

2014

Maternal Child Health Services Program

[STRATEGIES]

A method or plan chosen to bring about desired futures, such as achievement of a goal or solution to a problem. It includes identifying and arranging resources for their most efficient and effective use. This process is a combination of the ends (goals) for which the organization is striving and the means (actions, policies) by which it is seeking to get there.

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◆ General Prevention



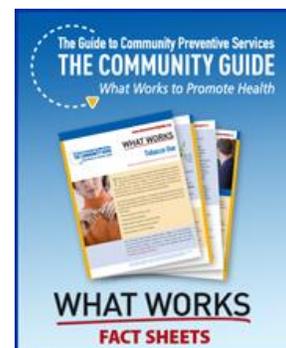
The US Preventive Services Task Force provides recommendations on researched practices in a variety of prevention topics, including public health as well as health care measures. www.uspreventiveservicestaskforce.org/recommendations.htm

	<p>What Works for Health (tobacco, alcohol, pregnancy prevention, nutrition & physical activity, socioeconomic and environmental factors of health) http://whatworksforhealth.wisc.edu/</p> <p>This database reviews policies and programs, describing expected outcomes, implementation, resources related to effectiveness and implementation, potential reach and impact on disparities, and other key information.</p> <p>Each Health Factor (Health Behaviors, Clinical Care, Social & Economic Factors, Physical Environment) links to tables describing the policy or program, the expected outcome, target population, and evidence: <i>click on a health factor</i> (in the blue boxes).</p>
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www.thecommunityguide.org/index.html

The Guide to Community Preventive Services is a free resource to help you choose programs and policies to improve health and prevent disease in your community. Systematic reviews are used to answer these questions:

- Which program and policy interventions have been proven effective?
- Are there effective interventions that are right for my community?
- What might effective interventions cost; what is the likely return on investment?



health.mo.gov/data/chir/index.html

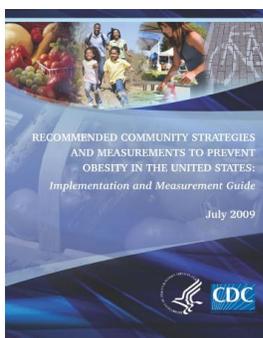
Community Health Improvement Resources (CHIR) is a public health planning process that includes seven components. These planning components – **Partnerships, Assessment, Readiness, Capacity, Intervention MICA, Evaluation and Momentum** are the building blocks of intervention planning. There are currently 12 topics included in **Intervention MICA**, and each is organized to include a description of the health condition or risk factor and information on **Populations, Settings, Strategies and Interventions** to assist in planning actions to address the issue.

◆ Obesity Prevention



www.cdc.gov/mmwr/pdf/rr/rr5807.pdf  *Recommended Community Strategies and Measurements to Prevent Obesity in the United States* contains 24 recommended obesity prevention strategies focusing on environmental and policy level change initiatives that can be implemented by local governments and school districts to promote healthy eating and active living.

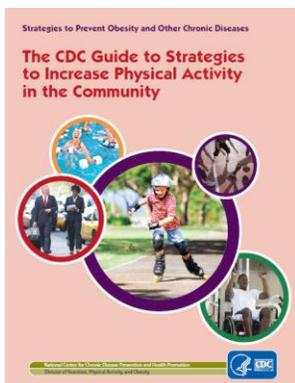
www.cdc.gov/obesity/resources/recommendations.html Links to many strategy guides on nutrition and physical activity components of obesity, including:



Recommended Strategies and Measurements to Prevent Obesity in the United States

 The *Implementation and Measurement Guide* can help communities implement the recommended obesity prevention strategies and report on the associated measurements.

www.cdc.gov/obesity/downloads/community_strategies_guide.pdf



The CDC Guide to Strategies to Increase Physical Activity in the Community

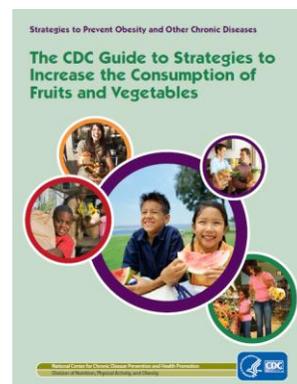
provides guidance for program managers, policy makers, and others on how to select strategies to increase physical activity.

www.cdc.gov/obesity/downloads/PA_2011_WEB.pdf

The CDC Guide to Strategies to Increase the Consumption of Fruits and Vegetables

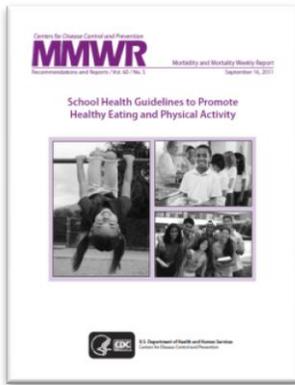
provides guidance for program managers, policy makers, and others on how to select strategies to increase the consumption of fruits and vegetables.

www.cdc.gov/obesity/downloads/FandV_2011_WEB_TAG508.pdf



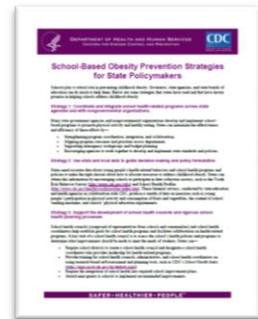
School Health Guidelines to Promote Healthy Eating and Physical Activity

www.cdc.gov/healthyyouth/npao/strategies.htm The guidelines serve as the foundation for developing, implementing, and evaluating school-based healthy eating and physical activity policies and practices for students. Each guideline is accompanied by a set of implementation strategies developed to help schools. Although the ultimate goal is to implement all nine guidelines included in this document, not every strategy will be appropriate for every school, and some schools, due to resource limitations, might need to implement the guidelines incrementally.



School-Based Obesity Prevention Strategies for State Policymakers

is designed to assist program coordinators in their efforts to inform and engage governors, state agencies, and state boards of education on how they can help address childhood obesity.



www.cdc.gov/mmwr/pdf/rr/rr6005.pdf

www.cdc.gov/healthyyouth/policy/pdf/obesity_prevention_strategies.pdf

◆ Injury Prevention

www.ihs.gov/injuryprevention/documents/david%20wallace%20effective%20stategies.pdf

Evidence-Based Effective Strategies for Preventing Injuries: *Child Restraints, Seat Belts, Reducing Alcohol-Impaired Driving, Teen Drivers, Child Abuse Prevention, Bike Helmets, Residential Fire, and Drowning*

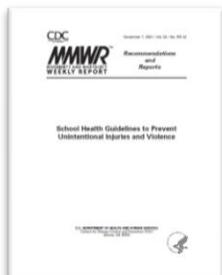
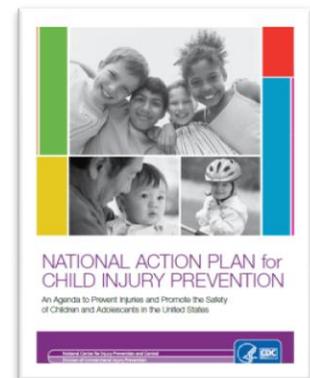
Compiled by L.J. David Wallace, MSEH at National Center for Injury Prevention and Control, CDC (2002), this report includes a table of Evidence-Based Effective Strategies for Preventing Injuries including efforts in Child Restraint Use, Use of Seat Belts, and Strategies to Reduce Alcohol Impaired Driving, to Reduce Teen Driver Crashes, to Reduce Child Abuse and Neglect, to Increase Bike Helmet Use, to Reduce Injuries from Residential Fires, to Prevent Drowning; identifies strategies, interventions and evidence.

www.cdc.gov/safecild/pdf/National_Action_Plan_for_Child_Injury_Prevention.pdf **The National Action Plan for Child Injury Prevention**

was developed by CDC and many stakeholders with Prevention Opportunities in: *motor vehicle-related suffocation drowning poisoning fires/burns falls sports and recreation*

and strategies to raise awareness about the problem of child injury and the effects on our nation; highlight prevention solutions by uniting stakeholders around a common set of goals and strategies; and mobilize action on a national, coordinated effort to reduce child injury.

(additional CDC resources: www.cdc.gov/safecild/nap/index.html#learn)



School Health Guidelines to Prevent Unintentional Injury and Violence

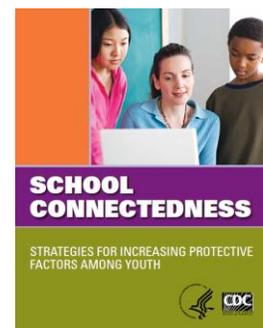
These guidelines were designed to help education agencies and schools promote safety and implement strategies to make schools safe places for students to learn.

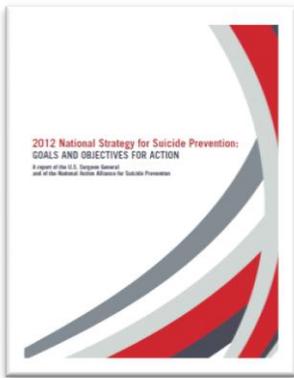
www.cdc.gov/mmwr/PDF/rr/rr5022.pdf

School Connectedness: Strategies for Increasing Protective Factors Among Youth

Six strategies that teachers, administrators, other school staff, and parents can implement to increase the extent to which students feel connected to school.

www.cdc.gov/healthyyouth/adolescenthealth/pdf/connectedness.pdf



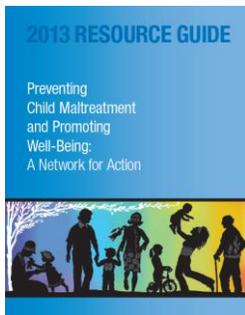
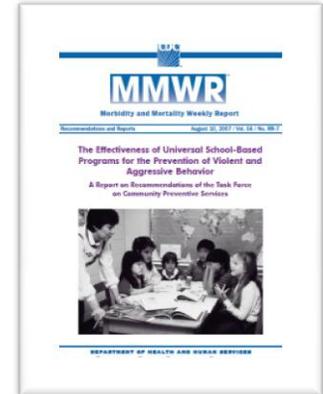


<http://store.samhsa.gov/product/National-Strategy-for-Suicide-Prevention-2012-Goals-and-Objectives-for-Action/PEP12-NSSPGOALS>

2012 National Strategy for Suicide

Prevention  outlines a national strategy to guide suicide prevention actions. Includes 13 goals and 60 objectives across four strategic directions: wellness and empowerment, prevention services; treatment and support services; and surveillance, research and evaluation.

 **The Effectiveness of Universal School-Based Programs for the Prevention of Violent and Aggressive Behavior: A Report on Recommendations of the Task Force on Community Preventive Services**
www.cdc.gov/mmwr/PDF/rr/rr5607.pdf



www.childwelfare.gov/preventing/preventionmonth/guide2013

Preventing Child Maltreatment and Promoting Well-Being: A Network for Action 2013 Resource Guide

 Supports service providers in their work with parents, caregivers, and their children to strengthen families and prevent child abuse and neglect. It focuses on the six protective factors, which have been proven to reduce the risk of abuse and neglect, and provides tools and **strategies** to integrate the protective factors into existing programs and systems.

pediatrics.aappublications.org/content/early/2011/10/12/peds.2011-2284

SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment
includes recommendations for education.

www.bmc.org/pediatrics-MA-SIDS/patientinformation/aboutSIDS-softbeddinghazards.htm

Massachusetts Center for Sudden Infant Death Syndrome applies these strategies with recommendations based on US Preventive Services Task Force recommendation levels.



◆ Adverse Birth Outcomes

www.childtrends.org/?publications=what-works-for-adolescent-reproductive-health-lessons-from-experimental-evaluations-of-programs-and-interventions-2



WHAT WORKS FOR ADOLESCENT REPRODUCTIVE HEALTH: Lessons from Experimental Evaluations of Programs and Interventions (2008)



Association of Maternal & Child Health Program resources for reducing infant mortality: www.amchp.org/programsandtopics/womens-health/infant-mortality/Pages/default.aspx



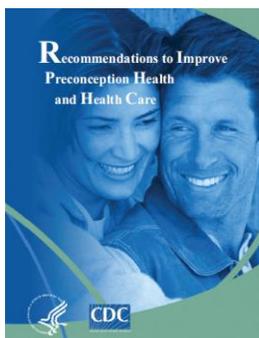
Forging a Comprehensive Initiative to Improve Birth Outcomes and Reduce Infant Mortality

www.amchp.org/programsandtopics/womens-health/infant-mortality/Documents/AMCHP%20Birth%20Outcomes%20Compendium%20012.pdf

Analysis of state action plans and national reports on reducing infant mortality led to seven broad recommendations for building a comprehensive plan to improve birth outcomes. These recommendations outline core areas for focus and planning among states and partners.

www.cdc.gov/mmwr/PDF/rr/rr5506.pdf

CDC has developed these ten recommendations based on preconception health care for the U.S. population and are aimed at achieving four goals to 1) improve the knowledge and attitudes and behaviors of men and women related to preconception health; 2) assure that all women of childbearing age in the United States receive preconception care services that will enable them to enter pregnancy in optimal health; 3) reduce risks indicated by a previous adverse pregnancy outcome through interventions during the interconception period, which can prevent or minimize health problems for a mother and her future children; and 4) reduce the disparities in adverse pregnancy outcomes.

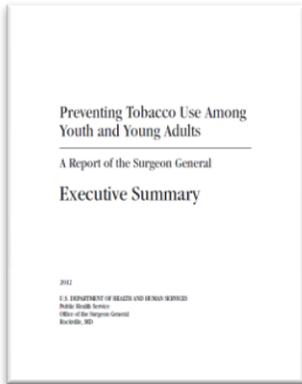


www.cdc.gov/preconception/documents/recommendationssummary.pdf

Recommendations to Improve Preconception Health and Health Care

This report includes highlights from the publication on national recommendations for improving preconception health and health care (MMWR 2006; 55 (No. RR-6)). These recommendations are designed to promote optimal health throughout the life span for women, children, and families by using both clinical care and population-focused public health strategies.

◆ **Tobacco Use Prevention**



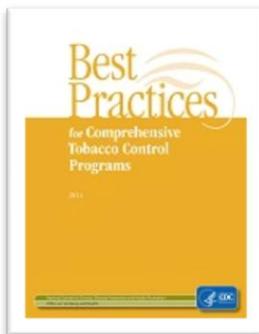
 2012 Surgeon General's Report—**Preventing Tobacco Use Among Youth and Young Adults** discusses reducing tobacco use as a winnable battle using the science with additional effort and support for evidence-based, cost-effective strategies that can be implemented.
www.surgeongeneral.gov/library/reports/preventing-youth-tobacco-use/exec-summary.pdf



www.surgeongeneral.gov/initiatives/prevention/strategy/tobacco-free.pdf

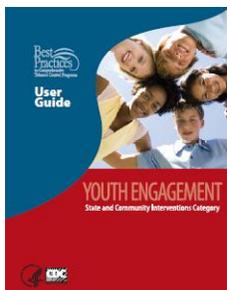
The National Prevention Strategy for Tobacco Free Living  includes strategy recommendations and tools for community partner engagement presented by the National Prevention Council.

www.cdc.gov/tobacco/stateandcommunity/best_practices/index.htm is the CDC site for Smoking and Tobacco state and community programs. From here there are links to additional strategy tools:

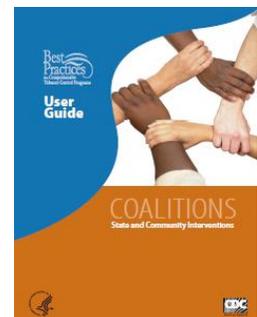


www.cdc.gov/tobacco/stateandcommunity/best_practices/pdfs/2014/comprehensive.pdf

CDC's Best Practices for Comprehensive Tobacco Control Programs—2014  describes an integrated programmatic structure for implementing interventions proven to be effective and provides the recommended level of annual investment to prevent tobacco use initiation among youth and young adults, promote cessation among adults and young people, eliminate exposure to secondhand smoke, and identify and eliminate tobacco-related disparities.



www.cdc.gov/tobacco/stateandcommunity/bp_userguide_youth/pdfs/youth_engagement.pdf  is a youth strategies guide to go with the *Best Practices* guidance resource.



www.cdc.gov/tobacco/stateandcommunity/bp_userguide/pdfs/user_guide.pdf  is a community engagement strategies tool to go with the *Best Practices* guidance resource.



Guidelines for School Health Programs to Prevent Tobacco Use and Addiction  [1994]
 Describes seven key recommendations to help design and implement quality school programs to prevent tobacco use.

www.cdc.gov/mmwr/PDF/RR/RR4302.pdf