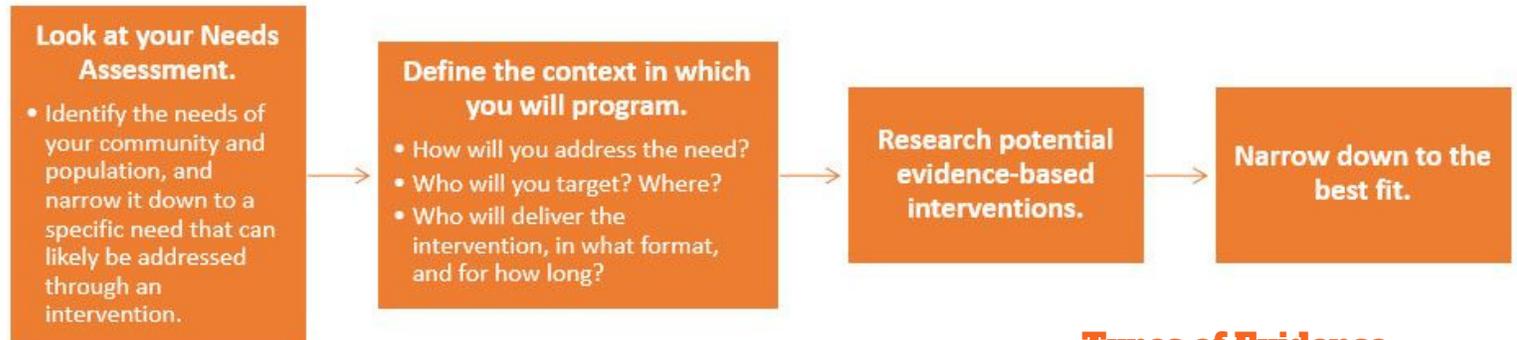


A CLOSER LOOK AT EVIDENCE-BASED INTERVENTIONS

TIP SHEET

An evidence-based intervention (EBI) is a program or practice that has been proven effective to some degree. Using an evidence-based intervention means there is an increased likelihood of positive outcomes (e.g., responsiveness to community needs, behavior change, support for the program, efficiency and better use of resources) if used as intended.

Steps to selecting an EBI



Questions to Guide Your Research

When researching potential evidence-based interventions, the following questions can help guide you to the best fit.

Is it relevant?

- Does it address the problem you're targeting?
- Is the intervention backed by evidence to support it, and what is the quality of that evidence?
- Are the materials available, up-to-date, credible, and SNAP-Ed allowable?
- Is there an opportunity to reach multiple domains and contribute to community wrap-around programming?

Is it appropriate?

- Is it appropriate for the target population given community resources, capabilities, readiness to act (i.e., Do people care about issue)?
- Does it reinforce, not duplicate, other programs in the community?
- Is it culturally-relevant?
- Does your organization have the capacity to implement it? Does it match with the mission, vision, and culture of the organization?
- Is it financially viable to implement?
- Is it sustainable?

Is it effective?

- Has it been successfully implemented with the same or similar population and in your intended setting (i.e., evidence points to success with your target population)?
- Does the intervention require a PSE change component to make it effective (e.g., improved access to healthy foods, policy changes, etc.)?
- Are the reported outcomes aligned with MFF's SNAP-Ed focus on increased fruit and vegetable consumption and physical activity promotion?

Tip: For more information on an intervention, such as if it has been studied with a population similar to the one your program will serve, consider contacting the intervention's developer to ask more questions.

Where to find EBIs

The SNAP-Ed Toolkit is a good place to start to look for evidence-based, research- and practice-tested, and emerging interventions. However, the Toolkit is not an exhaustive list and just because an intervention is in the Toolkit does not mean it is a good fit for your program.

Types of Evidence

In SNAP-Ed, there are three types of evidence that can qualify an intervention as being "evidence-based":

- Research-tested evidence refers to relevant rigorous research including systematically-reviewed scientific evidence.
- Practice-tested evidence refers to case studies, pilot studies, and evidence from the field on interventions that demonstrate its potential for positive outcomes.
- Emerging relates to evidence that shows an intervention has the potential for positive outcomes, but it has not been formally evaluated. [1]
 - Many policy, systems, and environmental change (PSE) interventions may fall into this category, as their evidence continues to grow.

[1] FY 2019 SNAP-Ed Plan Guidance
<https://snaped.fns.usda.gov/snap/Guidance/FY2019SNAPePlanGuidanceFULL.pdf>

If There Is No Suitable EBI

If you are not able to find an EBI that matches your target population and desired outcomes, community setting, organizational resources, or has insufficient evidence, consider the following options:

- Select an EBI that best meets your program needs. Be aware that you might not get the same results as the studies in which the EBI was evaluated.
- Consider making adaptations to an EBI that do not alter the core components but might improve fit with the local population and setting. If modified too much, fidelity may be compromised and it may not produce the intended results.
- Conduct some research to identify if there are new, emerging programs or practices. [2]
- Consider supplementing an existing EBI with a PSE change effort, indirect education, or social marketing campaign to make the EBI more appropriate to your community's needs.

[2] A Guide to Selecting Evidence-Based Interventions (2015)
<https://www.tacfs.org/resources/Documents/Guide-to-Selecting-an-Evidence-Based-Intervention.pdf>