Johns Hopkins Lifestyle Management to Improve Healthy Behaviors: Moving Evidence to Practice
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Problem:
Although methods and frameworks assist in understanding behavior change, less information is available on the process by which this evidence-based information can be used to develop behavior modification interventions aimed at reducing risk factors for the development of chronic health conditions.

Evidence:
The prevalence of risk factors associated with the development of chronic health conditions continues to increase. Many health promotion programs focus efforts on the modification of behaviors associated with these risk factors. The health belief model, the transtheoretical model, and the social cognitive theory have all been used to understand behavior change.

Strategy:
This study aims to describe the process by which evidence-based models, theories, and health promotion literature can be used to develop behavior modification interventions.

Practice Change:
Evidence-based models, theories, and health promotion literature were used to develop an adult lifestyle management program. This evidence was used to select assessment tools, stratify the population by likelihood to take action, and develop evidence-based interventions.

Evaluation:
A health-risk assessment tool was tailored to elicit individual health perceptions and status in conjunction with the health belief model. The validated Patient Activation Measurement (PAM) survey was selected for its ability to identify individual stage of readiness to change in alignment with the transtheoretical model. Interventions were designed and resources were identified to address cognitive, environmental, and behavioral factors in alignment with the social cognitive theory. Tools were developed and tailored to impact healthy decision-making, self-monitoring, goal-setting, problem solving, and self-reward.

Results:
The results of this study highlight the ease of applying multiple behavior change models and theories to the development of an adult lifestyle management program aimed at improving the adoption and maintenance of healthy behaviors.

Recommendation:
Evidence-based behavior change models and theories can and should be used in selecting tools and developing behavior modification interventions.
Lessons Learned:
Multiple behavior change methodologies can be used in combination and with health literature when selecting or developing a health promotion program.

References: