

Health EvidenceTM

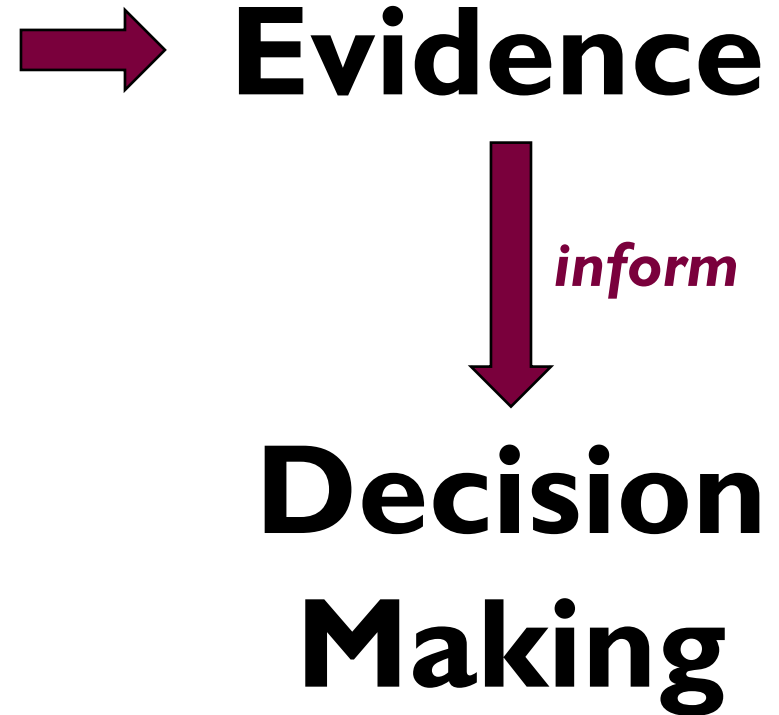
Helping public health use best evidence in practice since 2005

A Knowledge Repository of Reviews Evaluating Public Health Interventions

May 26th 2018

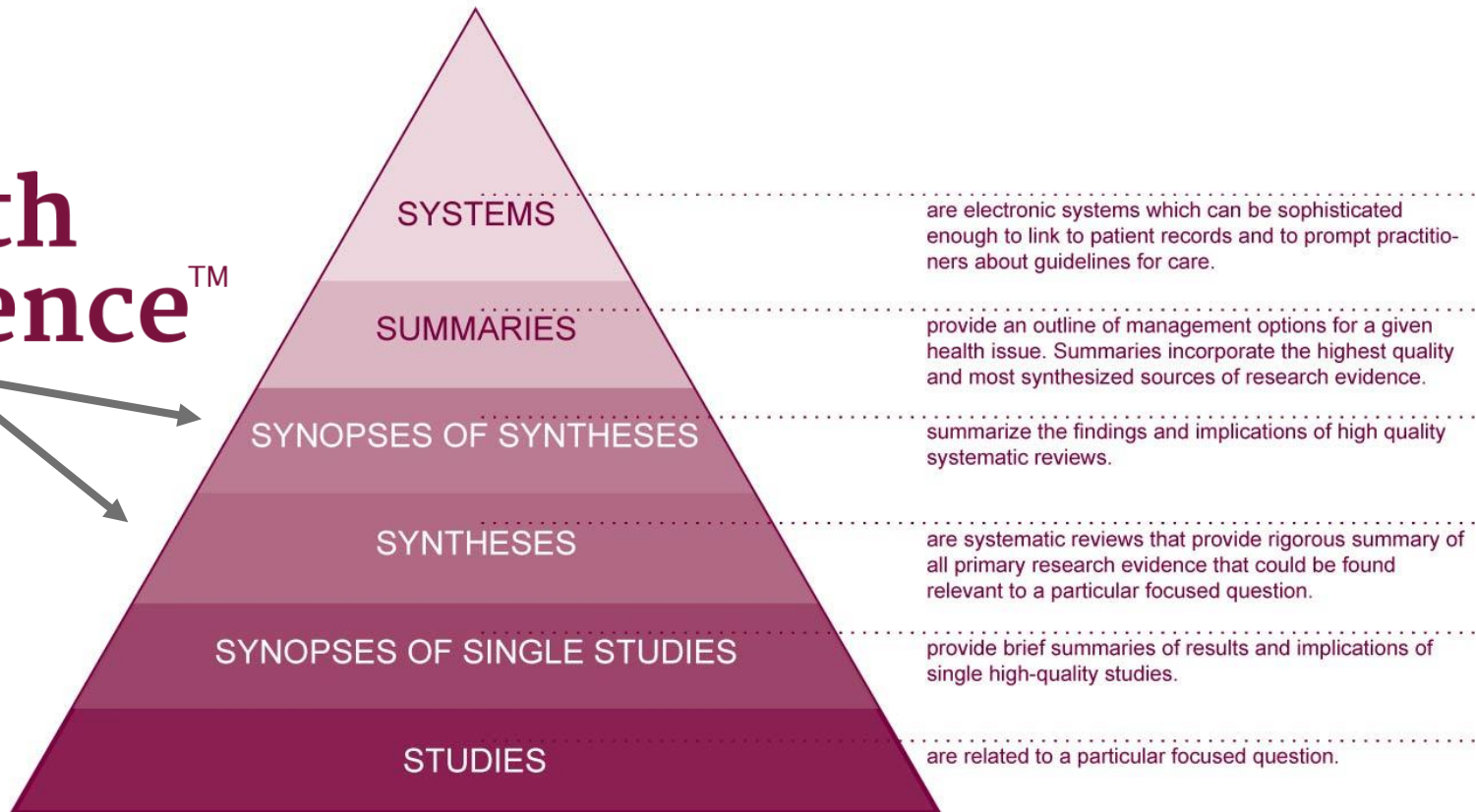
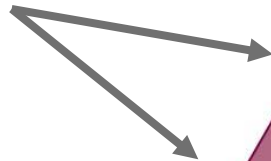
Maureen Dobbins, RN, PhD

What is www.healthevidence.org?

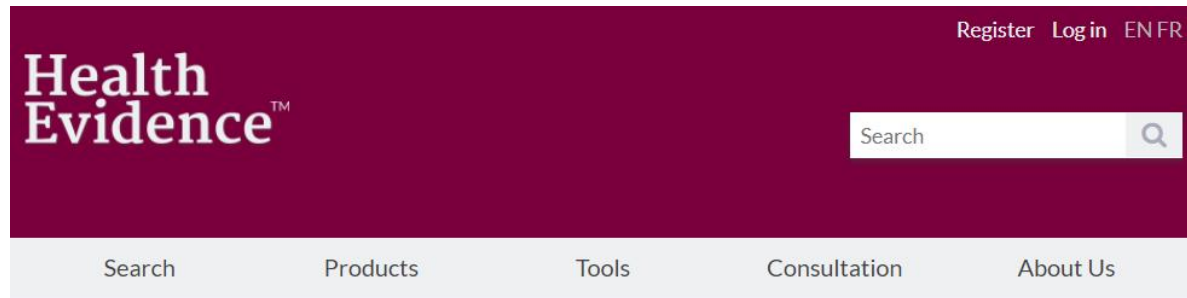


6S Search Pyramid Tool

Health
Evidence™



Health Evidence™ Registry



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Health Evidence™ on Twitter



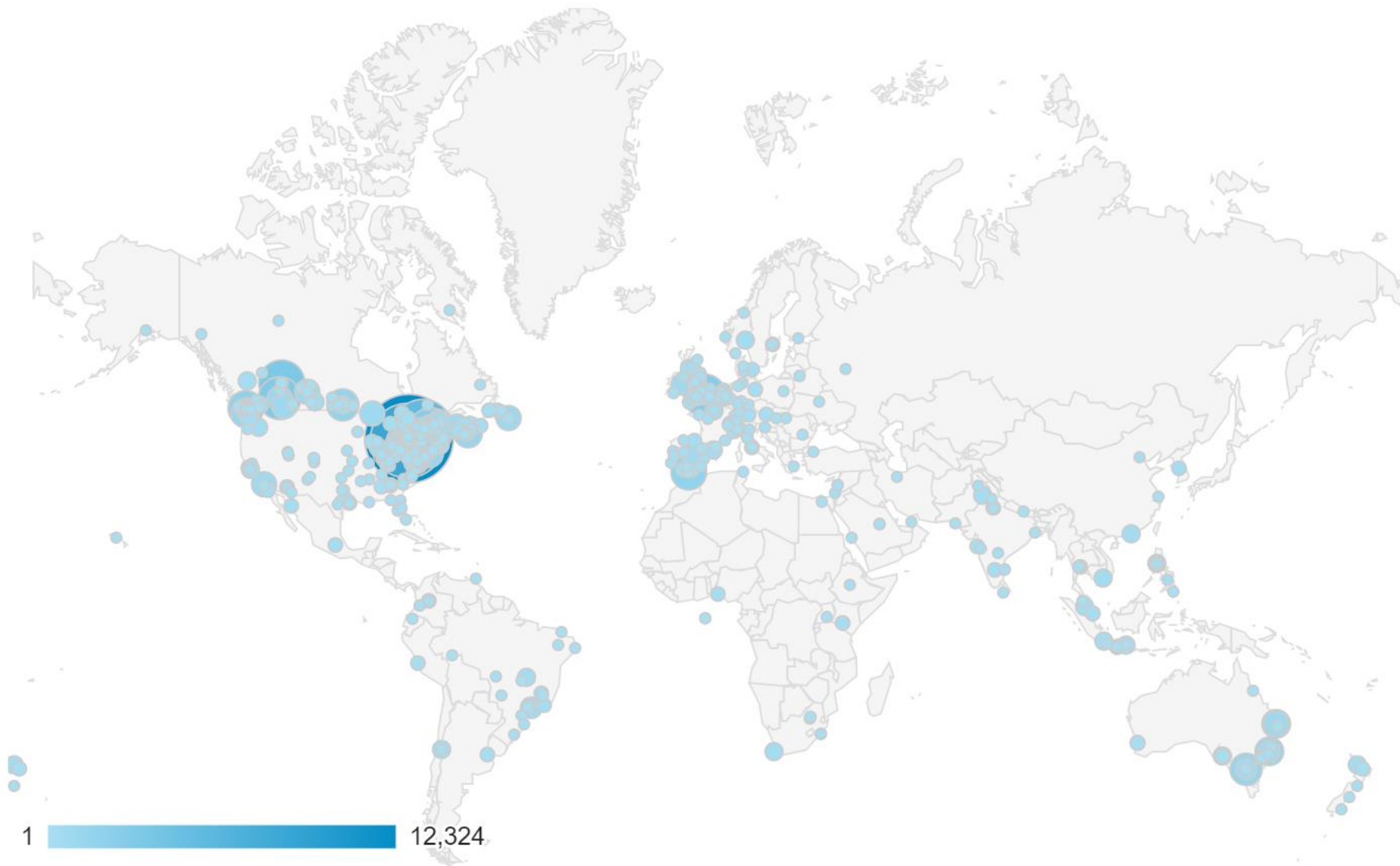
Find Evidence

Search healththevidence.org for access to 4,846 quality-rated systematic reviews evaluating the **effectiveness of public health interventions**. We search the published literature and compile public health relevant reviews -- eliminating your need to search and screen individual databases. Join the 5,916 visitors that accessed our database this past month!

Use Evidence

The [National Collaborating Centre for Methods and Tools \(NCCMT\)](#) offers free, online products and services to support the use of research evidence in public health programs, practice and policy. [Contact a knowledge broker](#) for support implementing evidence-informed public health in your own work, team, department or organization.

Global Reach



Search Strategy

Monthly updates

- MEDLINE
- EMBASE
- CINAHL
- PsychINFO
- Cochrane
- Health Systems Evidence
- Nursing+

Annual updates

- BIOSIS
- SPORTDiscus
- Sociological Abstracts

An optimal search filter for retrieving systematic reviews and meta-analyses

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[†]Contributed equally

BMC Medical Research Methodology 2012 12:51

<https://doi.org/10.1186/1471-2288-12-51> | © Lee et al.; licensee BioMed Central Ltd. 2012

Relevance Criteria

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Relevance Tool – Review Articles

Instructions for completion:

- Check **Yes** or **No** for each criterion. The article must satisfy all criteria in order to be included in the registry.
- Please record whether **additional references** are to be retrieved.
- Complete the **quality assessment tool** for relevant reviews.

Search Method: ☐ Electronic
☐ Handsearch
☐ Reference List
☐ Other: _____

First Author: _____

Year: _____


Journal: _____

Reviewer: _____

CRITERIA	Yes	No
1. Is this a review article?		
2. Is the review relevant to public health or health promotion practice?		
3. Is the effectiveness of an intervention/program/service/policy the subject of the review?		
4. Is evidence on outcomes included?		
5. Is the search strategy described?		
REVIEWER DECISION	Yes	No
Include this review in registry? (If yes, complete quality assessment tool)		

Quality Appraisal

Later school start times for supporting the education, health, and well-being of high school students











Review Quality Rating:  9 (strong) [View Quality Assessment](#) 

Evidence Summary

Citation: Marx, R, Tanner-Smith, EE, Davison, CM, Ufholz, LA, Freeman, J, Shankar, R, et al. (2017). Later school start times for supporting the education, health, and well-being of high school students. Cochrane Database of Systematic Reviews CD00946.

Abstract


BACKGROUND: A number of school systems worldwide have proposed and implemented later school start times as a means of avoiding the potentially negative impacts that early morning school start times have on adolescent students. Even mild sleep deprivation has been associated with significant neurobiological and educational concerns: increased risk for accidents and injuries, impaired learning, aggression, memory loss, poor self-esteem, and changes in metabolism. Although researchers have begun to explore the effects of delayed school start time, no one has conducted a rigorous review of evidence to determine whether later school start times support adolescent health, education, and well-being.

Simplified Quality Assessment	
1. Clearly focused PICO	
2. Clearly outlined inclusion criteria	
3. Comprehensive search strategy	
4. Adequate duration of search strategy	
5. Level of evidence clearly illustrated	
6. Quality assessment of included studies conducted	
7. Quality assessment of included studies transparent	
8. Appropriate combining of results across studies	
9. Appropriate weighting of results across studies	
10. Author interpretation of results supported by data	
TOTAL SCORE: 9/10	

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Searching for Evidence

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- Keyword search

Enter your search terms or phrases

Type your search term(s) or phrase(s)

AND ▼ Type your search term(s) or phrase(s)

AND ▼ Type your search term(s) or phrase(s)

AND ▼ Type your search term(s) or phrase(s)

☐ Latest update only

Published from 1995 ▼ to 2017 ▼

Review Quality Rating *Please select* ▼

Topic Area *Please select* ▼

Population *Please select* ▼

Setting *Please select* ▼

Intervention Strategy *Please select* ▼

Intervention Delivery Method *Please select* ▼

Review Type *Please select* ▼

Text Options *Please select* ▼

Related Material:

- Q Quick Search
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- 📖 Glossary of Terms
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Health Evidence™ Registry

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Results for: (obesity prevention) AND Limit:

- Date = Published from 2007 to 2018
- Population = Adolescents (13–19 years)
- Setting = School

Returned 50 results

	Article	Authors	Date	Rating
1	<input type="checkbox"/> Prevention of eating disorders: A systematic review and meta-analysis	Le L, et al.	2017	
2	<input type="checkbox"/> Interventions to prevent global childhood overweight and obesity: A systematic review	Bleich S, et al.	2017	
3	<input type="checkbox"/> Effectiveness of educational and lifestyle interventions to prevent paediatric obesity: Systematic review and meta-analyses of randomized and non-randomized controlled trials	Gori D, et al.	2017	

Related Material:

- [Search Tips](#)
- [Glossary of Terms](#)
- [Tutorials](#)

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- [Save this search](#)
- [Print](#)

Hoping for more results?

- [Contact our knowledge broker](#)

Evidence Summaries

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Date this evidence summary was written:

September 2017

Later school start times for supporting the education, health, and well-being of high school students: Evidence and implications for public health

Review on which this evidence summary is based:

Marx, R, Tanner-Smith, EE, Davison, CM, Ufholz, LA, Freeman, J, Shankar, R, et al. (2017). **Later school start times for supporting the education, health, and well-being of high school students.** *Cochrane Database of Systematic Reviews*, 2017(7), CD00946.

Review Focus	
P	High school students (age 13 to 19 years)
I	Later school start times (8:00am-10:30am; start time delayed by 60-90 minutes)
C	Early school start times (7:00am-7:30am)
O	Primary Outcomes: Student academic outcomes, amount or quality of sleep, mental health, truancy/attendance, alertness. Secondary Outcomes: outcomes related to health behaviours (e.g. BMI score, waist circumference, body fat percentage), health and safety indicators (e.g. vehicular accidents), social outcomes (social support, peer relationships), family outcomes, school outcomes, community outcomes, adverse events/unintended consequences.
Review Quality Rating:	9 (strong) <i>Details on the methodological quality are available here.</i>

Considerations for Public Health Practice	
Conclusions from Health Evidence™	General Implications
Evidence and Implications	
What's the evidence?*	Implications for practice and policy

Sharing Evidence

- Monthly Evidence Service
- Monthly Newsletter
- Webinars
- Social Media
 - Twitter
 - Facebook
 - LinkedIn
 - YouTube
 - SlideShare



1. Saves you time
2. Relevant & current evidence
3. Transparent process
4. Supports for EIDM available
5. Easy to use

Challenges

1. Time intensive
2. Expensive to maintain
3. Monotonous
4. Staff training
5. Scope creep/diligence
6. Extracting relevant data
7. Transfer to local practice

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Questions?

Contact Us:

info@healthevidence.org