



*at the Centre for Health Promotion
University of Toronto*

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Online Health Program Planner

OPHA

Wednesday,
November 4, 2009



National Collaborating Centre
for Methods and Tools

Centre de collaboration nationale
des méthodes et outils



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Objectives of the workshop



- At the end of this workshop, the participant will be able to identify resources to:
 - » Use the Online Health Program Planner with ease and comfort, through orientation and self-guided tasks/activities
 - » Use complementary resources, such as the searches for Interventions on CBBP, and searches for methods and tools on NCCMT

Agenda

Introductions	5 minutes
Overview demo	30 minutes
NCCMT, BPP	10 minutes
Promotion, supports	5 minutes
Discussion	10 minutes

Uses

1. I need help to plan my program in a systematic, evidence-informed way.
2. I want to create a logic model.
3. I am interested in a painless way to write objectives.
4. I need a structured plan to collect situational assessment data.
5. I'm looking for a way to organize my situational assessment data.
6. I want to reflect on and review some critical decisions.
7. I need to prioritize a long list of possible activities.
8. And more!

Partners: Major roles



- THCU
 - » Lead development
- NCCMT
 - » Funder and help shaping during early discussion
 - » Participated/advised during usability
- Canadian Best Practices Portal
 - » Enhancements (in progress)
 - » Conference and other promotions
 - » Outsert in CJPH



THE HEALTH COMMUNICATION UNIT

at the Centre for Health Promotion, University of Toronto

EN FRANÇAIS

WORKPLACE HEALTH
PROMOTION PROJECT

- **ABOUT THCU**
- **WORKSHOPS AND EVENTS**
- **CONSULTATION SERVICES**
- **INFORMATION AND RESOURCES**
- **CONTACT US**

New from THCU and NCCMT...

The Online Health Program Planner
(www.thcu.ca/ohpp)

*Evidence-informed planning with ease.
Interactive. Flexible. Intuitive.*

[Click here to view!](#)



THCU is a member of *OHPRS* and is funded by the
Ontario Ministry of Health Promotion

News and Updates as of April 21, 2009

**NEW Skills for Health
Promotion Workshop**
[Click here for more details](#)
[Click here to register now](#)

**Use of Social Media for
Health Promotion** audio files
and powerpoint slides are now
available online!

**Skills for Health Promotion
Series in Whithy**
Dec 1-2 Follow-up Resources

[Check out our blog!](#)

[Search our new THCU
resource database!](#)

**Health Promotion Skills
Essential Resource Tour**

Resources by THCU....

- Resources on Evaluation, Health Communication, Planning, Policy Development, Sustainability
- Guide to French Language Resources
- Changing Behaviours: A Practical Framework
- Literature search results: Completed to support our client consultations
- THCU's Online Learning Community
- All this and more at <http://www.thcu.ca/infoandresources.htm>

THCU's consultation service



- Free to those working on Ontario-focused projects.
- Scope varies, depending on need:
 - » short training sessions;
 - » brief, one-time advice;
 - » review your work or product;
 - » hands-on assistance working through our step models;
 - » links to other sources of information and resources.
- Consultation request form
http://www.thcu.ca/consultation/request_form.htm
- Sample consultations <http://www.thcu.ca/consultation.htm>

Upon request workshops

- Workshops available upon request.
- Any coalition or agency can partner to host
- We provide the facilitators at no cost. Travel support appreciated.
- Service request form
http://www.thcu.ca/consultation/request_form.htm
- We require at least three months' notice to plan and deliver a workshop.

THCU in collaboration with OHPRS



- Health Promotion 101
 - » <http://www.ohprs.ca/hp101/main.htm>

- Online Proposal Writing Course
 - » <http://www.thcu.ca/ohcc-thcu-proposal-writing-course/>

- Ontario Health Promotion Email Bulletin
 - » Information exchange among Ontario practitioners.
 - » Announcements and events distributed weekly.
 - » Feature articles are distributed every second week.
 - » The bulletins go out every Friday afternoon.

www.ohpe.ca



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National Collaborating Centre for Methods and Tools

sharing what

works in public health

NCCMT:

One of six **National Collaborating Centres for Public Health** created by the Government of Canada to **renew and strengthen public health.**



National Collaborating Centre
for Methods and Tools

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NCCMT mandate:

Improve access to and use of **evidence-informed methods and tools** for those involved in public health practice, program decision-making, policy-making, and research in Canada.



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Evidence-informed public health:

... the process of finding and evaluating the best available evidence, whether from research, practice or experience, and using that evidence to inform and improve public health policy and practice...including program planning.



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Online Health Program Planner:

A practical, flexible, step-by-step planning tool that provides access to various sources of evidence, e.g., CBPI Portal, health-evidence.ca and The Cochrane Library.



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Other NCCMT tools and services:

- Applicability and Transferability Tool
- Registry of KT Methods and Tools
- DialoguePH Network
- EIPH Discussion Forum
- EIPH Workshops



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For more information,
or to access a selection of
**methods and tools for
knowledge translation in public health,**
see the NCCMT website:

www.nccmt.ca (English) or www.ccnmo.ca (French)

sharing what works in public health



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Public Health Agency of Canada Agence de la santé publique du Canada




PUBLIC HEALTH AGENCY of CANADA

www.publichealth.gc.ca

Français Home Contact Us Help Search canada.gc.ca

- CBPI**
- Home
 - Interventions-at-a-Glance
 - Population Health Approach: the Organizing Framework
 - Access Training and Consultation Services
 - Join/Login
 - Get Help
 - About Us

+/- TEXT PRINT

THE CANADIAN BEST PRACTICES PORTAL FOR HEALTH PROMOTION AND CHRONIC DISEASE PREVENTION

Welcome to the Canadian Best Practices Portal. The purpose of the Portal is to improve policy and program decision-making by enabling access to the best available evidence on chronic disease prevention and health promotion.

All Canadians now have free access to the full content of [The Cochrane Library](#).

Look at all the Interventions-At-A-Glance

Click here to go to Interventions-at-a-Glance

Nobody's Perfect		Analytic obs., Descriptive obs., Case study, Narrative
Quality Daily Physical Education (QDPE)		Descriptive obs., Phenomenological
Friendship Enrichment Program		Quasi-exp., Narrative

Find effective interventions and recommended resources in the database using my own search terms

SPOTLIGHT



Peer Nutrition Program

The *Peer Nutrition Program* provides culturally and linguistically appropriate nutrition education to parents, grandparents and caregivers of children aged six months to six years in

Long-term Goal of the Canadian Best Practices Initiative

“To increase the proportion of decisions made by the intended populations of interest using best available evidence. These decisions are particularly important when they support the changing face of Canada, the reduction of health disparities and integrated approaches to the prevention and treatment of chronic diseases.”

(CBPI Strategic Plan 2008-2010. 2008)

3 Components to the CBPI

- Portal content
- Knowledge exchange supports
- Monitoring the uptake in practice
 - » Context
 - » Adaptations
 - » “Best Processes”

Based on the evidence related to effective diffusion and dissemination, all are necessary.

Current priority populations of the CBPI

“Decision-makers who influence chronic disease prevention and health promotion practice and policy through its:

- » *development*
- » *implementation*
- » *evaluation.”*

e.g., health promotion planners, public health professionals, dietitians etc.

Our interpretation of “best practice”

Best Practices are interventions, programs/services, strategies, or policies which have demonstrated desired changes through the use of appropriate well documented research or evaluation methodologies. They have the ability to be replicated, and the potential to be adapted and transferred. A best practice is one that is most suitable given the available evidence and particular situation or context.

Three Phases of the CBPI

Phase I

Consolidate, standardize and disseminate information on currently available evidence on effective population-level and community-level interventions.

Fall 2005 – Fall 2006 *(completed)*

Phase II

Expand the evidence available about gap content areas, provide additional intervention information and increase decision-maker capacity for uptake.

Fall 2006 – Fall 2008 *(completed)*

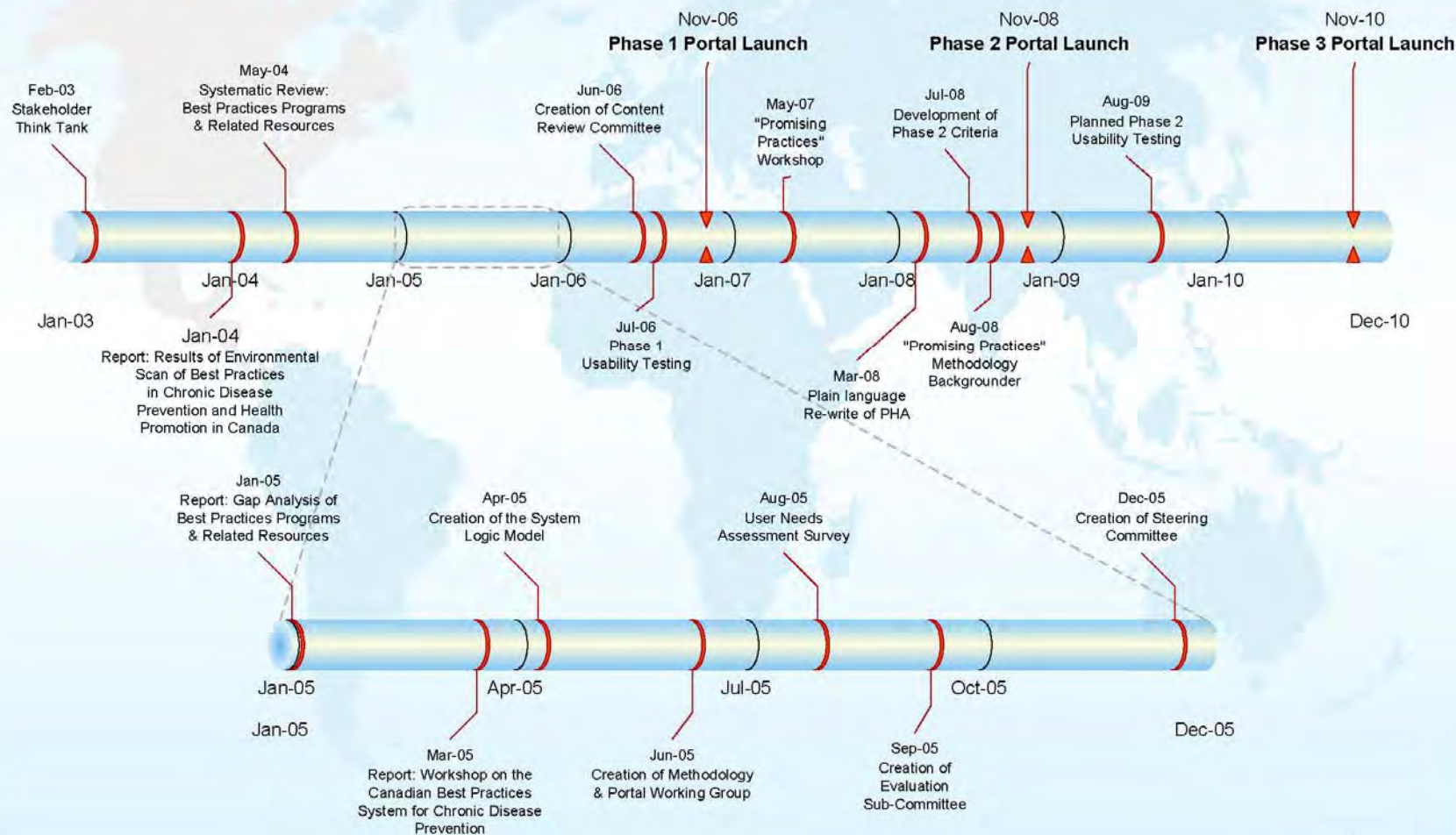
Phase III

Systematically collect practice-based evidence to further expand the body of knowledge in carious areas (context, populations, etc) relevant to the scope of the project.

Fall 2008 – Summer 2010 *(in progress)*

The Canadian Best Practices Portal for Health Promotion and Chronic Disease Prevention Story: Milestones in this development process to date

Monday, January 26, 2009



Portal version 2.5...upcoming developments

- New Content: Hypertension/Cardiovascular Disease, Asthma and Lung Disease, Chronic Gambling, Food Security, Misuse of Medication, Physical Activity, Aboriginal Population, Injury Prevention, Senior Mental Health
- Interactive guide to help users identify the different websites that house evidence sources and their respective roles
- Integration with The Health Communication Unit's Online Health Program Planner
- Interactive on-line map of information web sites (tools to help users find proper information to suit their needs)
- New resources, tools & learning modules
- Increasing the Canadian Best Practices glossary
- Enhancing usability of the Portal

Promotion

- 4-page full colour flyer, showing examples of what can be produced
- HTML announcement
- Canadian Journal of Public Health Outsert

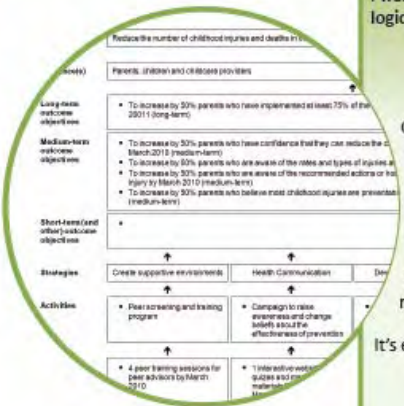
What kind of planning support do you need?

From start to finish, I need help planning my program in a systematic, evidence-based way.



Explore THCU's 6-step program planning model.

The OHPP includes a workbook, worksheets, evidence to support decision-making, practical tips and recommended resources for each step.



I want to create a logic model.



Goals, audiences, objectives, activities, resources and indicators.

Enter your decisions.

Produce the logic model.

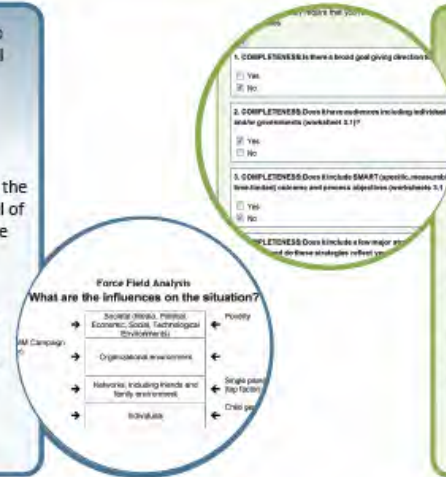
It's easier than ever.

I'm looking for a way to organize my situational assessment data.



What factors influence the situation? At what level of the environment? Is the impact positive or negative?

Organize your findings into a table or Force Field Analysis diagram to inform your planning decisions.



I want to reflect on and review some critical planning decisions.



Is my plan complete, logical, aligned with the results of my situational assessment, and presented in a visually appealing way?

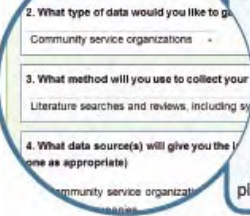
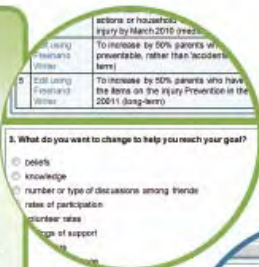
Use the Plan Review checklist to reflect on critical decisions.

I am interested in a painless way to write complete outcome objectives.



A few clicks in our Objective Builder menus and you've got a complete outcome objective.

Tailor the objective or write your own with the Freehand Writer/Editor.



I need a structured plan to collect situational assessment data.



From comprehensive drop-down menus, choose the right combination of data types, methods and sources to answer your research questions.

Assign task responsibilities, timelines and resources.

There you have it — your data collection plan.

I need to prioritize a long list of possible activities.



What do you know about effectiveness, appropriateness, and resources required to implement your activity?

Clarify, sort, rank, choose.



And more!



Work on some or all of your plans. Use one worksheet, or all worksheets.

Start now. Return later. Print your plan. Change it as it develops.

For beginners, managers, teachers and seasoned practitioners.

A one-stop planning shop.

New from THCU and NCCMT...

The Online Health Program Planner (OHPP)

*Evidence-informed planning with ease.
Interactive. Flexible. Intuitive.*

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The OHPP includes a workbook, worksheets, evidence to support decision-making, practical tips and recommended resources for each step.

» [Check it out](#)

I want to create a **logic model**.



Goals, audiences, objectives, activities, resources and indicators.

Enter your decisions. Produce the logic model.

» [See a completed example](#)

I am interested in a painless way to write **complete outcome objectives**.



A few clicks in our **Objective Builder** menus and you've got a complete outcome objective.

Tailor the objective or write your own with the **Freehand Writer/Editor**. It's easier than ever.

» [Try the Objective Builder](#)

Ongoing supports

- Online supports
- Webinars
- Consultations
- Peer to peer (share plans, and experiences)
- Dialogue groups (NCCMT)

Training webcasts

http://www.thcu.ca/videos/ohpp_tutorials.htm

Introduction to the OHPP and the webcasts

Outputs, what you can produce with the OHPP

Setting up an account, playing in the sandbox

Getting your data in, managing your data

4. QA style worksheets
5. Table style worksheets
6. The Objective Builder
7. Build a logic model
8. Worksheets with beginning and advanced levels

Getting your data out

Getting content help

10. THCU's workbook, case studies, completed examples
11. Other planning tools, sources of evidence, consultations and training

2. Getting technical help

Concluding Discussion

- What potential uses do you see for this tool?
- Suggestions for enhancements?
- Suggestions for additional supports?
- Suggestions for promotional vehicles?