

To view an archived recording of this presentation please click the following link:



<http://pho.adobeconnect.com/pd782eqhjk7z/>

Please scroll down this file to view a copy of the slides from the session.

*Disclaimer*

**This document was created by its author and/or external organization. It has been published on the Public Health Ontario (PHO) website for public use as outlined in our Website Terms of Use. PHO is not the owner of this content. Any application or use of the information in this document is the responsibility of the user. PHO assumes no liability resulting from any such application or use.**

# Helpful tips when viewing the recording:

- The default presentation format includes showing the “event index”. To close the events index, please click on the following icon  and hit “close”
- If you prefer to view the presentation in full screen mode, please click on the following icon  in the top right hand corner of the share screen

## WEBINAR HANDOUT

# Creating capacity-building interventions that work: what the evidence tells us

By Andrea Bodkin, Senior Program Specialist, Health Promotion and Special Project Unit, Health Promotion, Chronic Disease and Injury Prevention Department, Public Health Ontario.

## Introduction

The purpose of this webinar is to introduce the key findings from recent research on capacity building. Please contact Andrea Bodkin at [andrea.bodkin@oahpp.ca](mailto:andrea.bodkin@oahpp.ca) for details related to and use of this handout.

## What is capacity building?

The World Health Organization defines capacity building as “the development of knowledge, skills, commitment, structures, systems, and leadership to enable effective health promotion, with actions to improve health.”<sup>1(p.341-342)</sup> The definition includes action at three levels:

1. The advancement of knowledge and skills among *practitioners*
2. The expansion of support and infrastructure for health promotion in *organizations*
3. The development of cohesiveness and partnership for health in *communities*<sup>1</sup>

PHO conducted two systematic reviews to examine the evidence around the role of capacity building in public health. Two articles summarizing their results were published in BMC Public Health: *Theories, models and frameworks used in capacity building interventions relevant to public health*;<sup>2</sup> and *Effectiveness of capacity building interventions relevant to public health practice*.<sup>3</sup>

## Theories, models and frameworks

This systematic review<sup>2</sup> was conducted to identify conceptual foundations for capacity building by examining the theories, models and frameworks used to support capacity building. Nineteen papers were included in the review: eight were rated as strong and 11 papers were rated moderate, primarily as the theory, model or framework was implicitly rather than explicitly stated.

Four theories, seventeen models, and seven frameworks were identified in the studies included in the systematic review. Five were identified for consideration as a theoretical foundation for designing and implement capacity building approaches relevant to public health:



## Implications for practice

Overall, the two systematic reviews support the effectiveness of capacity building interventions to increase knowledge, skills, self-efficacy, changes in practice/policy, application and perceptions of system-level capacity. However this evidence exists mainly at the individual level.

## Resources

The **Health Promotion Foundations Course**, developed by PHO, contains a useful overview of why and how health promotion theories, models and frameworks can be used. Available from:

<https://www.publichealthontario.ca/en/LearningAndDevelopment/OnlineLearning/HealthPromotion/Pages/HP-Foundations.aspx>

The Health Promotion and Special Projects Unit at PHO can support you and your organization on a number of topics, including capacity building, program planning and evaluation, health equity and using evidence. Contact Andrea Bodkin at [andrea.bodkin@oahpp.ca](mailto:andrea.bodkin@oahpp.ca) or 647.260.7296 to learn more.

## References

1. Smith BJ, Tang KC, Nutbeam D. WHO Health promotion glossary: new terms. *Health Promotion International*. 2006;21(4):340-5.
2. Bergeron K, Abdi S, DeCorby K, Mensah G, Rempel B, Manson H. Theories, models and frameworks used in capacity building interventions relevant to public health: a systematic review. *BMC Public Health*. 2017;17(914)
3. DeCorby-Watson K, Mensah G, Bergeron K, Abdi S, Rempel B, Manson H. Effectiveness of capacity building interventions relevant to public health practice: a systematic review. *BMC Public Health*. 2018;18(684)