

Tools you can use

- County Health Rankings & Roadmaps
- Network of Care
- What Works for Health
- Community Commons
- Community Health Improvement Navigator
- HPIO Guide to Evidence-Based Prevention



**County Health
Rankings & Roadmaps**

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

COUNTY HEALTH RANKINGS & ROADMAPS 101

April 2015



Support
provided by

Robert Wood Johnson
Foundation



WHY RANK?

- ▶ Simplify complex data
- ▶ Media coverage
- ▶ Add context
- ▶ Call to action
- ▶ Starting point



COUNTY HEALTH RANKINGS: 2 RANKINGS

**Health
Outcomes**

Today's
Health

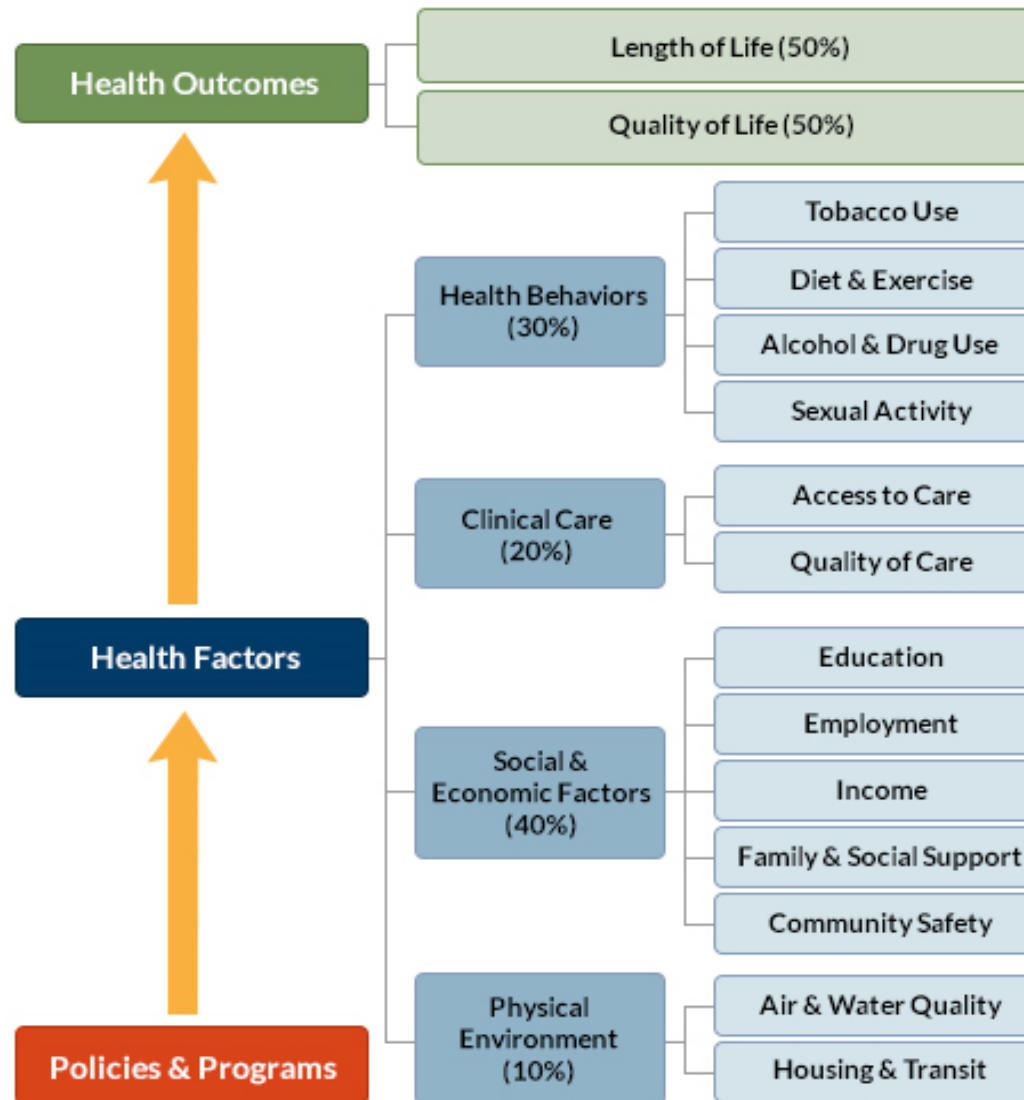
**Health
Factors**

Tomorrow's
Health

County Health Rankings & Roadmaps

Building a Culture of Health, County by County

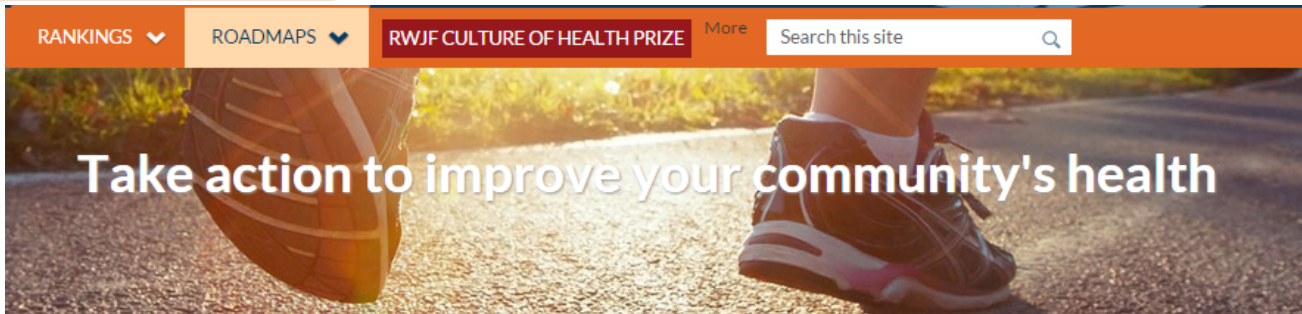
A Robert Wood Johnson Foundation program



County Health Rankings & Roadmaps

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Ready to take action, but not sure what to do next?

[GET HELP](#)

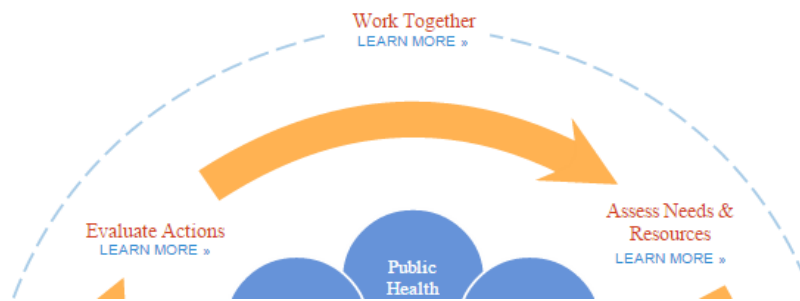
- ### Action Steps
- [Work Together](#)
 - [Assess Needs & Resources](#)
 - [Focus On What's Important](#)
 - [Choose Effective Policies & Programs](#)
 - [Act on What's Important](#)
 - [Evaluate Actions](#)
 - [Communicate](#)

Action Center

Each step on the Action Cycle is a critical piece of making communities healthier. There is a guide for each step that describes key activities within each step and provides suggested tools, resources, and additional reading. You can start at Assess or enter the cycle at any step. Work Together and Communicate sit inside because they are needed throughout the Cycle.

At the core of the Action Cycle are people from all walks of life because we know we can make our communities healthier if we all get involved.

Select an Action Step or community member to learn more.



www.countyhealthrankings.org/roadmaps/action-center

WHAT WORKS FOR HEALTH

Find effective programs and policies at
www.countyhealthrankings.org/what-works-for-health

What Works for Health

What Works for Health provides communities with information to help select and implement evidence-informed policies, programs, and system changes that will improve the variety of factors we know affect health.

WANT TO LEARN MORE? - View our 4 minute [What Works for Health Tutorial](#).

To learn more about strategies that could work in your community, select a health factor of interest (the light blue boxes on the far right) in the model below.



County Health Rankings model ©2012 UWPHI

EVIDENCE RATINGS

- ▶ Scientifically supported
- ▶ Some evidence
- ▶ Expert opinion
- ▶ Insufficient evidence
- ▶ Mixed evidence
- ▶ Evidence of ineffectiveness

Enhance/expand school-based physical education

Evidence Rating



Scientifically Supported

Health Factors

Diet and Exercise

Decision Makers

Philanthropy and Investors
Educators
Government

Expanding and enhancing school-based physical education (PE) classes can include adding new PE classes, lengthening existing PE classes, or increasing physical activity during PE class. Local schools can implement policies or state governments can set standards to expand or enhance school-based PE.

Expected Beneficial Outcomes

- Increased physical activity
- Improved physical fitness

Evidence of Effectiveness

There is strong evidence that enhancing school-based physical education increases physical activity and physical fitness among school-aged children (CG-Physical activity, Demetriou 2012, NBER-Cawley 2012, Story 2009). Enhancing/expanding PE classes as part of a multicomponent school-based obesity prevention intervention has also been shown to increase physical activity and improve health (Nixon 2012, Cochrane-Waters 2011, Cochrane-Dobbins 2009).

School-based physical education (PE) classes have been shown to lower BMI and reduce the likelihood



Franklin County



Share

Change Language

Large Print

Chronic Disease and Conditions

Demographics

Health Behaviors

Health Care

Health Care Resources

Health Outcomes

Health Risk Factors

Infectious Disease

Injury and Violence

Maternal and Infant Health

Mental Health and Substance Abuse

Occupational Health and Safety

Oral Health

Physical Environment

Population

Prevention Through Healthcare

Public Health Infrastructure

Social Determinants of Health

Women's Health

Public Health Assessment and Wellness

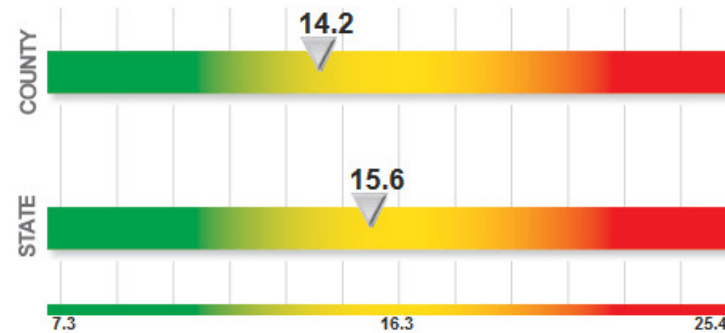
[All data »](#)

Self-Reported General Health Assessment: Poor Or Fair Health (Health Indicators Warehouse)

Self-reported health status is a general measure of health-related quality of life in a population. Sample respondents age 18+ with self-reported fair or poor health status. Based on the Behavioral Risk Factor Surveillance System (BRFSS) question : "Would you say that in general your health is— Excellent, Very good, Good, Fair, Or Poor?". This Indicator uses Age-Adjustment Groups: -Age Range: 18-44, 45-54, 55-64, 65-74, 75+

Measurement Period: 2006-2010

Value: 14.2



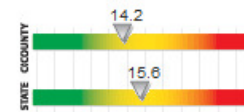
[learn more about the color range](#)

HISTORICAL DATA

Area: Franklin

Measurement Period: 2006-2010

Value: 14.2



MODEL PRACTICES (0)

Associated Model Practices have not been identified for this measure.

Related Content

LIBRARY (1)

SYMPTOMS (31)

DECISION POINTS (100)

TAKE ACTION (5)

LINKS / SUPPORT & ADVOCACY (1)

FORUMS (2)

BLOGS (20)



Enrich your community work with maps and data reports that can be shared and saved.



[Make a Map](#)

[Map Gallery](#)

Browse and open maps created by users of the Commons.

[Data](#)

Check out our [data list](#) or see [what's new](#).



[Build a Report](#)

[Community Health Needs Assessment](#)

Identify assets and potential disparities in your county/region related to community health and well-being.

[Vulnerable Populations Footprint](#)

Find areas in your community with low educational attainment and high poverty.

Choose a tool by channel

Scroll to a channel: [Economy](#) [Education](#) [Environment](#) [Equity](#) [Food](#) [Health](#)

Economy



Assess economic vitality.

INVEST IN YOUR COMMUNITY

4 Considerations to Improve Health & Well-Being *for All*

WHAT Know What Affects Health



WHERE Focus on Areas of Greatest Need

Your zip code can be more important than your genetic code. Profound health disparities exist depending on where you live.



WHO Collaborate with Others to Maximize Efforts



HOW Use a Balanced Portfolio of Interventions for Greatest Impact

- Action in one area may produce positive outcomes in another.
- Start by using interventions that work across all four action areas.
- Over time, increase investment in socioeconomic factors for the greatest impact on health and well-being for all.

Four ACTION Areas



→ VISIT www.cdc.gov/CHInav FOR TOOLS AND RESOURCES TO IMPROVE YOUR COMMUNITY'S HEALTH AND WELL-BEING



MARCH 2015



online guide

Guide to evidence-based prevention

Part 2. How to navigate sources of evidence

There are numerous systematic reviews and online registries of evidence-based prevention strategies. It can therefore be challenging to sort out its benefits and drawbacks, and no one source is complete. It can therefore be challenging to sort out these sources has the most credible information and is the best fit for a decision-making process. Figure 5 displays the types of sources where available evidence on prevention strategies can typically be found.

Figure 5.

Sources of evidence-based strategies

Type of source	Examples	Rigor, credibility, and strength of evidence	Ease of use
Systematic reviews A literature review that attempts to identify, appraise and synthesize all the empirical evidence that meets pre-specified eligibility criteria. ¹⁰ Systematic reviews of randomized controlled trials are considered the "gold standard" of evidence.	<ul style="list-style-type: none"> • Guide to Community Preventive Services (Community Guide) • US Preventive Services Task Force recommendations (USPSTF) • The Cochrane Collaborative • The Campbell Collaboration Library of Systematic Reviews 	High	Moderate
Peer-reviewed literature Articles and reports that have gone through a formal process to assess quality, accuracy, and validity.	Articles published in academic and scientific journals, such as the American Journal of Public Health, American Journal of Preventive Medicine or the New England Journal of Medicine. Many can be accessed online through PubMed, Medline, Google Scholar, etc.	Moderate to high	Low
Searchable databases and evidence registries Online clearinghouses designed to disseminate information about evidence-informed strategies in a user-friendly format. These databases use specific criteria to screen programs and policies, and most also rate strategies on the strength of their available evidence of effectiveness (such as, scientifically supported, some evidence, insufficient evidence, evidence of ineffectiveness).	<ul style="list-style-type: none"> • What Works for Health (County Health Rankings and Roadmaps)* • National Registry of Evidence-Based Programs and Practices (NREPP) • Research-tested Intervention Programs (RTIPs)* • Promising Practices Network – Programs That Work* • California Evidence-based Clearinghouse for Child Welfare* • What Works Clearinghouse* • Blueprints for Health Youth n • Public Health Law n • Crimesolv n 	Moderate to high	High
Grey literature Electronic...			