

EVIDENCE-BASED PUBLIC HEALTH TUTORIAL TOOLKIT

This toolkit was made to help you train a group of people. You can either go through the tutorial as a group by viewing it online or you can download the PDF version of the tutorial. Both options are available on the Mary Amelia Women's Center website at <http://womenshealth.tulane.edu/pages/detail/65/tutorials>.

In addition to going through the tutorial, you can use the items in this toolkit to make the training more interactive. If you would like additional materials, or if you have questions, please email mac@tulane.edu.

Highlights:

- This tutorial defines evidence-based public health and explains why it is important. It gives examples of appropriate times to use an evidence-based approach. It then leads you through an activity in which you break down a research article and learn how to apply it to your real-world work. The Baby-Friendly Hospital Initiative is used as an example of an evidence-based program.

Learning Objectives:

- By the end of this tutorial you will
 - Be able to describe evidence-based public health
 - Understand the role of evidence-based practice and research in public health
 - Have the skills to analyze a research article
 - Be able to apply the information to public health interventions

Duration:

- 49 PowerPoint slides
- Approximately 20 minutes

Chapters:

- Importance of evidence-based public health
- Breaking down a research article
- Taking research and applying it to practice

In this toolkit, you will find:

- References
- Review Questions
- Answer Sheets
- Additional Activities

References

- Breastfeeding Coalition of Oregon (2009). The Baby Friendly Rap. The Breastfeeding Coalition of Oregon. Found at: <http://www.breastfeedingor.org/about/rap>
- Brownson, R. C., Baker, E. A., Leet, T. L., Gillespie, K. N., & True, W. R. (2010). Evidence-based public health. Oxford University Press.
- Graves, R. S. (2002). Users' Guides to the Medical Literature: A Manual for Evidence-Based Clinical Practice. *Journal of the Medical Library Association*, 90(4), 483.
- Guyatt, G. and Drummond Rennie. 2002. User's Guides to the Medical Literature: A Manual for Evidence-Based Practice. Chicago : American Medical Association, p. xiv.
- Harris, R. P. et al. (2001). Current methods of the U.S. Preventive Services Task Force: a review of the process. *American Journal of Preventive Medicine*. April 20 (3 Supplement): 21-35
- Public Health and Information Data Tutorial (2006). Partners in Information Access for the Public Health Workforce. <http://phpartners.org/tutorial/index.html>
- Pugh, L. C., Serwint, J. R., Frick, K. D., Nanda, J. P., Sharps, P. W., Spatz, D. L., & Milligan, R. A. (2010). A randomized controlled community-based trial to improve breastfeeding rates among urban low-income mothers. *Academic pediatrics*, 10(1), 14-20.

Review Questions for Evidence-Based Public Health Tutorial

Name: _____

Date: _____

Please circle the correct answer:

1. Which of the following are components of evidence-based public health?
 - A. Development of effective programs and policies
 - B. Implementation of effective programs and policies
 - C. Evaluation of effective programs and policies
 - D. All of the above

2. Evidence-based public health allows:
 - A. Prevention of programs based on ineffective practices
 - B. New programs to be created based on the evidence from effective practices
 - C. Both of the above answers
 - D. Quantity over quality
 - E. The most information over the best information

3. What are the key questions to ask when analyzing a research article?
 - A. What are the results?
 - B. Are the results valid?
 - C. How do I apply this information to my work?
 - D. All of the above

4. True or False: When applying information from research articles to your work, it doesn't matter how similar the population in the research is to the population in your target audience.
 - A. True
 - B. False

5. True or False: there are multiple ways that you can use evidence-based findings in your work.
 - A. True
 - B. False

Answer Sheet

1. The correct answer is D (All of the above).

Evidence-based public health is defined as “the development, implementation, and evaluation of effective programs and policies in public health through application of principles of scientific reasoning.”

2. The correct answer is C (Both of the above answers).

Evidence-based public health allows new programs to be created based on the evidence from effective practices and the prevention of programs based on ineffective practices. It emphasizes quality, not quantity, and the best information, not the most information.

3. The correct answer is D (All of the above).

When analyzing a research article there are three key questions: What are the results? Are the results valid? How do I apply this information to my work?

4. The correct answer is B (False).

It is important to ask yourself how similar the population in the research is to the population in your target audience. Consider things like socio-economic status, race, age, beliefs, values, and norms.

5. The correct answer is A (True).

Evidence based findings can be used in patient education, community awareness, grant writing, and program planning.

Additional Activities

- Watch this training on Evidence-Based Public Health from the Health Promotion Research Center at the University of Washington - <http://www.nwcphp.org/training/opportunities/webinars/overview-evidence-based>