Sun Safety for America's Youth Toolkit: Available from CDC upon request.
- Surgeon General's Call to Action to Prevent Skin Cancer
  - [http://www.cdc.gov/cancer/skin/call\\_to\\_action/index.htm](http://www.cdc.gov/cancer/skin/call_to_action/index.htm)
- Policies and Practices for Cancer Prevention: Indoor Tanning Among Minors
  - <http://www.cdc.gov/cancer/skin/policies/index.htm>
- Implementation guide for schools
  - [http://www.cdc.gov/cancer/skin/pdf/shade\\_planning.pdf](http://www.cdc.gov/cancer/skin/pdf/shade_planning.pdf)

## **HPV Vaccination**

### **CDC Resources:**

- CDC Recommendations for Human Papilloma Virus (HPV) Vaccination
  - <http://www.cdc.gov/hpv/parents/vaccine.html>
- *Inside Knowledge* campaign
  - [http://www.cdc.gov/cancer/knowledge/print\\_materials.htm](http://www.cdc.gov/cancer/knowledge/print_materials.htm)
- Immunization Program
  - <http://www.cdc.gov/hpv/index.html>
- Physician education modules
  - <http://www.cdc.gov/cancer/knowledge/provider-education/index.htm>
- Physicians education modules on Medscape
  - <http://www.cdc.gov/hpv/hcp/continuing-ed.html>

## **Hepatitis**

### **CDC Resources:**

- Hepatitis B Virus (HBV) Vaccination
  - <http://www.cdc.gov/vaccines/vpd-vac/hepb/default.htm>
- CDC Recommendations for Hepatitis B Virus (HBV) Vaccination
  - <http://www.cdc.gov/hepatitis/HBv/vaccadults.htm>
- A National Strategy for the Elimination of Hepatitis B and C
  - <http://www.cdc.gov/hepatitis/IOMnews.htm>

### **Other Resources:**

- Combating the Silent Epidemic of Viral Hepatitis: Action Plan for the Prevention, Care and Treatment of Viral Hepatitis
  - <http://www.hhs.gov/ash/initiatives/hepatitis/index.html>

## **Radon**

### **EPA Resources:**

- A Citizen's Guide to Radon: The Guide to Protecting Yourself and Your Family from Radon
  - <https://www.epa.gov/radon/citizens-guide-radon-guide-protecting-yourself-and-your-family-radon>
- Consumer's Guide to Radon Reduction: How to Fix Your Home
  - <https://www.epa.gov/radon/consumers-guide-radon-reduction-how-fix-your-home>

## **BRCA1 and 2 Counseling and Testing**

### **CDC Resources:**

- Know BRCA
  - [http://www.cdc.gov/cancer/breast/young\\_women/knowbrca.htm](http://www.cdc.gov/cancer/breast/young_women/knowbrca.htm)
- CDC's Office of Public Health Genomics
  - [http://www.cdc.gov/genomics/disease/breast\\_ovarian\\_cancer/index.htm](http://www.cdc.gov/genomics/disease/breast_ovarian_cancer/index.htm)
- Genetic Testing for Ovarian Cancer
  - <http://www.cdc.gov/cancer/knowledge/provider-education/index.htm>

### **Additional resources:**

- Know BRCA
  - <https://www.knowbrca.org/>

## **Evidence Based Interventions: Screening, Service Delivery & Utilization of Clinical Preventive Services for Cancer; Including Patient Navigation**

### ***Client Oriented Screening Interventions to Increase Breast, Cervical, and Colorectal Cancer Screening***

- Patient Navigation to facilitate timely access to screening Resources
  - <http://www.astho.org/Programs/Prevention/Chronic-Disease/Cancer/Materials/Improving-Cancer-Prevention-and-Control/>
- Selected Patient Navigation Training Programs
  - Harold P. Freeman Patient Navigation Institute
    - <http://www.hpfreemanpni.org/>
  - Colorado Patient Navigator Training
    - <http://patientnavigatortraining.org/>
  - GW Cancer Institute's online training for Patient Navigators
    - <http://gwcehp.learnercommunity.com/cancer-institute>
  - Patient Navigation Toolkit for Comprehensive Cancer Control Professionals
    - [https://smhs.gwu.edu/cancercontroltap/sites/cancercontroltap/files/PN%20Toolkit%20FINAL\\_0.pdf](https://smhs.gwu.edu/cancercontroltap/sites/cancercontroltap/files/PN%20Toolkit%20FINAL_0.pdf)

### ***Provider Oriented Screening Interventions to Increase Breast, Cervical, and Colorectal Cancer Screening***

- ACS guidelines
  - <http://www.cancer.org/healthy/findcancerearly/cancerscreeningguidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer>
- Free resources and materials on colorectal cancer screening are available from CDC's *Screen for Life* campaign
  - <http://www.cdc.gov/cancer/colorectal/sfl/index.htm>

## ***Evidence Based Interventions: Reduction of Health Disparities***

### **CDC Resources**

- Health Disparities in Cancer
  - <http://www.cdc.gov/cancer/healthdisparities>
- Promoting Health Equity: A Resource to Help Communities Address Social Determinants of Health
  - <http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/pdf/SDOH-workbook.pdf>
- HP 2020: Social Determinants of Health
  - <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>
- Use of Evidence-Based Interventions to Address Disparities in Colorectal Cancer

- <http://www.cdc.gov/mmwr/volumes/65/su/su6501a5.htm>
- A Practitioner's Guide for Advancing Health Equity
  - <http://www.cdc.gov/nccdphp/dch/pdfs/health-equity-guide/Health-Equity-Guide-intro.pdf>

### ***Evidence Based Interventions: Policy, Systems, and Environmental Change Approaches***

#### **CDC Resources**

- Centers for Disease Control and Prevention. Communities Putting Prevention to Work: Program Overview.
  - <http://www.cdc.gov/CommunitiesPuttingPreventiontoWork/program/index.htm>

#### **Additional Resources**

- Policy, Systems, Environmental Recommendations
  - [www.dhpe.org](http://www.dhpe.org)
- Tools and Implementation Resources:
  - CDC Putting Prevention to Work Program
    - <http://www.cdc.gov/CommunitiesPuttingPreventiontoWork/resources/index.htm>
  - Prevention Institute
    - <https://www.preventioninstitute.org/content/tools>
  - Agency for Healthcare Research and Quality
    - <http://www.innovations.ahrq.gov/>

### ***Measurement of Outcomes and Impact Through Evaluation***

#### **CDC Resources**

- Comprehensive Cancer Control Branch Program Evaluation Toolkit
  - [http://www.cdc.gov/cancer/ncccp/prog\\_eval\\_toolkit.htm](http://www.cdc.gov/cancer/ncccp/prog_eval_toolkit.htm)
- Evaluation Partnerships to Prevent and Manage Chronic Disease
  - [http://www.cdc.gov/pcd/issues/2009/apr/08\\_0200.htm](http://www.cdc.gov/pcd/issues/2009/apr/08_0200.htm)
- CDC Summer Evaluation Institute
  - <http://www.eval.org/p/cm/ld/fid=346>