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RESEARCH INSTITUTE

Lessons Learned from Kaiser Permanente's Community Health Initiative (CHI) Evaluation



Institute of Medicine Roundtable on Obesity Solutions

September 30, 2014

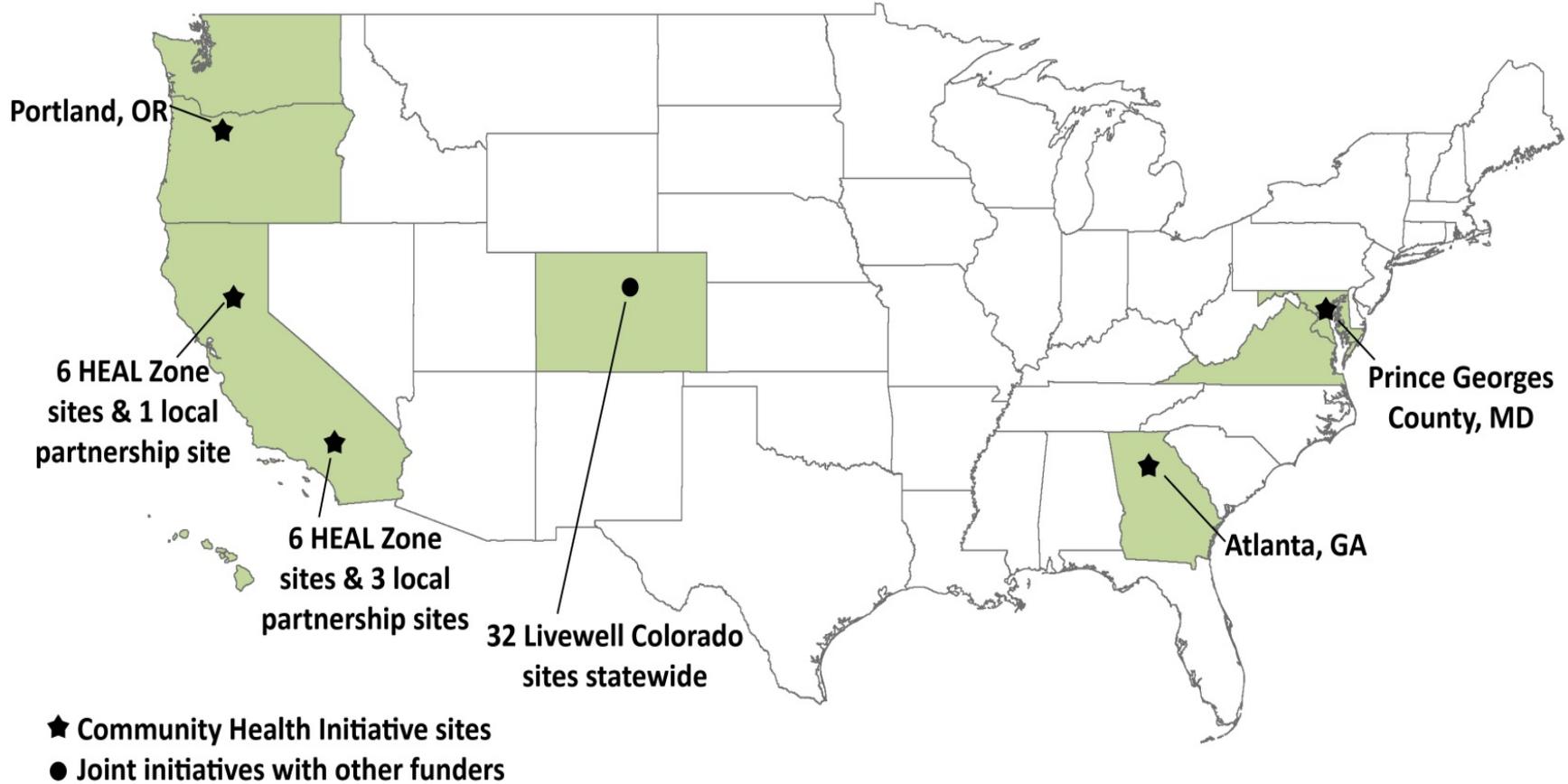
Pamela Schwartz, Director, Program Evaluation

Kaiser Permanente



Our Community Health Initiative—over 50 and growing ...

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Communities are transforming

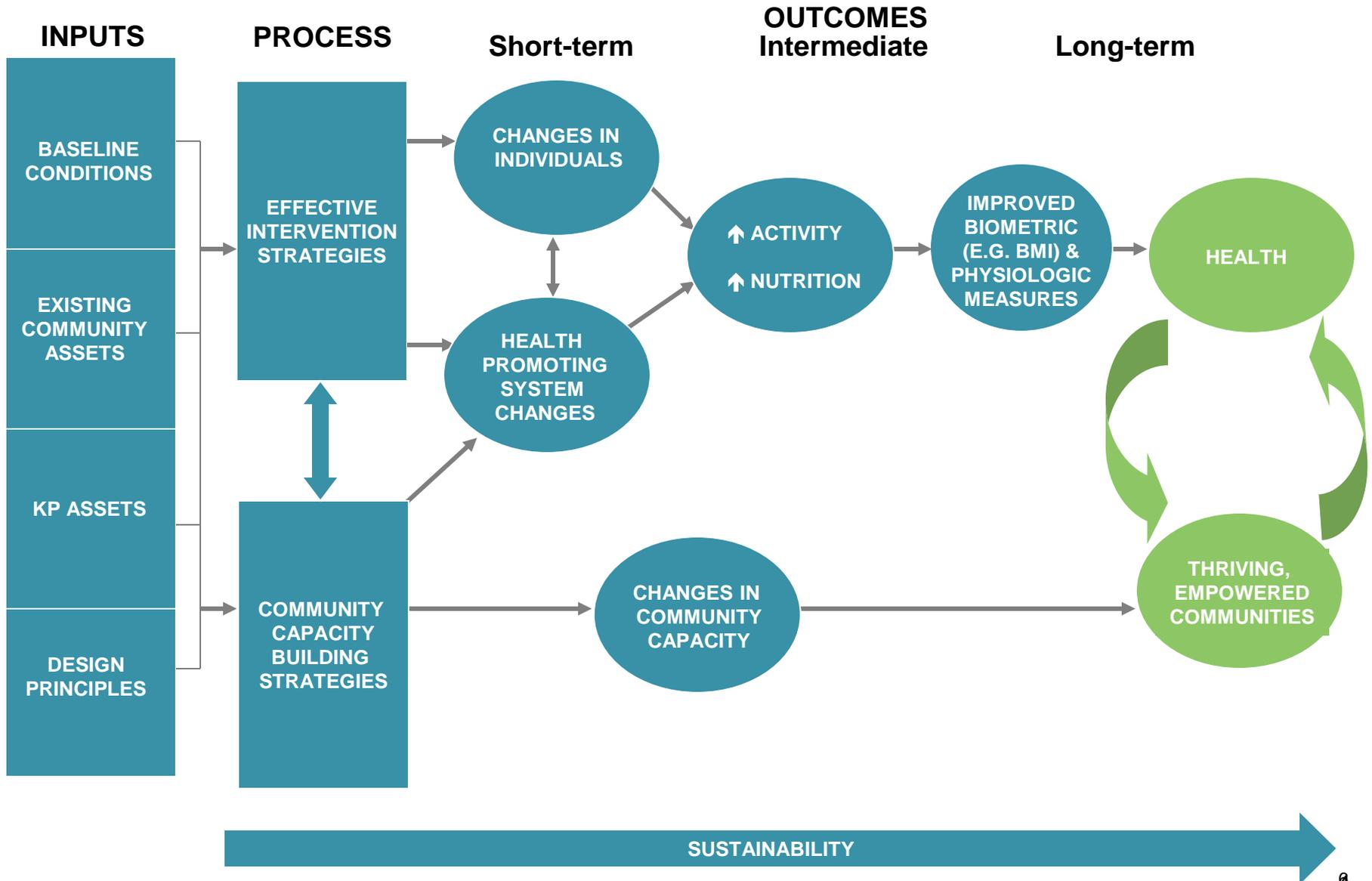


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CHI cross-site logic model





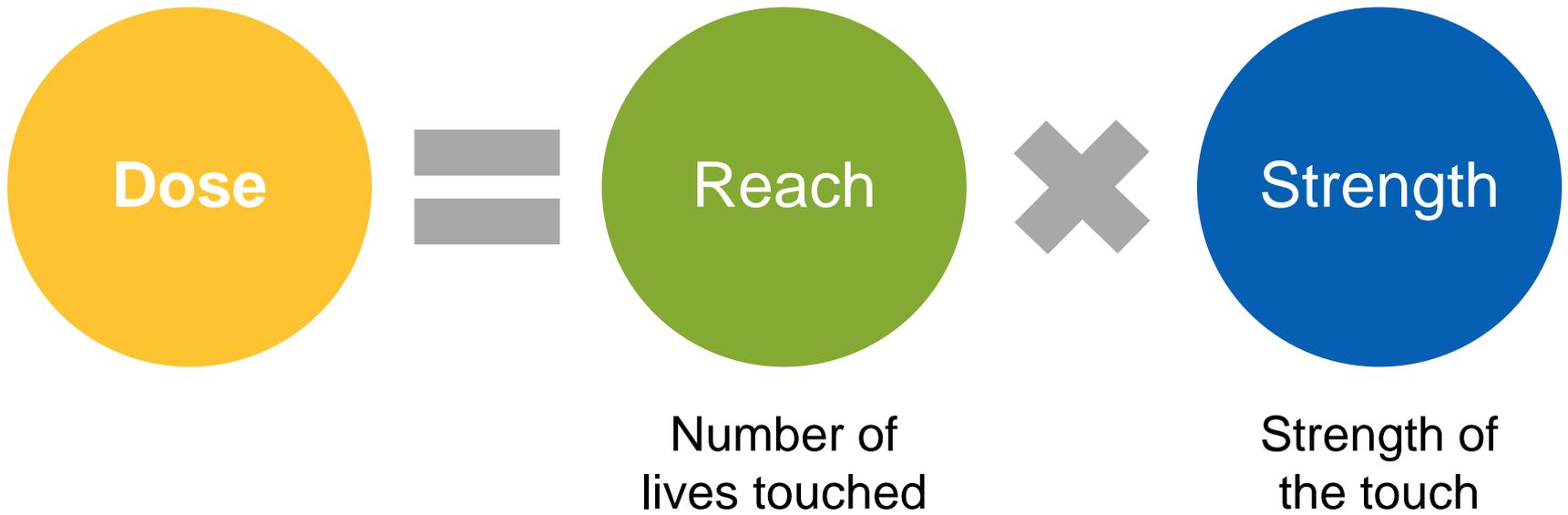
Key Learning 1: interventions need to be more impactful

Adjustment: translated dose into practice

Key Learning 2: focus more on intermediate outcomes

Adjustment: refined measurement strategies







If we don't have dose, we are not likely to have impact—at the population level.

Role in planning and quality improvement that can lead to stronger overall interventions

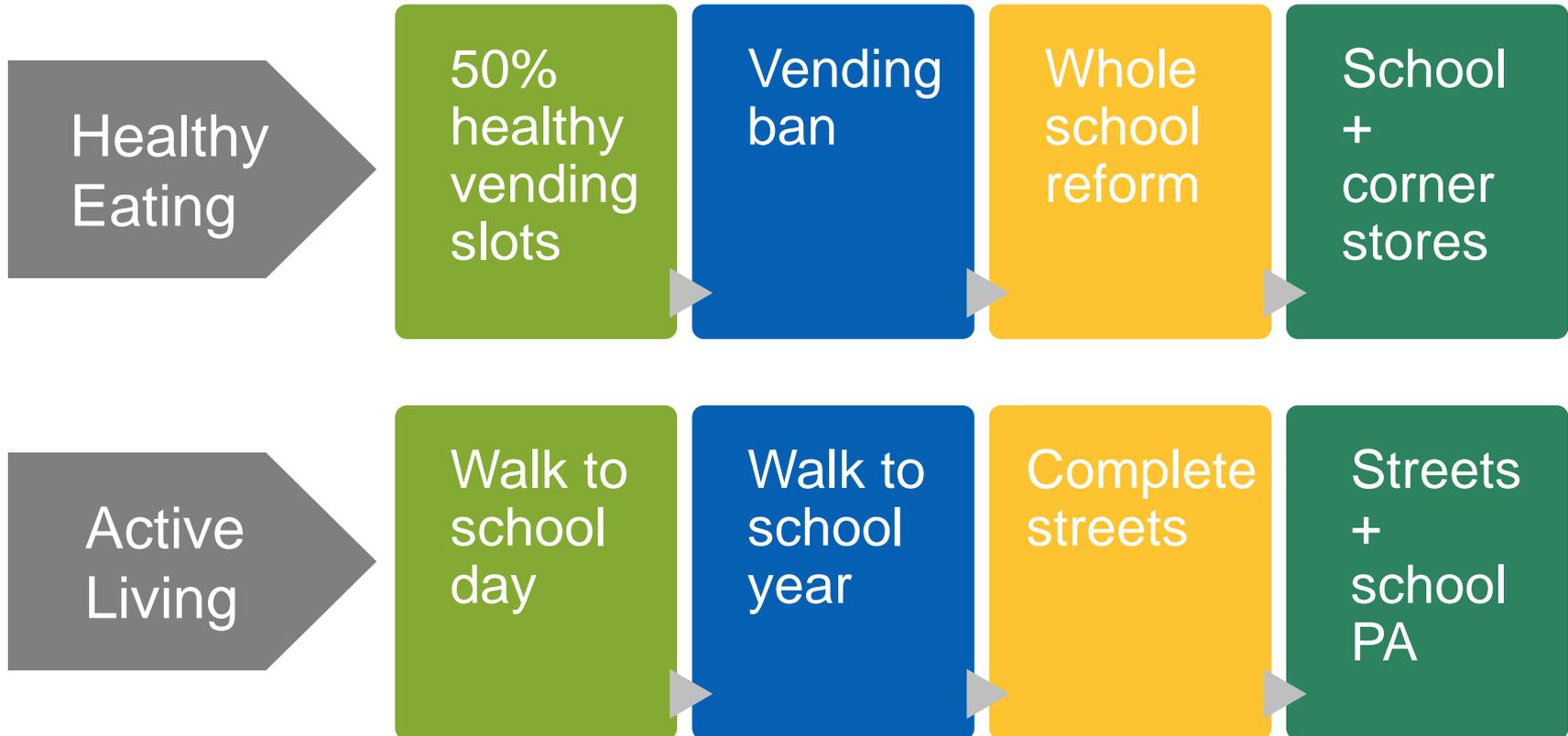
An approach to quantifying the impact of initiatives to use in a logic model framework

Estimating/projecting impact when the impacts are likely to be small and population surveys may not have adequate power to detect change

Using dose for planning, program improvement across sectors



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Individual strategies are having an impact — in multiple sectors



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Strategies that make a difference: safe routes to school

Safety enhancements and walk to school days **increased number of children walking to school from 24% to 36%** two years later





Strategies that make a difference: salad bar

Installing a salad bar in an elementary school cafeteria **increased consumption of fruits and vegetables by 13%**





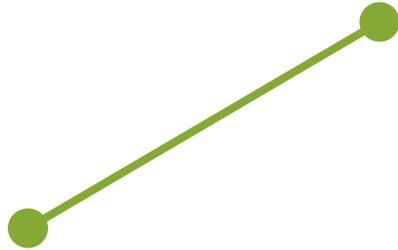
Physical activity

Revised PE curriculum	5.0%	
Action based learning in classrooms	2.3%	
Active transport to school	1.1%	
School wellness policies promoting PA	0.5%	
After school physical activity	0.45%	
Overall dose of school PA strategies	9.35%	



Physical activity

Estimated impact



9% increase in PA minutes based on dose calculations

Measured impact



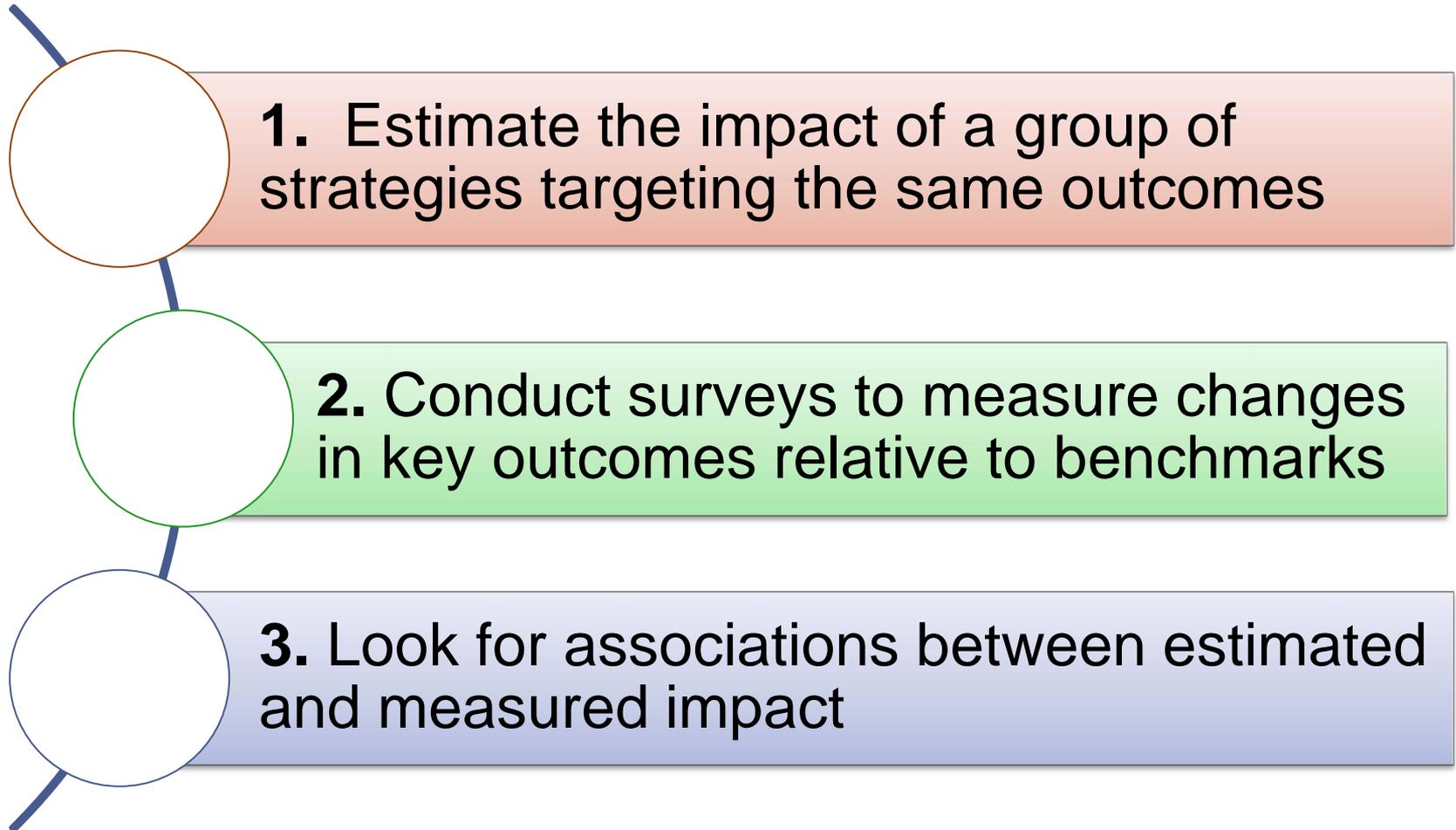
4% increase in PA minutes
 $p < .05$

Benchmark trend

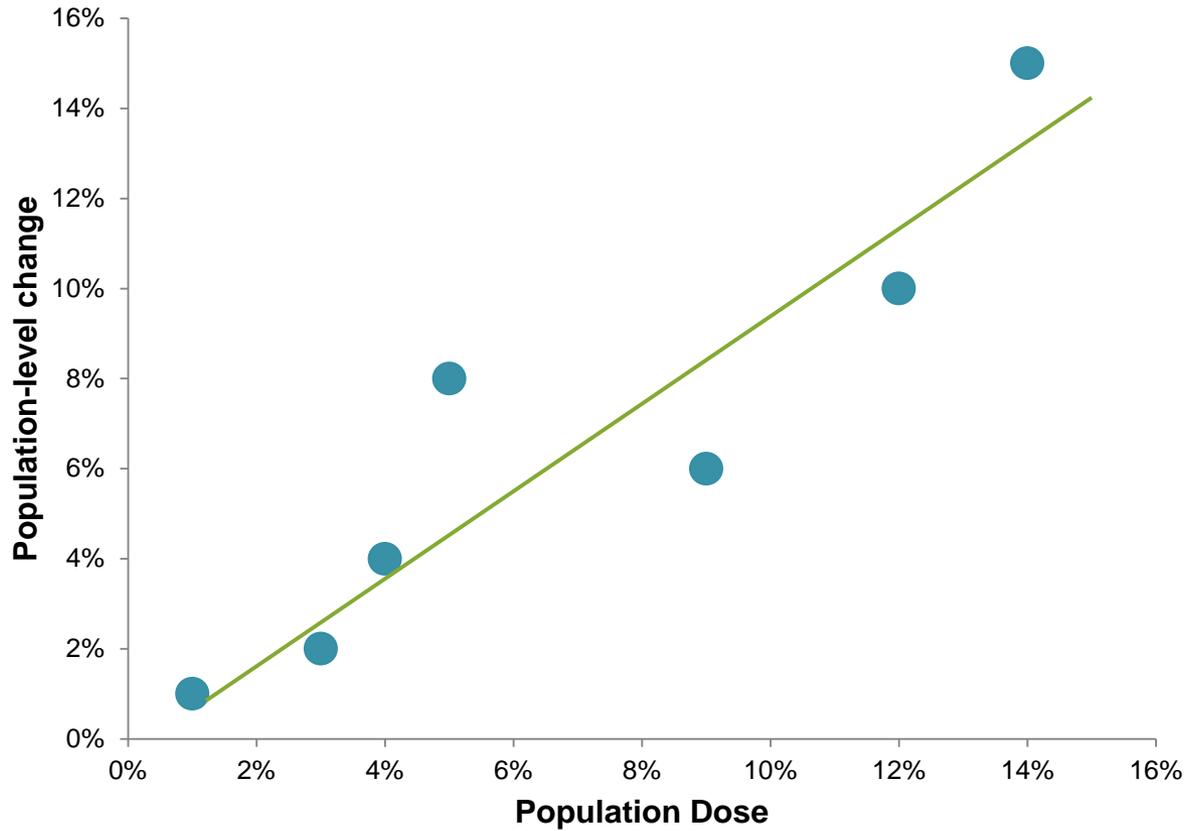


0.5% increase in having 1+ day with 60 minutes MVPA *NS*¹

¹Youth Risk Behavior Surveillance Survey data, Colorado, 2009-2011



Where we are headed.....





Implications for the field

- Evaluate both population health and intermediate outcomes
 - Population-level impact, measurement challenging, but critical
 - Intermediate outcome measurement, key for understanding/ communicating impact
 - Provide immediate data for QI and assessment of impact
- Continue to build evidence, including what doesn't work
 - Continue to test and refine dose methodology
 - Promising area for multi-sectoral collaboration: schools



thrive



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