

## **Evidence-Based Intervention Planning Work Sheet**

As you are listening to the portion of the “Healthy Lifestyles for Persons with Diabetes” satellite titled, “Evidence-Based Interventions”, please use this planning tool to jot down ideas you have to begin or enhance evidence-based interventions in your community.

**1) Primary Target Group Served**

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**2) Intervention Appropriate for Target Group and Their Needs**

**Self-Management or Physical Activity Focus?** \_\_\_\_\_

**Specific Intervention?** \_\_\_\_\_

**3) Potential Trainers in My Community:** \_\_\_\_\_

**4) Potential Host Sites in My Community:** \_\_\_\_\_

**5) How Can I Market the Intervention?** \_\_\_\_\_

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**6) Are there other chronic disease programs I could collaborate with to offer the intervention—i.e. arthritis, cardiovascular, disability programs?**

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**7) Is there start-up funding available—or organizations in my community that would support this effort?** \_\_\_\_\_

**8) Do I know who/where to contact to receive more information on the intervention in which I am interested?** \_\_\_\_\_

**9) When could I begin to start planning to offer the chosen intervention?**

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