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Suggested Readings Program Planning and Evaluation Courses

Program Planning and Design

Kristjansson, A. L., Mann, M. J., Sigfusson, J., Thorisdottir, I. E., Allegrante, J. P., & Sigfusdottir, I. D. (2019). **Development and Guiding Principles of the Icelandic Model for Preventing Adolescent Substance Use**. Health Promotion Practice. <https://doi.org/10.1177/1524839919849032>

- This article describes the development of the Icelandic Prevention Model (IPM). Based on theories of change and Icelandic culture, the model emerged as a collaborative, community-based response to address a significant and unexpected increase in adolescent substance use by Icelandic youth in the 1990s. Pre-and post-intervention results show significant reduction in a range of related attitudes and behaviors. The model's five guiding principles are described; an accompanying table shows their integration in each intervention step. This is the first of a two-part series; the second paper presents the implementation steps and strategies. The article is supported by an excellent website Planet Youth <https://planetyouth.org/> which provides images, short reports, and additional material related to the Icelandic Model
- 8 pages, free download through the link (library subscription or SOPHE membership not required). Written in a style that should be accessible to undergraduate and graduate-level readers.

Chen, E., Leos, C., Kowitt, S. D., & Moracco, K. E. (2019). **Enhancing Community-Based Participatory Research Through Human-Centered Design Strategies.** *Health Promotion Practice.* <https://doi.org/10.1177/1524839919850557>

- Comparison of the values, purpose, methods, and outcomes of Human Centered Design and Community-Based Participatory Research. The authors work through an example of how HCD and CBPR would approach the same issue differently. Key design principles include centering empathy and rapid prototyping. The authors show the potential power of integrating HCD principles into health promotion interventions.
- 12 pages, including full page table comparing CBPR and HCD principles, HCD constructs, and ways to combine HCD and CBPR in a real application. Engaging writing style that should be accessible to undergraduate and graduate-level readers.

Garney, W., Wilson, K., Nelson, J., Muraleetharan, D., McLeroy, K., & Baletka, D.-M. (2019). **Ecological Approaches to Teen Pregnancy Prevention: An Examination of Evidence-Based Interventions.** *Health Promotion Practice, 20*(4), 494–501. <https://doi.org/10.1177/1524839918815463>

- This article reports on a meta-analysis of evidence-based teen pregnancy prevention programs, focusing on each program's social-ecological levels of approach, intervention, and measurement. The analysis reveals the need for more evidence-based interventions addressing and measuring environmental and policy level changes.
- 8 pages, tables showing the meta-analysis process and categorization of results. An excellent introduction to systematic mapping and meta-review. Straightforward language, should be accessible to undergraduate and graduate program planning students.

Roe, K. M., & Mata, H. J. (2019). **The Power of Words.** *Health Promotion Practice, 20*(2), 153–156. <https://doi.org/10.1177/1524839919827900>

- Commentary by HPP journal leadership regarding the importance of word choices when framing issues, identifying priority populations, developing change goals, and communicating about programs. Specific example shows changing language for substance use.
- 4 pages, [free to download from link](#) (does not require library subscription or SOPHE membership), accessible language, suitable for all undergraduate and graduate levels.

Sims, J., & Aboelata, M. J. (2019). **A System of Prevention: Applying a Systems Approach to Public Health**. *Health Promotion Practice*, 20(4), 476–482. <https://doi.org/10.1177/1524839919849025>

- Introduction of the Prevention Institute's System of Prevention Framework for community-based prevention design. The authors argue that the systems currently creating poor health outcomes can be redesigned to produce health, safety, and equity. Specific examples from across the U.S. are provided for each key step of the System of Prevention.
- 7 pages, [free to download from link](#) (does not require library subscription or SOPHE membership), includes 3 color pages illustrating the System of Prevention. Written in clear, accessible language, suitable for undergraduate or graduate level instruction.