



Evidence and
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9-11 October

Melbourne, Australia & Online



Behavioural and Implementation
Science Interventions
Yong Loo Lin School of Medicine



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#326 - Sustaining the Implementation of Chronic Disease Prevention Initiatives in Community Settings

Presenting Author(s)*

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Objectives/aims

Globally, there has been significant investment in the development of evidence based interventions (EBI) to prevent or reduce the incidence of chronic diseases including physical inactivity, poor diet and overweight and obesity. The sustainability of their delivery is essential if we are to continue to improve population health, minimize resource waste and maintain community trust. However, systematic review evidence has found that sustaining the routine delivery of EBIs is a significant challenge and, until recently, has been overlooked. Following best practice, intervention researchers should be assessing, addressing and planning for sustainability from the start. This workshop aims to introduce participants to: (i) the concept of EBI sustainability; (ii) determinants to sustaining EBIs; (iii) current theories, frameworks and applications; and (iv) practical methods for planning and addressing sustainability.

Methods

Session format:

- (i) Presentation on main concepts and current evidence in the sustainability field (10 mins);
- (ii) Interactive activity “think, pair, and share” where participants will:
 - Think of a chronic disease prevention program they have been involved in that has ceased delivery and reflect on why they believed it wasn’t sustained
 - Pair with other participants to share their insights about the program and what they believe are the top reasons why it wasn’t sustained

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- Share with the rest of the group the common reasons for their programs not being sustained (15 mins);

(iii – part 1) Presentation on theories, frameworks, planning tools and their application in the field of sustainability (15 mins);

(iii – part 2) Participants will be provided with a case study of a chronic disease prevention program. Using this case study, participants will complete a sustainability planning tool, the Program Sustainability Assessment Tool (PSAT) and score this program. The PSAT will enable participants to assess this program's current capacity for sustainability, and identify factors that may impact on the program's long-term delivery. Their responses will identify sustainability strengths and challenges which they will use to guide sustainability action planning for the program. Participants will identify and discuss the lowest scoring domain for their project, determine whether similarities were identified across groups and think of possible solutions or ideas of how they may address this issue (30 mins);

(iv) Presentation and short activity on how participants can map identified barriers and address targeted behaviours to select appropriate sustainability strategies using existing methods and sustainability taxonomies (20 mins).

Main findings

This interactive workshop seeks to introduce participants to Sustainability Science an emerging field within implementation science. The workshop will use adult learning principles to engage participants. Theoretical learnings will be supported by practical application through the use of case studies in small group work. Specifically, participants will be taken through a process of planning for the sustainment of evidence-based interventions, which they will be able to apply to their own research and practice. Participants will be provided with readings and worksheets at the workshop.