

# UVM ScholarWorks

## Measuring the Impact of Rise VT: Evaluating community-based obesity prevention initiatives with a standardized intensity score

Item Type	project;article
Authors	Johnson, Brianna K
Download date	2026-06-09 21:21:39
Link to Item	<a href="https://hdl.handle.net/20.500.14849/856">https://hdl.handle.net/20.500.14849/856</a>

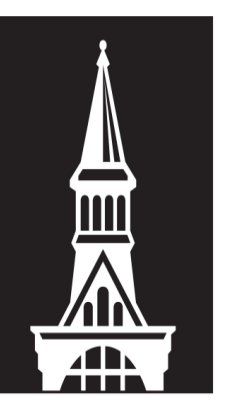
# Measuring the Impact of Rise VT

## Evaluating community-based obesity prevention initiatives with a standardized intensity score

Brianna Johnson, RN, BSN, DNP candidate

Project Advisor: Jennifer Laurent, PhD, APRN

Community Mentors: Emelia Wollenburg, MPH and Denise Smith, MS



THE UNIVERSITY OF VERMONT  
COLLEGE OF NURSING  
AND HEALTH SCIENCES

### Background

- 1 in 5 children in the US is considered obese (NHANES, 2017)
- 15% of children ages 10-17 in VT are obese (RWJF, 2020)
- Annual medical cost of childhood obesity is \$14 billion, adult obesity is \$150 billion (RWJF, 2020)
- Rise VT is the statewide primary prevention program of an accountable care organization

### Project Rationale

- Community-based initiatives are associated with a decreased BMI over 5-10 years (Ottley et. al, 2018)
- The Community Programs and Policies Intensity (CPPI) Score:
  - Standardized method to measure community health efforts over time based on **project duration, population reached, and behavior change strategy** (Collie-Akers et al., 2013)
  - Communities with higher CPPI had statistically significant reductions in childhood BMI compared to communities with low CPPI. (Strauss et al., 2018)

### Purpose

1. Quantify the CPPI to measure current impact of Rise VT programs in Franklin Grand Isle (FGI) counties.
2. Assess the feasibility of using the CPPI score for ongoing program planning and evaluation statewide.

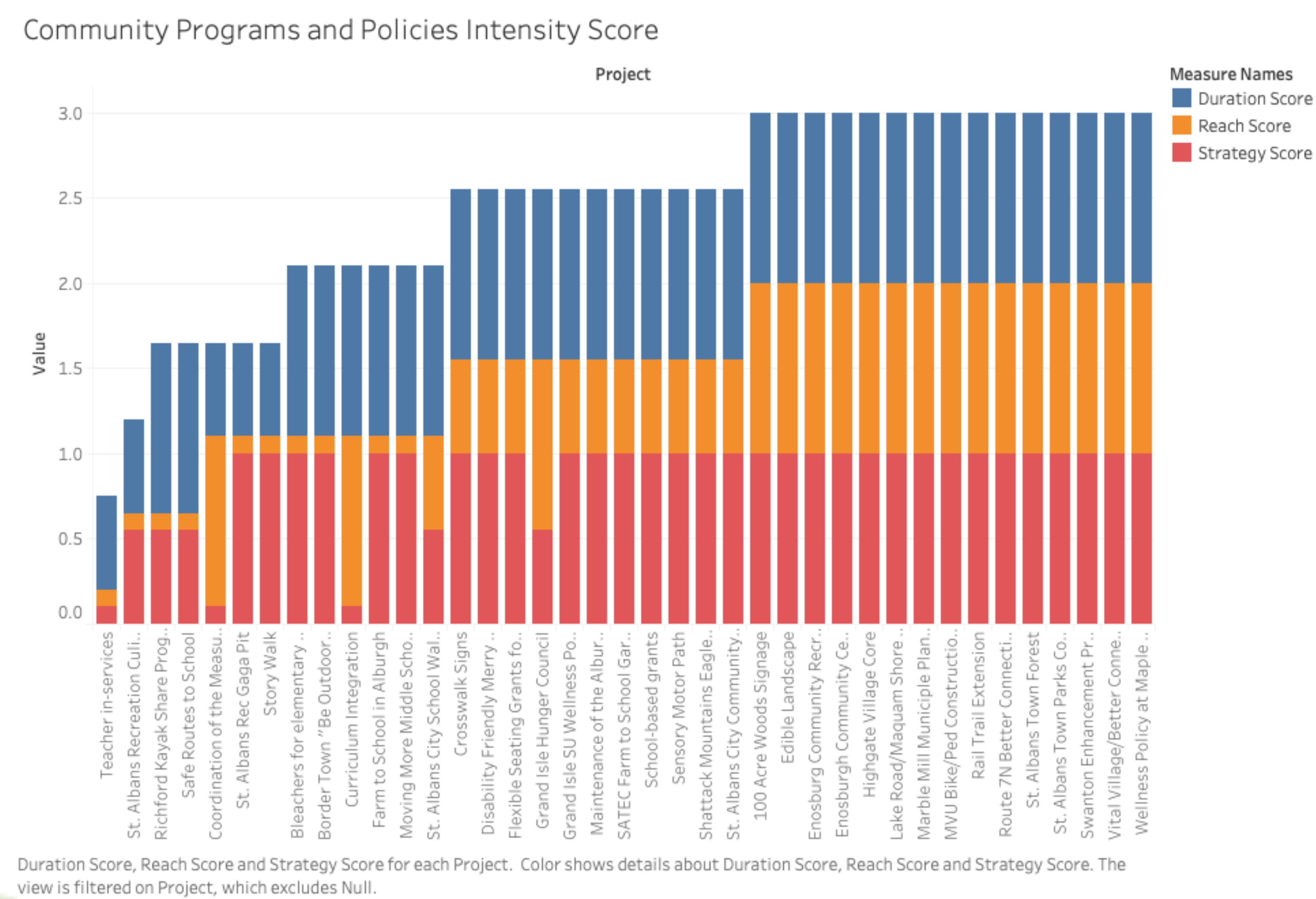
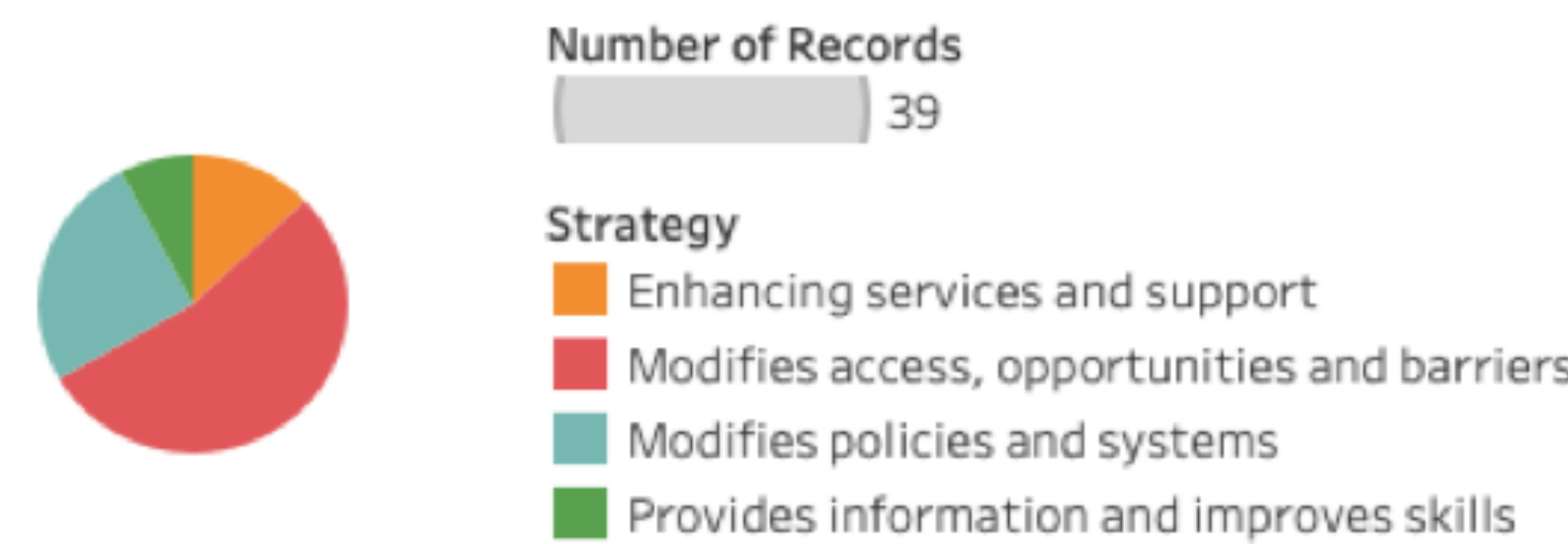
### Methods

- Key informant interviews with program managers of Rise VT to gather project duration, population reached, and behavior change strategy
- Calculations of CPPI score in FGI counties, Vermont
- An educational session and post-presentation survey for program managers to evaluate feasibility

### Results

- 6 program managers in FGI
- 39 interventions in FGI
- 22 CDC obesity prevention strategies over 6 months.

Behavior  
Change  
Strategy



- **The standardized CPPI score was 0.82** (0, lowest to 1, highest).
- Program managers statewide (n=13) rated the usefulness of the CPPI score as 4.69 (1, lowest to 5, highest)
- Confidence in using the metric was rated 3.85 (1, lowest to 5, highest)

### Conclusions

- The standardized CPPI score in FGI was much greater than the mean standardized CPPI score in a nationwide study (Strauss et al., 2018)
- Rise VT initiatives in FGI are **“high dose”** – or have strong influence within the community, largely impacting policy and environment
- The cumulative effect of Rise VT programs in FGI will likely lead to reductions in childhood obesity over time.
- CPPI score appears to be both a feasible and useful metric for Rise VT program planning and evaluation



### Future Directions

- CPPI has potential for use in other public health initiatives – not only obesity
- It is a tool for demonstrating program impact in the short and long-term – for staff, stakeholders, funders, and the research community
- Rise VT will continue to track CPPI state-wide every 6 months to inform programmatic efforts
- Project will be continued by a UVM DNP candidate, with a focus on cost-effectiveness

### References

Collie-Akers, V. L., Fawcett, S. B., & Schultz, J. A. (2013). Measuring progress of collaborative action in a community health effort. *Revista Panamericana de Salud Publica*, 34, 422-428.

The National Center for Health Statistics. (2017, Oct). National Health and Nutrition Examination Survey (NHANES): 2015-2016. Centers for Disease Control and Prevention. Retrieved from <https://www.cdc.gov/nchs/data/databriefs/db288.pdf>

Ottley, P.J. et al. (2018, March). Childhood Obesity Declines Project: An Exploratory Study of Strategies Identified in Communities Reporting Declines Childhood Obesity. <http://doi.org/10.1089/chi.2018.0020>

Strauss, W. J., Nagaraja, J., Landgraf, A. J., Arteaga, S. S., Fawcett, S. B., Ritchie, L. D., ... & Weber, S. A. (2018). The longitudinal relationship between community programmes and policies to prevent childhood obesity and BMI in children: the Healthy Communities Study. *Pediatric obesity*, 13, 82-92.

Robert Wood Johnson Foundation (RWJF). (2019, October). The State of Childhood Obesity: Helping All Children Grow Up Healthy. Retrieved from <https://media.stateofobesity.org/wp-content/uploads/2019/11/18171114/SoCo-Report-WEB-111819.pdf>