





Impact of multi-level, multi-component (MLMC) interventions to improve food intake and active living and decrease prevalence of obesity:


Process evaluation and preliminary results
ISBNPA, Cape Town, 2016

Rachel Novotny, University of Hawaii, Honolulu
Joel Gittelsohn, Johns Hopkins University, Baltimore
Bent Egberg Mikkelsen, Aalborg University, Copenhagen



MLMC Session

- **Introduction:** Rachel Novotny (5 minutes)
- **B'More Healthy Communities for Kids (BHCK)**, a multilevel obesity prevention program for African American children: Wave 1 process and impact results Baltimore Maryland USA: **Joel Gittelsohn** (20 minutes) 
- **Children's Healthy Living for Remote Underserved Minority Populations of the Pacific (CHL)** Program- A multilevel multicomponent child obesity program in 11 jurisdictions of the US Affiliated Pacific Region: **Rachel Novotny** (20 minutes) 
- **SOL** Program – a local community multi-level and multi-component health promotion program: results from 1st wave and outline of a community preparedness assessment tool, Denmark: **Bent Egberg Mikkelsen** (20 minutes) 
- **Summary:** Rachel Novotny (5 minutes)
- **Discussion:** (5 minutes)

Introduction 

- 3rd in series of ISBNPA symposia by this team, focused on synthesizing learning about the art and science of conducting MLMC interventions to prevent child obesity
- 3 MLMC programs (Handout for description of programs)
 - BHCK – Wave 2 in process
 - CHL – in preliminary analysis
 - Sol - in sustainability
- Template of 3 MLMC Program Talks Today
 - **Community Engagement** – How to engage communities?
 - **Process Measures** (Fidelity, Reach, Dose, Exposure) – How to Assess Implementation?
 - **Impact Measures** (Behaviors and Health Outcome) – Is there impact?
 - **Sustainability** (Adoption and Maintenance)– How to sustain complex MLMC interventions?

Thanks for your attention!

PhD & Training course:
Urban Spaces –
new opportunities for community
action promoting better food & health
August 29-31, 2016

Captive Foodscape Studies
Aalborg University
Copenhagen

*Arranged in cooperation with The Royal
Danish Academy of Fine Arts, Schools of
Architecture, Design & Conservation*

*Register now at AAU PhD
Moodle*



MLMC Lessons Learned



- Community Engagement
 - Relationship building
 - Readiness of communities
- Process Measures
 - Definitions – Fidelity, Dose, Reach, Exposure
 - For Monitoring
 - For Analysis measure
- Impact Measures
 - Definitions
 - Effectiveness approaches
 - Total Impact (embrace complexity) and Component analyses
 - Statistical methods –unit of analysis, implementation measures
- Sustainability/Maintenance
 - Plan from beginning- approach of supporting those relationships
 - Adoption
 - Coalitions
 - Policy change

Next Steps

- Copenhagen Workshop/course August 2016
- A Metaanalysis?
- Island Intervention (Pacific, Bahamas, Greece) Project?
- Special Interest Group on LinkedIn?
- Focus on Capacity Building, Application of Findings for Policy



Palms
