

## Evidence-Based Interventions (EBIs) or Evidence-Based Strategies for Holden Community Grant

**\*\*Note:** You may also select EBIs or evidence-based strategies from [The Community Guide](#) or [Evidence-Based Cancer Control Programs](#)

### **Diet and Nutrition:**

- **[Healthy Options Program:](#)** This website provides tips and resources for the implementation of the Healthy Options Program. This program encourages customers at restaurants to make healthy choices from the menu. This can be used as a research and program guide for community stakeholders.
- **[Med-South Lifestyle Program:](#)** The Med-South Lifestyle Program (MSLP) is an evidence-based, behavior change intervention that translates a Mediterranean dietary pattern for the Southeastern U.S. population. The program also includes support for increased physical activity and has optional smoking cessation and medication adherence components.

### **HPV Vaccination:**

- **[Clinic-based interventions for HPV Vaccination:](#)** Summary for evidence supporting clinic-based interventions
- **[IQIP Strategies for Health Care Providers:](#)** Summary of recommendations for increasing HPV vaccination

### **Physical Activity:**

- **[Active Iowa:](#)** A community-based program created by the University of Iowa Prevention Research Center for Rural Health (UI PRC-RH). The program aims to promote, support, and sustain physical activity for adults in micropolitan communities.
- **[Move Your Way:](#)** Move Your Way® is the promotional campaign for the second edition of the Physical Activity Guidelines for Americans.
- **[Building a Healthier Workplace Toolkit:](#)** This toolkit serves as a guidebook for groups interested in evaluating how current or new buildings can influence physical movement, collaboration, and sustainability. This toolkit can be used to drive health policy decisions regarding built environments.

### **Radon:**

- **[Incorporating Evidence-based Interventions for Radon into Cancer Control Plans:](#)**  
This document from the American Lung Association lists EBIs and policy recommendations for Radon
- **[National Radon Action Plan:](#)** The National Radon Action Plan (NRAP) serves as a framework to guide nationwide action to eliminate preventable lung cancer from radon in the U.S. by expanding protections for all communities and buildings.

**Sun Safety Curriculum:**

- **[Ray and the Sunbeatables \(Pre-K-1 and 2-5\) Sun-Safety Curriculum](#)**
- **[NEEF Sunwise \(K-8\) Sun Program](#)** (Updated version of EPA Sunwise Curriculum)