An intervention is a combination of program elements or strategies designed to produce behavior changes or improve health status among individuals or an entire population. Interventions may include educational programs, new or stronger policies, improvements in the environment, or a health promotion campaign. Interventions that include multiple strategies are typically the most effective in producing desired and lasting change.

Interventions may be implemented in different settings including communities, worksites, schools, health care organizations, faith-based organizations or in the home. Interventions implemented in multiple settings and using multiple strategies may be the most effective because of the potential to reach a larger number of people in a variety of ways.

Evidence has shown that interventions create change by:

- influencing individuals’ knowledge, attitudes, beliefs and skills;
- increasing social support; and
- creating supportive environments, policies and resources.

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