

What is Evidence Based?

Evidence-based programs, policies, and practices have been rigorously tested and are proven to be effective. This evidence has been reviewed by experts in the field who agree with its conclusions. These evidence-based strategies have been tested in the field and are shown to have their intended impacts with specific populations when conducted with fidelity, making the outcomes of the strategy relatively predictable. Ultimately, when you implement an evidence-based strategy with fidelity, you can be confident that you are delivering a strategy that works, that you will achieve outcomes promised by the strategy, and that you are providing the best possible strategy for your community.

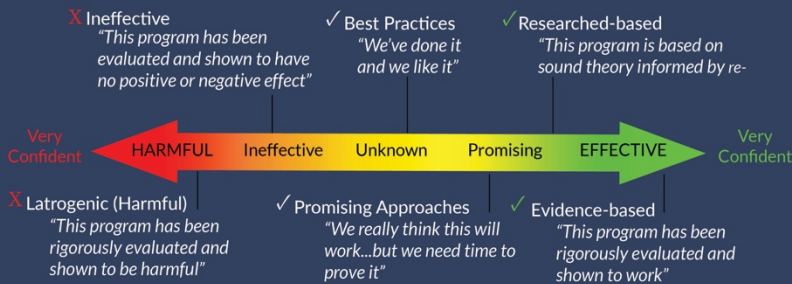
The Best Strategies

The best strategies are the ones that have been rigorously tested and are included on registries or with evidence that supports the effectiveness from academic journals. Not all research is created equal, so be sure to note what sort of evidence is supporting the strategy you are considering. See the chart to the right and note that the higher on the chart the methodology is, the stronger the evidence for the program.



Programs/services can be placed along a continuum of confidence based on their evidence or theory

Bumbarger and Rhodes, 2002



How confident are we that this program or practice is a good use of resources AND improves outcomes for children and families?

The Continuum

When reviewing potential strategies, it is helpful to categorize them based on the strength of their evidence to assist with comparing multiple strategies. The Continuum to the left is a helpful way to think about comparing the strength of evidence.