

# Evidence-Based Programming

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# Evidence-Based Programming

In this presentation the following questions will be answered.

1. What is an evidence-based program?
2. What kind of programs are available?
3. Where can I find resources to get started?

# What is an evidence-based program?

1. Has a specific target population
2. Has specific, measurable goal(s)
3. Has a stated reasoning behind it and proven benefits
4. Describes a well-defined program structure and timeframe so others understand how the program works
5. Specifies staffing needs/skills
6. Specifies facility and equipment needs
7. Builds in program evaluation to measure program quality and health outcomes

# What is an evidence-based program?

- There is scientific evidence the program is beneficial to the participants.
- If the program is conducted exactly as the research was conducted the participants should experience the same health benefits as those in the research study.
  - Evidence-based programs should not be altered in any way.
  - If altered you cannot be sure the participants will receive the same benefits.

# What is an evidence-based program?

- With most evidence-based programs it is not necessary to conduct pre and post surveys to determine the benefits or outcomes.
  - The program has already been proven to be beneficial.
- It is more important to monitor the way the program is conducted and to evaluate what makes a good leader or how to keep participants involved.

# Why not home grown?

- There is no evidence the program works.
- Just because the participants like a class doesn't mean it has long term benefits.
- Using an evidence-based program when applying for grant funds is more impressive than a home grown program.

The Florida Department of Health  
Bureau of Chronic Disease Prevention  
and Health Promotion can provide  
technical assistance with the following  
programs:

# Current Programs

- **Living Healthy**

Stanford Chronic Disease Self-Management Program

- **Tomando Control de su Salud**

Spanish Chronic Disease Self-Management Program

- **EnhanceFitness**

# **In the future technical assistance will be available for the following programs.**

- The Arthritis Toolkit
- Active Living for Everyday
- Fit and Strong
- Fitness & Exercise for People with Arthritis
- Strong Living
- First Steps to Active Health

# Resources

## Central Florida Contact

- Living Healthy
- Spanish Chronic Disease Self Management Programs

Lauren L. Josephs

Center for Health Futures at Florida Hospital

Winter Park, FL

Phone: (407) 646-7011

Email: [Lauren.Josephs@FLHosp.org](mailto:Lauren.Josephs@FLHosp.org)

# Resources

## Statewide Contact

- All programs listed

Barbara Gray

Florida Department of Health

Phone: (850) 245-4330

Email: [barbara\\_gray@doh.state.fl.us](mailto:barbara_gray@doh.state.fl.us)

# Resources

- Other evidence-based programs
  - [www.fightchronicdisease.org/promisingpractices](http://www.fightchronicdisease.org/promisingpractices)
- The National Council on Aging
  - <http://healthyagingprograms.org>

# Questions

