

Intervention Planning Matrix

Map the range of approaches to address problems

Using the Intervention Planning Matrix

Consider the range of possible approaches and fill in interventions that could be utilized to address the identified health issue at the individual, organization/institution, and community levels. It may be useful to use a tool like What Works for Health in Wisconsin (<http://whatworksforhealth.wisc.edu/>) to identify evidence-based strategies. Some approaches may fit into more than one box. Just decide where it fits best. Not every box needs to be filled out. When you have exhausted the ideas, categorize interventions by indicating what is already happening in your community, what could happen easily, and what feels like a longer-term intervention. This can be used to support how you prioritize interventions in issue cutting and working towards your goals. An example is below and a blank tool follows.

Example Intervention Planning Matrix: Poor nutrition and lack of physical activity

SPHERES OF INFLUENCE

| APPROACHES | Individuals, Families, Social Networks | Organizations & Institutions | Community (neighborhoods, municipalities, counties or state) |
|--|--|---|---|
| <p>Programs</p> <p>Activities focused on increasing knowledge about health issues and/or promoting healthy behaviors</p> | <ul style="list-style-type: none"> ● Food tastings (fruit and veggies) ● Healthy cooking classes | <ul style="list-style-type: none"> ● School fruit and vegetable gardens ● Worksite wellness programs ● Walking school bus | <ul style="list-style-type: none"> ● 10,000 step competitions |
| <p>Systems Change</p> <p>Change that impacts social norms of an organization, institution, or system; may include a policy or environmental change strategy</p> | | <ul style="list-style-type: none"> ● Healthy foods at catered events ● Healthy menu alternatives at restaurants | <ul style="list-style-type: none"> ● Media campaigns re: increase in physical activity |
| <p>Environmental Change</p> <p>Physical aspects of the environment that support healthy or discourage unhealthy behaviors and conditions</p> | <ul style="list-style-type: none"> ● Television-free households | <ul style="list-style-type: none"> ● Point-of-decision prompts ● Healthy vending options | <ul style="list-style-type: none"> ● Walking and biking trails ● Community gardens |
| <p>Policy</p> <p>Policies, rules, ordinances and laws that support healthy choices</p> | <ul style="list-style-type: none"> ● Sugar-sweetened beverage tax ● Home junk food ban | <ul style="list-style-type: none"> ● Safe Routes to School ● Physical activity requirements for schools/childcare centers ● Nutrition standards for schools ● Competitive pricing for health options in worksite cafeterias | <ul style="list-style-type: none"> ● Complete Streets ● Joint use agreements for community use of school gyms/other rec facilities ● EBT at farmer's markets ● Sugar-sweetened beverage tax |

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| <p>Policy</p> <p>Policies, rules, ordinances and laws that support healthy choices</p> | | | |

The Intervention Planning Matrix was developed by the Healthy Wisconsin Leadership using the following resources:

Centers for Disease Control and Prevention. *Planned approach to community health: A guide for the local coordinator*. Atlanta, Georgia: U.S. Department of Health and Human Services.

Centers for Disease Control and Prevention. Policy and environmental change: New directions for public health. August 2001. Accessed on 11-10-2008 at <http://www.dhpe.org/healthpolicyfinalreport.pdf>

Gregson, J., Foerster, S. B., Orr, R., Jones, L., Benedict, J., & Clarke, B. et al. (2001). System, environmental, and policy changes: Using the social-ecological model as a framework for evaluating nutrition education and social marketing programs with low-income audiences. *Journal of Nutrition Education*, 33(Suppl 1), S4-15.

McLeroy, K. R., Bibeau, D., Steckler, A., & Glanz, K. (1988). An ecological perspective on health promotion programs. *Health Education Quarterly*, 15, 351-377.

Minnesota Department of Health. Comprehensive statewide health promotion plan: *Report to the Minnesota legislature 2007*. October 1, 2007. Accessed on 11-10-2008 at <http://www.health.state.mn.us/divs/hpcd/chp/chppages/pdfs/cshpp.pdf>