WHAT WORKS FOR HEALTH

Introductory Worksheet

This exercise walks through What Works for Health, a tool available on the County Health Rankings & Roadmaps website. What Works for Health provides communities with information to help select and implement evidence-informed policies, programs, and system changes that will improve the variety of factors we know affect health.

Directions for small group activity

Each small group will be assigned a health factor.

Our assigned health factor is: _______________________

We have _____ minutes.

Assign a time keeper, note-taker, website navigator, and reporter.

Now, go to the www.countyhealthrankings.org/roadmaps/what-works-for-health and select your health factor on the County Health Rankings model then answer the following questions.

1. How many strategies are listed in each evidence rating?
   - Scientifically supported
   - Some evidence
   - Expert opinion
   - Insufficient evidence
   - Mixed evidence
   - Evidence of ineffectiveness

2. Which decision makers are listed?

3. Select an approach to filter your list of policies and programs.
4. Select one of the decision makers and filter your list of policies and programs by that decision maker.

5. Now select a strategy. 

Our selected strategy is:

6. Review the evidence of effectiveness. Is there anything surprising?

7. What is the anticipated impact on disparities?

8. Review any implementation examples and/or resources.
   - Which would be most helpful to you?
   - Do you know of other communities that have implemented the strategy or tools to help with implementation?
   - Do you already implement this strategy in your community?

**Take-away**

You can use *What Works for Health* to find potential strategies to implement or to review evidence of effectiveness for strategies you already use.

**Which health factors or specific policies or programs do you want to review later?**