

WEBINARS:

A low-cost, interactive education strategy for disseminating public health research evidence

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Evidence



inform

**Decision
Making**

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Effect of childhood obesity prevention programmes on blood lipids: A systematic review and meta-analysis

Review Quality Rating: 9 (strong) [View Quality Assessment](#)

Citation: Cai L, Wu Y, Cheskin LJ, Wilson RF, & Wang Y. (2014). Effect of childhood obesity prevention programmes on blood lipids: A systematic review and meta-analysis. *Obesity Reviews*, 15(12), 933-944.

Abstract

We aimed to assess the effects of childhood obesity prevention programmes on blood lipids in high-income countries. We searched MEDLINE, Embase, Psychinfo, CINAHL, clinicaltrials.gov, and the Cochrane Library up to 22 April 2013 for relevant randomised controlled trials, cross-experimental studies and natural experiments.

Review Quality Rating: 9 (strong) [View Quality Assessment](#)

Author: Cai L, Wu Y, Cheskin LJ, Wilson RF, & Wang Y. (2014). Effect of childhood obesity prevention programmes on blood lipids: A systematic review and meta-analysis. *Obesity Reviews*, 15(12), 933-944.

Simplified Quality Assessment

1. Clearly focused PICO	
2. Clearly outlined inclusion criteria	
3. Comprehensive search strategy	
4. Adequate duration of search strategy	
5. Level of evidence clearly justified	
6. Quality assessment of included studies conducted	
7. Quality assessment of included studies transparent	
8. Appropriate combining of results across studies	
9. Appropriate weighting of results across studies	
10. Author interpretation of results supported by data	

TOTAL SCORE: 9/10

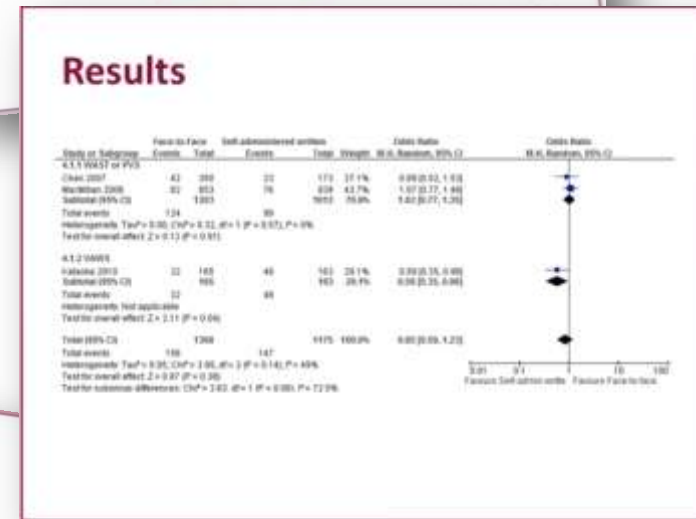
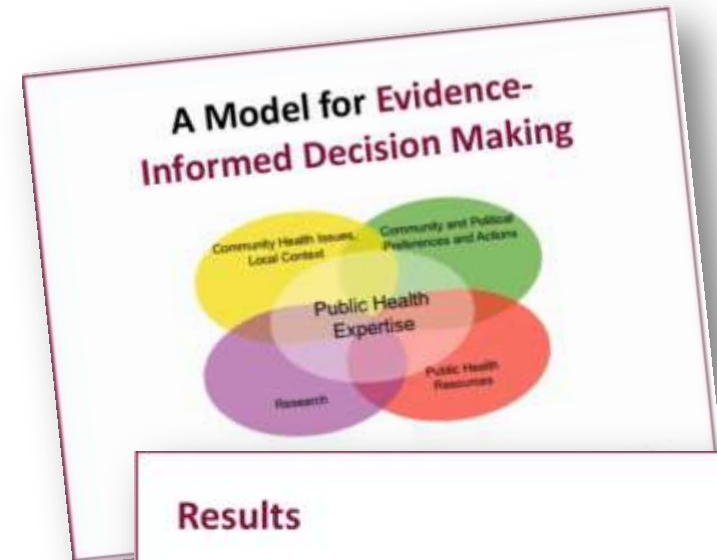
Objectives

- Disseminate high quality evidence to the public health workforce
- Provide a forum for public health professionals to improve individual (thus organizational) capacity for evidence-informed decision making

Webinar Format

- 60-90 min monthly webinars held via WebEx

1. Overview of principles of EIDM (15 mins)
2. Author presentation of findings (30 mins)
3. Question & answer (30 mins)



Questions?

Poll questions

1. What sector are you from?
2. How many people are watching today's session with you?
3. Have you heard of PICO(S) before?
4. How often do you use systematic reviews to inform a program/services?
5. Pre/Post review knowledge question
6. Do you agree with the findings of this review?

Poll Question #4

How often do you use Systematic Reviews to inform a program/services?

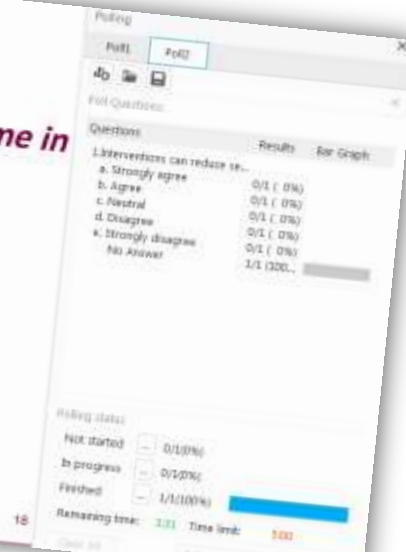
- A. Always
- B. Often
- C. Sometimes
- D. Never
- E. I don't know what a systematic review is



Poll Question #5

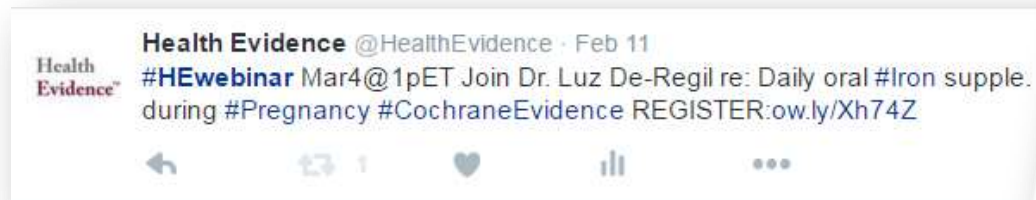
Interventions can reduce sedentary time in adults

- A. Strongly agree
- B. Agree
- C. Neutral
- D. Disagree
- E. Strongly disagree



Review Selection & Promotion

- Recent, methodologically strong reviews from Health Evidence™ repository
 - Review authors contacted ~3 mths in advance
- Webinars promoted via:
 - Monthly newsletters
 - Social media: Twitter, Facebook



Event Information: Reducing saturated fat intake for cardiovascular disease: What's the evidence?

Registration is required to join this event. If you have not registered, please do so now.



Event status: Not started ([Register](#))
Date and time: Tuesday, June 21, 2016 11:30 am Eastern Daylight Time (New York, GMT-04:00) [Change time zone](#)
Panelist(s) Info: Dr. Lee Hooper, Reader in Research Synthesis, Nutrition & Hydration in the Norwich Medical School at the University of East Anglia
Duration: 1 hour
Description: Health Evidence will be hosting a 60 minute webinar examining the effect of reducing saturated fat intake for cardiovascular disease.

Lee Hooper, Reader in Research Synthesis, Nutrition & Hydration in the Norwich Medical School at the University of East Anglia will be leading the session and will present findings from her latest Cochrane review:

Hooper L., Martin N., Abdelhamid A., & Smith G.D. (2015). [Reduction in saturated fat intake for cardiovascular disease](#). *Cochrane Database of Systematic Reviews*, 2015, CD011737.

Public health recommendations for fat reduction and modification as prevention of cardiovascular disease have changed little over time. This Cochrane review examines the effect of reducing saturated fat intake through modification on cardiovascular morbidity and mortality through 15 randomised control trials. 17 comparisons with 59,000 participants demonstrate a 17% (RR 0.83; 95% CI 0.72-0.96) reduction of cardiovascular events by reducing dietary saturated fat. This webinar will examine the effect of replacing saturated fat with carbohydrate, polyunsaturated and monounsaturated fat on cardiovascular morbidity and mortality, and explore future recommendations.

[Join Event Now](#)

You cannot join the event now because it has not started.

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Monthly Webinar Series

Month	Presenter	Topic
Feb. 2015	Baker P.	Community physical activity INT
Mar. 2015	Ganann R.	Youth fruits & vegetables INT
Apr. 2015	Stacey D.	Treatment & screening decision aids
June 2015	Thomas R.	Family-based tobacco INT
Sept. 2015	Thomas R.	School-based tobacco INT
Oct. 2015	Peirson L.	Overweight/obesity prevention
Nov. 2015	Kristjansson E.	Food supplementation programs
Dec. 2015	Hussain N.	Intimate partner violence screening
Jan. 2016	Hoffman S.	Tobacco control policies
Feb. 2016	Forbes D.	Exercise for dementia
Mar. 2016	De-Regil L.M.	Iron supplementation for pregnancy
April 2016	Martin A.	INT to reduce sedentary time

Webinar Promotion Strategies

- Avg 125 clicks on webinar links from Health Evidence™ monthly newsletters per webinar
- 7 Tweets posted per webinar
 - 20 engagements (Re-Tweets, Likes, Link clicks)
- 6 Facebook posts per webinar
 - 52 users reached

Webinar Participants

- Attendance rate: 47.1% per session
 - 75 attendees/160 registrants

Attendee field of work	Percentages
Public Health Practitioner	54%
Health Practitioner (Other)	16.5%
Provincial/Territorial/Government/Ministry/Municipality	5%
Research	7.2%
Policy Analyst	3.5%
Education	2.2%
Other	10.1%

Standard Poll Questions

- Have you heard of PICO(S)?
 - Yes (54%), No (46%)
- How often do you use Systematic Reviews to inform a program/service?
 - Always (11.7%), Often (41.5%), Sometimes (37.2%), Never (4.3%), I don't know what a systematic review is (5.2%)

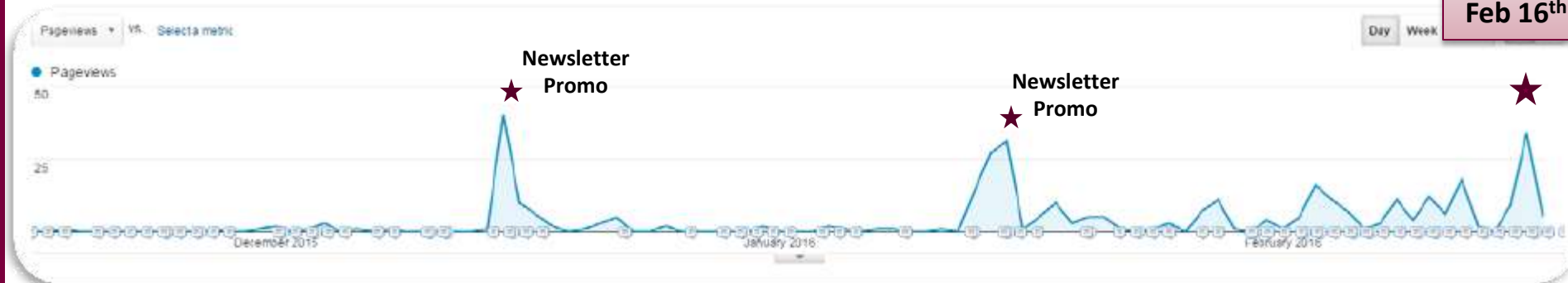
Standard Poll Questions

- Pre-post knowledge questions: Do you agree with the effectiveness of the intervention?
 - Participant knowledge improved 10-31.8% pre-post (avg.=19.2%)
- Do you agree with the review findings?
 - Strongly agree (15.4%), Agree (67.1%), Neutral (15.8%), Disagree (1.8%), Strongly disagree (0%)

Google Analytics

- Avg page views per day 90 days before webinar = 1.8 (0.03-5.33)
 - Avg page views on day of session = 33.1 (8-51)
- 1770.3% average increase

HE
Webinar
Feb 16th



Sharing Webinar Materials

- YouTube: avg. 56 views/session (1 mth post session)
- SlideShare: avg. 168 views/session (1 mth post session)

Results: Pure prevention cohort (49 C-RCTs, 73 arms): Follow-up < 1 year

Curriculum	OR	95%CI	P
All curricula	0.94	0.85, 1.05	
Combined social competence & social influences	0.49	0.28, 0.87	0.01
Social influences	1.00	0.88, 1.13	
Multimodal	0.89		

School based curricula for preventing smoking
What's the evidence?

Health Evidence
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Health Evidence
Helping public health we have evidence in practice

Welcome!

Comparing screening tools for intimate partner violence detection: **What's the evidence?**

You will be placed on hold until the webinar begins. The webinar will begin shortly, please remain on the line.

Comparing screening tools for intimate partner violence detection: What's the evidence?

Health Evidence
59 views

Health Evidence™
Helping public health we have evidence in practice

Welcome!

School-based programmes for preventing smoking in children and adolescents:
What's the Evidence?

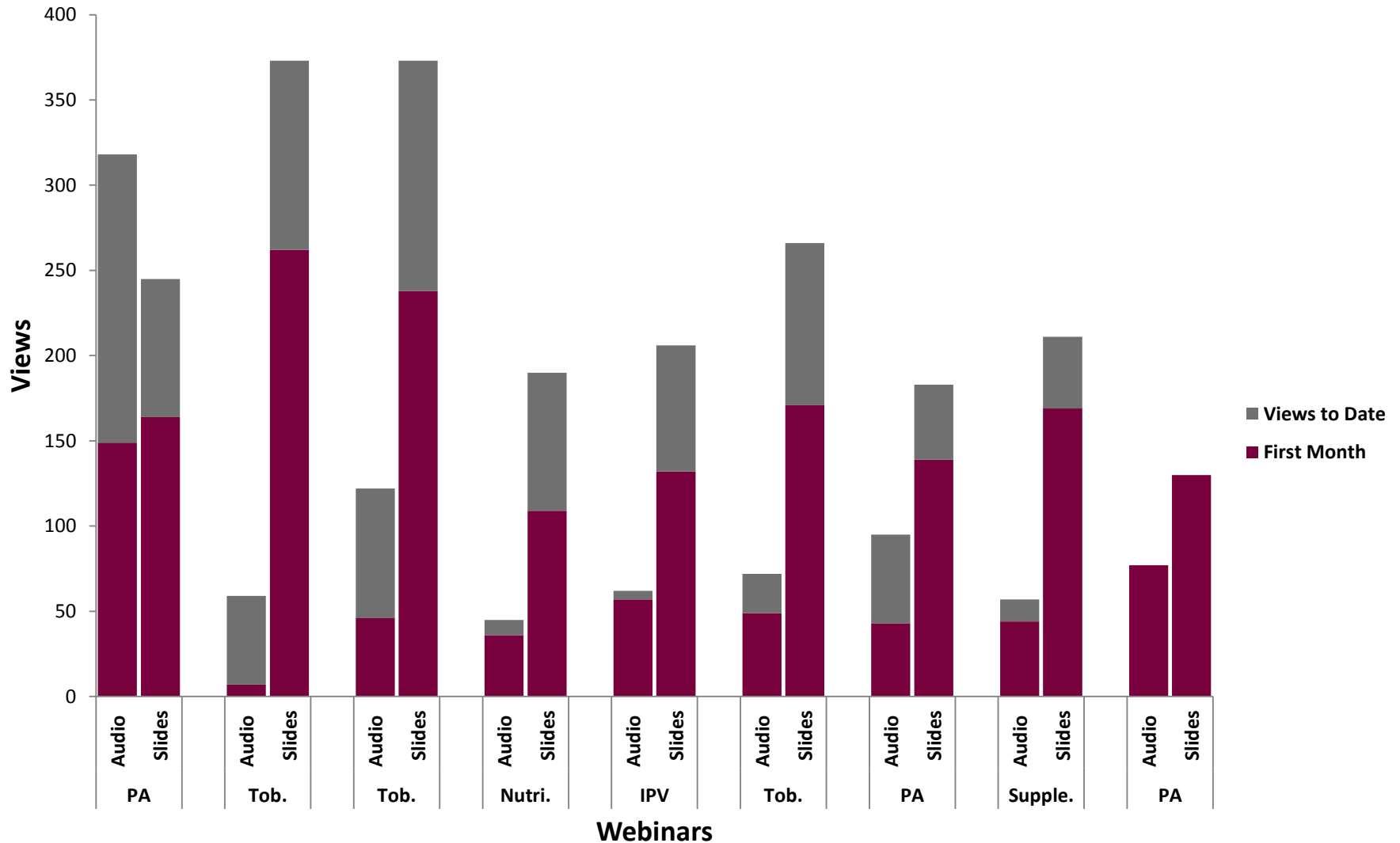
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Privacy Settings Analytics PRO Collect Leads

School based curricula for preventing smoking in children and adolescents What's the evidence?

481 views

Sharing Recordings & Slides



Implications

- Web-based platform allows for attendance by a large international audience, & availability of webinar slides and recordings allows for asynchronous attendance
 - Time and cost savings
- Access to review authors via Q&A enrich the participant learning experience
- Webinars increase awareness of, access to, and interpretation of review-level evidence
 - Enhanced capacity for evidence-informed decision making, results in implementation of effective interventions and improved allocation of resources

Webinars support evidence-informed public health

- Webinars appear to be a promising mechanism for promoting evidence in public health decision making to wide audiences
- The positive results observed reinforce the ongoing implementation of webinars as part of a comprehensive KT strategy

Questions?

Contact Us:
info@healthevidence.org