

Evidence-based Chronic Disease Prevention Course (EBCD)

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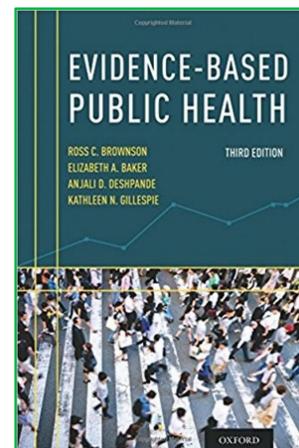
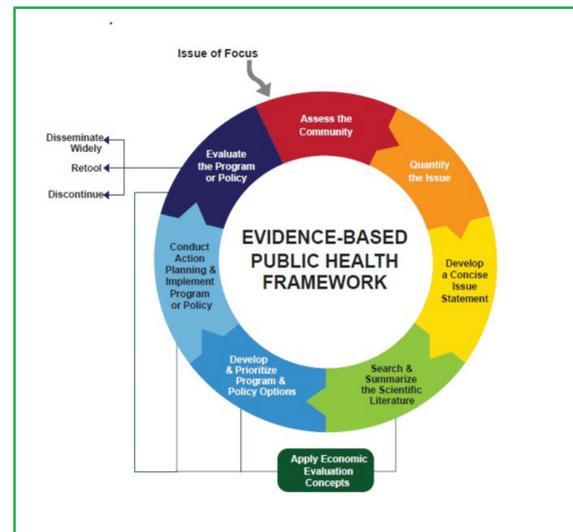
INTRODUCTION

- Evidence based public health is "the development, implementation, and evaluation of effective programs and policies in public health through application of principles of scientific reasoning." The process involves integrating science-based interventions with community preferences to improve the health of populations.
- In 1997, the Prevention Research Center in St. Louis developed a course on evidence-based public health to train the public health workforce in implementation of evidence-based public health. The course has focused primarily on skills for practitioners in **chronic disease prevention** and control.
- Through lectures, practice exercises, and case studies, the course takes an applied approach and emphasizes information that is readily available to busy practitioners.
- In three to five-day formats, the course focuses on specific skills to improve public health practice (see framework in Figure 1).

OBJECTIVES

The EBCD training course is designed to:

- Enhance evidence-based decision making skills among the public health workforce to facilitate application of those skills and tools to control chronic disease risk factors and improve health outcomes
- Build capacity within chronic disease units at the state and territorial level to train others in evidence-based chronic disease prevention



IMPACT

A web-based, follow-up survey of 144 course participants who attended a state-sponsored EBPH course between 2011 and 2013* showed that:

- 88 percent of participants said they had acquired knowledge about a new subject
- 85 percent of participants saw applications for course knowledge in their work
- 79 percent of participants reported becoming better leaders who promote evidence-based decision making
- 78 percent of participants agreed that the course improved their abilities to make scientifically informed decisions at work

*Yarber L, Brownson CA, Baker E, Jacob R, Jones E, Baumann C, et al. Evaluating a train-the-trainer approach for improving capacity for evidence-based decision making. *BMC Health Services Research*. 2015;15(1):547.

REACH

- Begun as a state-based program in Missouri, EBCD spreading to a **national program** was made possible by grants from the Centers for Disease Control and Prevention via the National Association of Chronic Disease Directors (NACDD). Since 2000, the course — held annually in St. Louis — has reached **about 550 participants from all 50 states**.
- In 2010, funding expanded to include **state-based training**. Since that time, **14 states** have completed the NACDD-sponsored train-the-trainer course. **More than 1000 state and local public health practitioners and partners** have participated in the classroom course; another 391 participated in modules online.
- Faculty and staff have published at least **15 peer-reviewed articles** about the course and its positive impact.

OUTLOOK

- The evidence-based chronic disease prevention course will continue to evolve in content and scope.
- The collective impact of the course is vast as the reach of the train-the-trainer program has increased.
- The course ties closely with several core domains within the standards of the Public Health Accreditation Board.