



## Digital Story 1, Part 4

### The Seven Steps of Evidence-informed Public Health

Bev Bryant, Manager of Education and Research Peel Public Health:

What happened in our Health Unit is that you know how things always get adapted a little bit for each particular instance, is that we sort of adapted this approach internally over the last year or two to bring these seven steps, which are the ones you have to do to bring research to a question.

You have to **define** the question.

You have to **search** for the evidence.

You have to **appraise** that evidence.

**Synthesize** that information somehow so it makes sense.

Then you need to think about how that information **applies to your setting**, which we call that a applicability and transferability discussion.

And then of course you're going to **implement** some aspect of program change, be it large or small depending on that evidence.

And then you head into your cycle of **evaluating** what happens.

Really, the only thing we added to that is at the beginning in defining the question. We added a piece where we develop a conceptual model. Sometimes the questions in public health are so convoluted and there are so many stakeholders and players and elements that we added this part where you kind of draw a picture of the problem so that you get a really good sense of what you're trying to address in a very concrete way.

And then the other thing we added at the end was a full kind of a report template following the Canadian Health Services Research Foundation model. It's called the one-two-twenty model, where you have one page of key messages, two pages of an executive summary, and about twenty pages double spaced of information.

So, we now have these reports that you can read in twenty minutes or half an hour. And we also have implemented a kind of a checklist for the manager that, at the end of the process – we call it a rapid review process – you have a report and you have a manager's summary of what went on during that rapid review. And we find this provides documentation of our process as well as an ability to kind of build knowledge in the organization, so that when that question comes up again we can say: Here's the report and from the last literature review.

