

INTERVENTION ACTION PLAN FLOW CHART

Step 1: IDENTIFY HEALTH OUTCOME & BEHAVIOR(S)	Step 2: IDENTIFY TARGET AUDIENCE(S)	Step 3: COLLECT FORMATIVE ASSESSMENT INFORMATION	
<p>HEALTH OUTCOMES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Increase Healthy Weight / Decrease Overweight <input type="checkbox"/> Increase Fitness Levels <input type="checkbox"/> Improve Health Markers <input type="checkbox"/> Decrease Chronic Disease Rates <input type="checkbox"/> Others? _____ <p>HEALTH BEHAVIORS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Increase Physical Activity <input type="checkbox"/> Increase Fruit and Vegetable Consumption <input type="checkbox"/> Decrease TV Viewing/Screen Time <input type="checkbox"/> Increase Healthy Beverage Consumption / Decrease Sweetened Beverage Consumption <input type="checkbox"/> Decrease Portion Sizes <input type="checkbox"/> Increase age-appropriate portion sizes <input type="checkbox"/> Increase Breastfeeding <input type="checkbox"/> Others? _____ 	<p>Age:</p> <ul style="list-style-type: none"> <input type="checkbox"/> All ages <input type="checkbox"/> 0-5 <input type="checkbox"/> 6-10 <input type="checkbox"/> 11-15 <input type="checkbox"/> 15-20 <input type="checkbox"/> 21-30 <input type="checkbox"/> 31-40 <input type="checkbox"/> 41-50 <input type="checkbox"/> 51-60 <input type="checkbox"/> 61-70 <input type="checkbox"/> 70+ <p>or</p> <ul style="list-style-type: none"> <input type="checkbox"/> Children <input type="checkbox"/> Adolescents <input type="checkbox"/> Adults <p>Gender:</p> <ul style="list-style-type: none"> <input type="checkbox"/> All <input type="checkbox"/> Female <input type="checkbox"/> Male <p>Race:</p> <ul style="list-style-type: none"> <input type="checkbox"/> All <input type="checkbox"/> White <input type="checkbox"/> African American <input type="checkbox"/> Hispanic <input type="checkbox"/> Native American <input type="checkbox"/> Asian <input type="checkbox"/> Other _____ <p>Socioeconomic:</p> <ul style="list-style-type: none"> <input type="checkbox"/> All <input type="checkbox"/> Lower <input type="checkbox"/> Middle <input type="checkbox"/> Upper 	<ul style="list-style-type: none"> <input type="checkbox"/> Asset mapping <input type="checkbox"/> Existing data sets <input type="checkbox"/> Personal contacts <input type="checkbox"/> In-Depth Interviews <ul style="list-style-type: none"> ◦ Key Informant ◦ Intercept <input type="checkbox"/> Literature review <input type="checkbox"/> Focus groups <input type="checkbox"/> Formal surveys <input type="checkbox"/> Community forums <input type="checkbox"/> Environment scan or assessment <input type="checkbox"/> SWOT Analysis <input type="checkbox"/> Rapid Assessment Procedure (RAP) <input type="checkbox"/> Other _____ <p>Note: Use data already gathered in writing your strategic plan</p>	
Step 4: DETERMINE OBJECTIVES & STRATEGIES	Step 5: DETERMINE EVALUATION MEASURES	Step 6: IMPLEMENT	Step 7: EVALUATE
<p>OBJECTIVES: Write objectives that will address the selected health behavior(s) in step two. Write one for each area: Nutrition & Physical Activity</p> <p>Smart Objectives:</p> <p>Specific – Objectives should specify what they want to achieve.</p> <p>Measurable – You should be able to measure whether you are meeting the objectives or not.</p> <p>Achievable - Are the objectives achievable and attainable?</p> <p>Realistic – Can you realistically achieve the objectives with the resources you have?</p> <p>Time – In what time frame will it be done</p> <p>STRATEGIES: Consider Behavior Theory in Development of Strategies</p> <p>Levels:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Behavior Change (Individual) <input type="checkbox"/> Environment change <input type="checkbox"/> Policy change <p>Line up strategies with the specific objectives they are addressing</p>	<p>Process Measures:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Participant satisfaction (surveys) <input type="checkbox"/> Exposure to the intervention (trainings held, interviews, record of participation) <input type="checkbox"/> Observation or counts – Track over time <input type="checkbox"/> Number of media reports <input type="checkbox"/> School curriculum changes <input type="checkbox"/> Policy change tracking (list of policies) <input type="checkbox"/> Environmental assessments (School Health Index, miles of trails) <input type="checkbox"/> Review of retail and government-based secondary data (Exercise equip. sales) <input type="checkbox"/> Other _____ <p>Outcome Measures:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Specific objectives such as fruit and vegetable intake or physical activity (Survey, BRFSS) <input type="checkbox"/> Nutrition/Physical activity survey (Pre/Post) <input type="checkbox"/> Secondary data sources (BRFSS, NHANES) <input type="checkbox"/> Biometric assessments (BMI, BP) <p>Other _____</p>	<p>List the resources you need to implement (staff, funding, etc.).</p> <p>Pilot test the intervention on a smaller scale, if possible.</p> <p>Check-in regularly during the intervention to see if anything needs to be modified based on feedback or other input.</p>	<p>Although evaluation should be done throughout the intervention, a formal evaluation at the end of the intervention is a key element. Make sure you have baseline measurements up front so you can compare them at the end of the intervention.</p>