Evidence-based What?

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Evidence-based

Public Health
Focus on Groups, Communities, Populations

Answers the question:
“What behaviors, treatments or tests have been proven to be good for our community?”

Example: I will adapt an evidence-based program, i.e., a program shown to improve outcomes to my community (e.g., CATCH, Native Facets).

Healthcare
Focus on Patient

Answers the question:
“What behaviors, treatments or tests have been proven to be good for my patient?”

Example: There is scientific evidence that managing weight decreases heart disease risk, thus I’ll counsel my patient on eating healthy & exercising.
So:

• when a health care provider says evidence-based, s/he means a behavior, treatment, diagnostic or screening test shown to improve the health of the patient in front of her/him

• when a community health person says evidence-based, s/he means a program shown to increases the number of community members who adopt a behavior, treatment, diagnostic or screening test
A flight a day may keep chronic disease away.

Change happens one step at a time.

“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”
Environmental and Policy Approaches to Increase Physical Activity: Point-of-Decision Prompts to Encourage Use of Stairs

Point-of-decision prompts are motivational signs placed in or near stairwells or at the base of elevators and escalators to encourage individuals to increase stair use. These signs:

- Inform people about health or weight loss benefits from taking the stairs, and/or
- Remind people already predisposed to becoming more active, for health or other reasons, about an opportunity at hand to do so.

Interventions evaluated in this category involved prompts used alone or in combination with stairwell enhancements (e.g., music in stairwells) to increase stair use.

Summary of Task Force Recommendations & Findings

The Task Force on Community, Preventive Services recommends point-of-decision prompts on the basis of strong evidence of effectiveness in increasing the percentage of people choosing to take the stairs rather than an elevator or escalator. There were not enough studies to determine if stair or stairwell enhancements (e.g., paint, carpet, art, signs, and music) increased the effectiveness of these interventions.

Task Force Finding

Results from the Systematic Reviews

"Sorry, I can't let you have a last cigarette. The firing squad don't like breathing in second hand smoke."