

## Heart Health Resource Centre: Resource Highlights

Hello,

This is the third electronic Heart Health Resource Centre (HHRC) Resource Highlights. This month, we highlight key resources in **Best and Promising Practices and Evidence Based Dissemination of Best Practices**. This overview gives you a snapshot of resources created/commissioned by the HHRC in this area. In a few weeks, we will send you information on what is available in the Ontario Health Promotion Resource System (OHPRS) system and other sources.

There is no *one* accepted definition of ‘Best Practice’ in Health Promotion. The concept stems from the evidence-based practice movement to increase the use of [literature] reviews, practice guidelines, and position papers<sup>1</sup>. This area continues to be an evolving area of health promotion practice at all levels of practice in Canada - local, provincial and national.

The HHRC has been involved in ‘Best Practice’ approaches since 1997. Documenting programs from the demonstration phase of the Ontario Heart Health Action Program, “What Worked for Us”, a 274-page report, is a collection of program descriptions and stories designed to provide practical information on all aspects of an intervention. The process steps follow an idea through its design, partnerships, implementation and evaluation. Insights and future recommendations are also given.

This report is not available in electronic format, however copies can be requested by e-mail to [heart@opha.on.ca](mailto:heart@opha.on.ca) or calling Angella Kalloo, HHRC Project Assistant, at 416 367-3313 ext 232.

### **International Best Practice Documents Part I and II**

In 1998, working with an advisory group from the HHRC, the University of Waterloo, Department of Health Studies & Gerontology and the Health Behaviour Research Group identified criteria to assess behavioural programs and used these criteria to assess heart health programs from other parts of the world working in heart health. These programs were then compiled into the **International Best Practice Documents (Part I & II)**.

These documents are a catalogue of programs that met the criteria set for best practice in heart health. These criteria include: effectiveness, plausibility and practicality (refer to the documents for in-depth explanations). In addition, programs had to address multiple risk factors in heart health. These include, risk factors such as physical inactivity, nutrition and tobacco use. Where programs had not been evaluated but are still plausible and practical, these programs were categorized as ‘promising practices’. For a full copy of these documents please refer to the links below:

[http://www.hhrc.net/pubs/skills/ibp\\_1.pdf](http://www.hhrc.net/pubs/skills/ibp_1.pdf)

[http://www.hhrc.net/pubs/skills/ibp\\_2.pdf](http://www.hhrc.net/pubs/skills/ibp_2.pdf)

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<sup>1</sup> Presentation by Dr. R. Hanning, May 12<sup>th</sup>, 2005 at Best Practices 101 workshop held by the HHRC.

### **Best Practice Dissemination Project**

This paper and dissemination model was developed to support the uptake or use of the Best and Promising practice material available to practitioners in heart health in Ontario. The paper was commissioned to better understand how the dissemination process associated with these “best practices” could be enhanced across the Ontario Heart Health Communities and Canada wide, such that more communities implement the programs. Specific examples are taken from Diabetes prevention. The paper and model are excellent tools that address effective dissemination of best practices. This work was funded by the Prevention and Promotion Contribution Program within the Canadian Diabetes Strategy of Health Canada.

Links to the report and the diagrammatic framework are:

<http://www.hhrc.net/pubs/skills/final.pdf>

<http://www.hhrc.net/pubs/skills/illustration.pdf>

### **Best and Promising Practices in Stroke & Diabetes Prevention**

Released at our “Best Practices 101” training session on May 11 & 12, 2005, the University of Waterloo, Health Behaviour Research Group has developed a catalogue of programs in the area of Stroke & Diabetes prevention in addition to heart health. These documents will be posted to the website in the coming weeks.

### **Best Practices 101 Workshop**

Last week, the HHRC held a workshop, “Best Practices 101”, aimed at increasing the knowledge and awareness of this work in the area of heart health. Resources from this training workshop will be posted in the coming weeks.

Thank you,