Evidence-Based Approaches In Teen Pregnancy, HIV, and STI Prevention

Produced by the Healthy Teen Network in partnership with the Alabama Campaign to Prevent Teen Pregnancy and the Alabama Department of Public Health

Faculty

**Mary Martha Wilson
Director
Training & Technical Assistance
Healthy Teen Network
Baltimore, MD**

Objectives

- Describe what is meant by evidence-based approaches to teen pregnancy prevention
- Identify how they are already using these approaches
- Define an evidence-based teen pregnancy prevention program

Why Evidence-Based Approaches?

- In 2002, CDC Division of Reproductive Health funded a national project to promote evidence-based approaches in teen pregnancy, HIV and STI prevention

Why Evidence-Based Approaches?

- The goal of this national project is to decrease teen pregnancy, STI, and HIV rates by increasing the use of research-proven practices and programs, or what we call "evidence-based approaches"

Defining the Terms

- Three national and five state organizations
- Was a work in progress
- Took 3 years to finalize!
- Three CDC divisions promote evidence-based approaches

Assess Your Priority Population and Community

- **Forms the foundation of all your work**
- **Use local and state data for demographics**

Assess Your Priority Population and Community

- **Use community-specific data to discover behaviors and related risk and protective factors**
  - **Focus groups**
  - **Surveys**
  - **Interviews**
  - **Observations**

Theories are Foundations

- **Knowing even a little about health behavior and health education theory will help you choose and implement a good program**
- **Health behavior theories provide the framework or scaffolding for evidence-based programs**
  - **Social Learning Theories**

Theories are Foundations

- **Health education theories guide the selection of program strategies**

Use a Logic Model

- **A good logic model will link outcomes (behaviors and factors to change) to program strategies**
- **The BDI Logic Model (we will create one shortly)**

Evaluate Your Programs

- **Process Evaluation measures how well you implemented the program**
  - **Number of sessions conducted**
  - **Number of participants attending**
  - **Participant satisfaction with program**
  - **Resources used**

Evaluate Your Programs

- Outcome Evaluation measures changes in participant knowledge, attitudes, behaviors and skills
  - Measure knowledge, attitudes, behaviors, skills both before and after program
  - Measure 3 to 6 months after end of program if possible

Use What Works Best

- Select, implement, and, if necessary, adapt programs that are either evidence-based or promising

Evidence-Based Approaches Include Both

Evidence-Based Programs

- Been proven to be effective in changing behavior
- Published in peer-reviewed journals

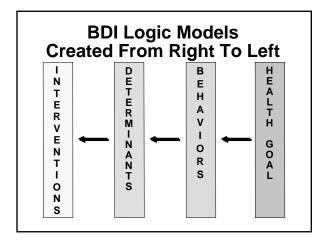## Evidence-Based Approaches Include Both

Promising Programs

- Have not been through rigorous evaluation
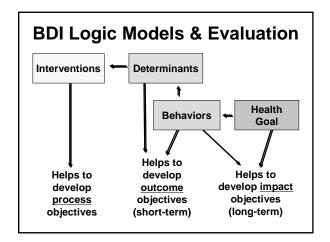- Contain most if not all of the characteristics of effective programs
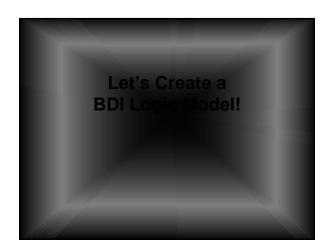
What Is the BDI Logic Model?

- The Behavior-Determinant-Intervention (BDI) Logic Model is one of many logic models
- The BDI Logic Model was developed by ETR's Douglas Kirby, PhD for use in the public health field

A BDI Logic Model Has 4 Steps

1. Establish a HEALTH GOAL
2. Identify and select important BEHAVIORS that need to be changed
3. Identify and select DETERMINANTS (risk & protective factors) of each of the behaviors selected
4. Design INTERVENTION activities to change each of the selected determinants

BDI Logic Models Created From Right To Left

INTERVENTIONS	←	DETERMINANTS	←	BEHAVIORS	←	HEALTH GOAL

BDI Logic Models & Evaluation

Interventions	←	Determinants

Behaviors ← → Health Goal

Helps to develop process objectives

Helps to develop outcome objectives (short-term)

Helps to develop impact objectives (long-term)

Let's Create a BDI Logic Model!

Summary

Evidence-based approaches include

- **Conduct assessment**
- **Understand a little program theory**
- **Use a logic model**
- **Conduct evaluation and use data**
- **Use the best program you can – one that has been proven to be effective!**

Faculty

Mary Martha Wilson
Director
Training & Technical Assistance
Healthy Teen Network, Baltimore, MD

marymartha@healthyteennetwork.org

Healthy Teen Network is a national membership organization focused preventing teen pregnancy and also supporting young families