

A paved path winds through a forest with trees displaying vibrant autumn foliage in shades of orange, yellow, and red. The path leads towards a distant mountain range under a clear sky. The scene is captured from a low angle, emphasizing the perspective of the path.

The Road to Healthy Changes is Paved with Good Interventions

Conducting Case Studies of Innovative Health Strategies

**Cami Connell
and Kate Noble**

Case Studies for Health Strategies

A close-up photograph of a person's hand holding several bright red, oval-shaped cherry tomatoes. The tomatoes are still attached to their green stems. The background is a soft-focus green, suggesting an outdoor garden setting.

Why case studies?

**Data collection
methods**

**Case studies in
practice**

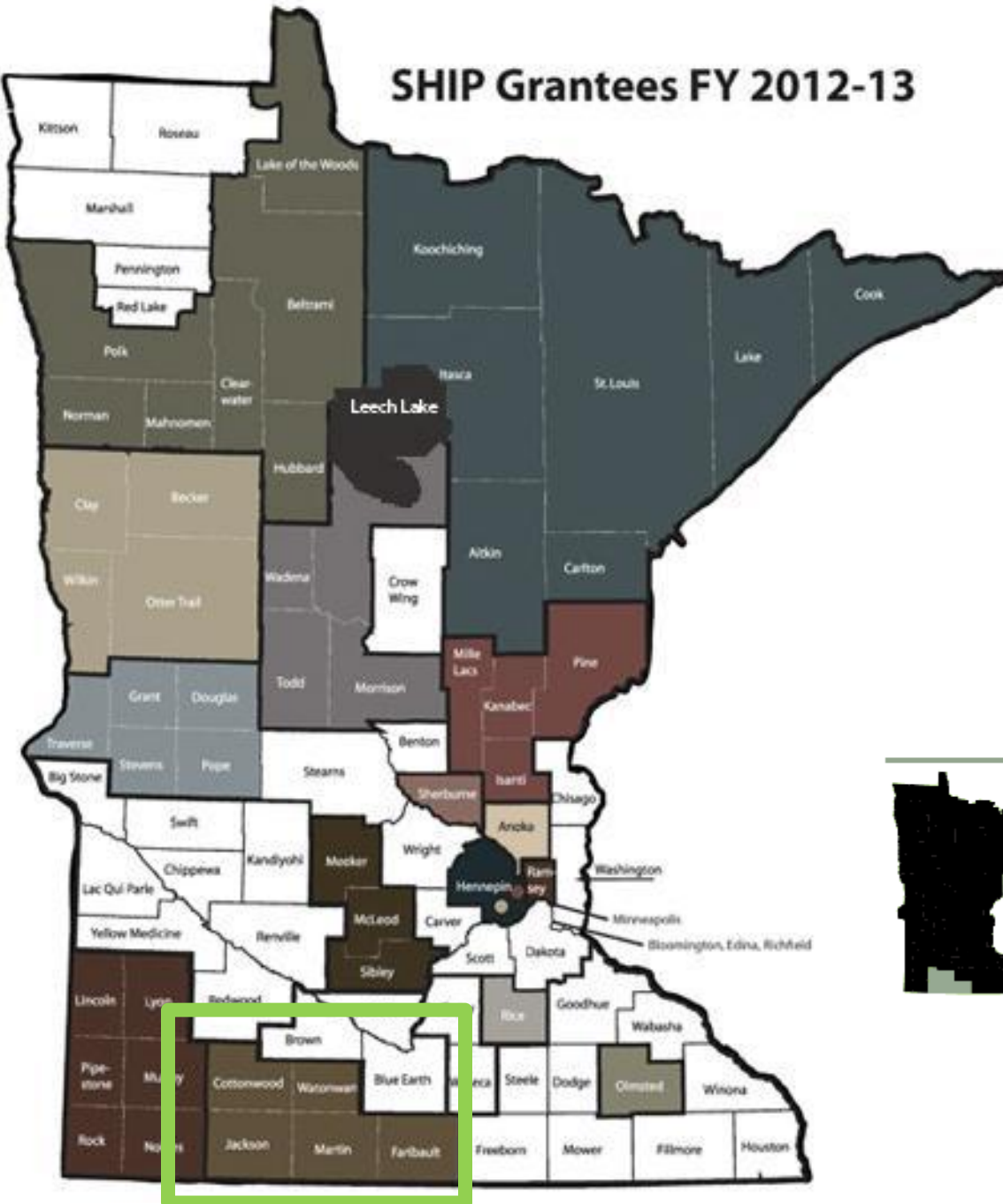
SHIP Grantees FY 2012-13

The
Improve
Group

Statewide
Health
Improvement
Program **SHIP**
H E A L T H R E F O R M



CJPW SHIP: Cottonwood, Jackson
Faribault, Martin & Watonwan counties



Why case studies for health strategies?

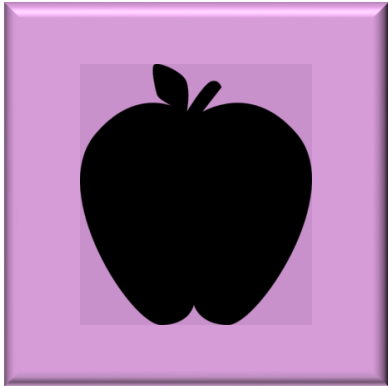


Document

Inform

Inspire

SHIP Strategies



Schools



Worksites



Communities



Heath Care
Organizations

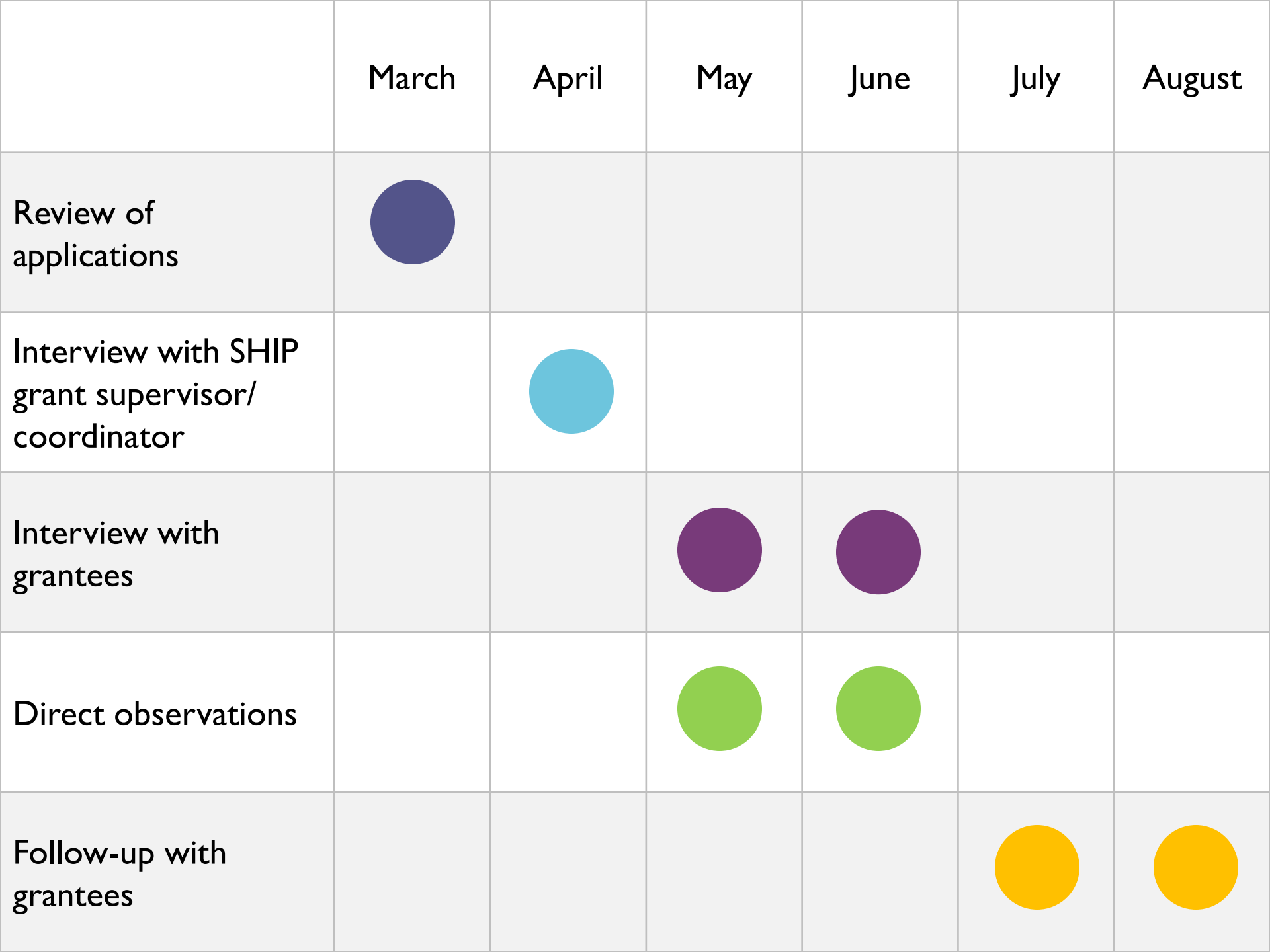
Measuring Outcomes

Long Term Outcomes

Process Outcomes

Short Term Outcomes





Planning for Observations

Choosing observations

Designing protocols

Planning for Observations

Choosing observations

Designing protocols

structured

During PE class:	Strongly displayed	Somewhat displayed	Not at all displayed	N/A	Comments
Students were encouraged to be physically active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Students appeared to be enjoying themselves/having fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Students received positive feedback for participating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Everyone had the opportunity to participate at the same time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Instructor was able to get all students to be physically active for extended periods of time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Instructor was able to get the large majority of students to be physically active for extended periods of time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Instructor used tactics for getting unenthused students to participate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

After PE class reflections: Were the same kids active (moderate or vigorous activity) or not active (standing/sitting) during the observation?

unstructured

Observation date: _____

Observer: _____

Principal/Director: _____

Other staff: _____

Were there students present?

- ☐ Yes
- ☐ No

If yes, which grade levels? _____

Were any of the following activities observed during the site visit?

- ☐ Physical Education
- ☐ Recess
- ☐ Active Classroom Activities
- ☐ Other:

Description of the school environment:

Description of visual indicators promoting healthy habits /physical activity (posters, displays, etc.):

Planning for Observations

Choosing observers

Training

Planning for Observations

Choosing observers

Training

Considerations for Observations

Observer consistency

Observer presence altering behaviors

Observation timing





Workplace
Wellness



School Physical
Activity



Community
Mobile Produce
Trailer

Featured Case Studies

Background

Process

Findings

Lessons Learned



Workplace Wellness



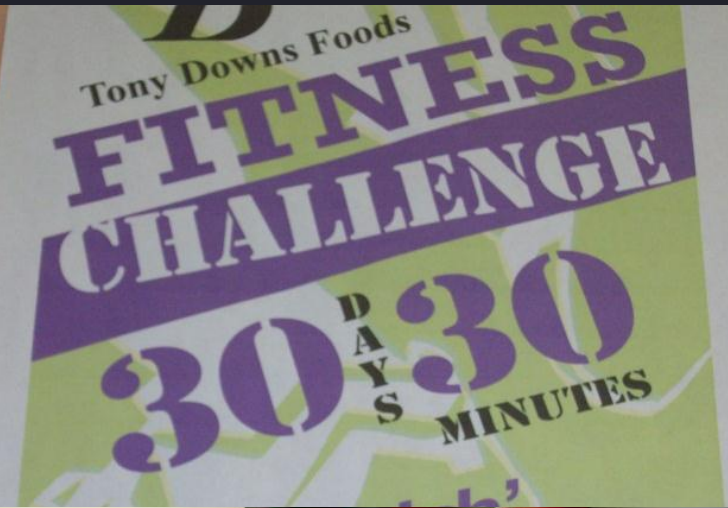
Why a meat
processing plant?

Planning

Site visit



Workplace Wellness



Findings:

- Strategies used
- Resources in Spanish
- Employee-driven solutions

Process lessons learned





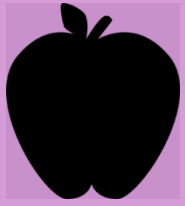
Physical Activity in Schools

Diverse Experiences

Focus on strategy
implementation

Site visit





Physical Activity in Schools

“Champions”

Buy-in

Consistency

Timing





Community Mobile Produce



Innovation

Planning and
Implementation

Shadowing



Community Mobile Produce

Planning

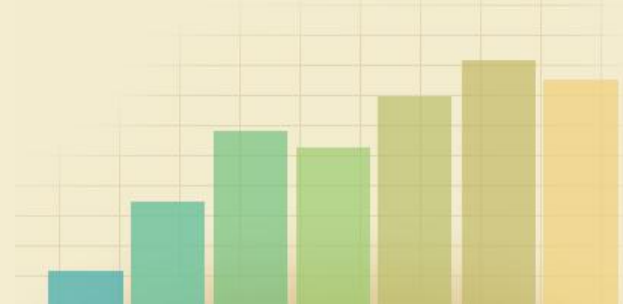
Infrastructure

Sustainability

Timing



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