

Reflection

Strengthen your partnership

As you review your evaluation data and share the findings with others in your partnership and through the broader community you may find that you have either the opportunity for new partners (e.g., there is a new partner who is excited about your work) or the need for new partners (e.g., you realize you need greater worksite support for the intervention to be effective). Alternately, you may have the right partners at the table but you realize that the intervention is not being implemented as well as it could be because of partnership challenges. For example, your intervention may rely on referrals between partner organizations but the referrals are not as plentiful as you anticipated. You might find that this is because of inconsistent understanding of eligibility for the program, or lack of support for the program. These are partnership challenges that interfere with the success of the program.

Consider your unintended outcomes and lessons learned and improve your intervention activities and evaluation methods accordingly

You may find from speaking with the individuals in your intervention that your intervention may be not only influencing the individuals enrolled but also factors in the environment that influence the ability to make lifestyle changes. For example, by creating buddy systems at work for physical activity there has been an increased desire on the part of the workers to create a walking path around the facility. You may find that you can improve the impact of your intervention by intentionally addressing these unintended outcomes, for example by encouraging management to create a walking trail. In addition, while you have heard of these influences you may want to change your evaluation to more intentionally track these changes knowledge, attitudes, behaviors, environments and/or policies.

Identify the ongoing needs of the community

Any one program or strategy is unlikely to address all the factors in the community that influence heart disease and stroke prevention and management. You may find that your program is successful in its intent but is not having the impact it could have because there are community wide influences that are not addressed. For example, you may find that your community still allows smoking in many areas. You may decide to expand your efforts by moving to address these policies in addition to enhancing supportive relationships.

Sustain your efforts

Involve others in your work, make changes when necessary, find new and creative ways to develop your intervention messages and share your successes. Go to [Momentum](#) for more information.