STEP 3
TASK 3.1

Intervention options overview

A tool to generate a list of possible intervention types.

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Overview

Purpose
- **Prompts creativity** by showcasing nine potential intervention functions
- **Helps you generate** a list of ideas you can carry forward to future steps in the development of your intervention

Who is involved?

- Core team driving literature search and collection of initial ideas

What is the **output?**

- A list of intervention options based on evidence and literature

Idea generation

Generating ideas for intervention activities and types

Understanding what options are available for your intervention starts by finding out **what worked elsewhere and generating new ideas with your targets in mind.**

- Use literature searches to explore what evidence is available for different interventions on this problem.

- Consult the intervention types overview for inspiration on how to bring about change.

- Make sure you include previous ideas that have come up in the development process and see whether they still apply.

- Lastly, it is worth building on or modifying current or previous initiatives.

Literature search
It is highly recommended that you conduct a literature review to understand what evidence is available to support the desired change. This should give you an idea of what has worked well in the past and what has worked less well. It should also provide an indication of key considerations related to different types of activity. A literature review will provide you with a good starting point for engaging in informed discussions with different stakeholders.

Intervention types overview
You can utilise the intervention types overview (adapted from the behaviour change wheel*) to identify the right type of intervention for your problem. This should also enable you to come up with new types of intervention that could be applied to the current problem. **See next page.**

Previously fostered ideas
Collect any ideas that have surfaced during the intervention development process so far and consider whether they are still relevant. Remember what you found during step 1 of the UDAF and include the existing interventions on the list.

Current or previous local initiatives
Build on or modify current interventions or initiatives. Also consider whether previous local initiatives have worked well with this problem.
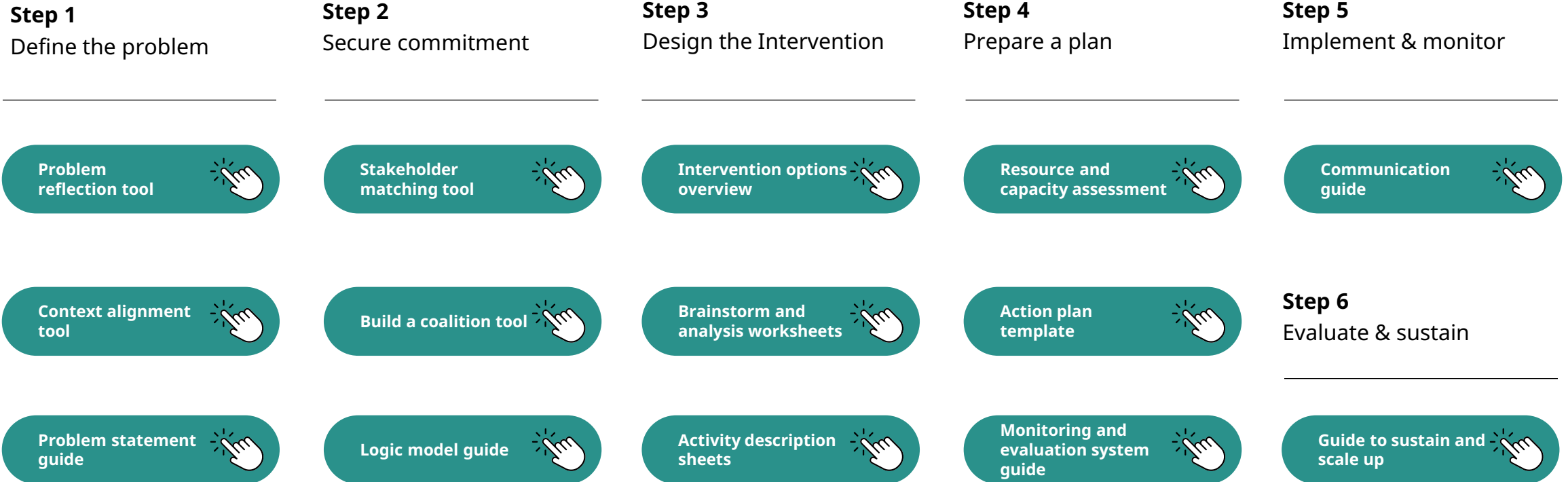
*https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/875385/PHEBI_Achieving_Behaviour_Change_Local_Government.pdf

Intervention types overview

Inspiration for what types of intervention activity could be relevant

Intervention type	Definition	Examples
Education	Increasing knowledge and understanding by informing, explaining, showing and providing feedback	Providing information to promote healthy eating
Persuasion	Using words and images to change the way people feel about a behaviour to make it more or less attractive	Using imagery to motivate increases in physical activity
Incentivisation	Changing the attractiveness of a behaviour by creating the expectation of a desired outcome or avoidance of an undesired one	Using prize draws to induce attempts to quit smoking
Coercion	Changing the attractiveness of a behaviour by creating the expectation of an undesired outcome or denial of a desired one	Raising the financial cost to reduce excessive alcohol consumption
Training	Increasing the skills needed for a behaviour by repeated practice and feedback	Offering advanced driver training to increase safe driving
Restriction	Constraining the performance of a behaviour by setting rules	Prohibiting sales of solvents to people under the age of 18 to reduce their use for intoxication
Environmental restructuring	Constraining or promoting a behaviour by shaping the physical or social environment	Providing on-screen prompts for GPs to ask about smoking behaviour
Modelling	Showing examples of the behaviour for people to imitate	Using TV drama scenes involving safe-sex practices to increase condom use
Enablement	Providing support to improve ability to change in a variety of ways not covered by other intervention types	Offering behavioural support to quit smoking, medication for cognitive deficits, surgery to reduce obesity or prostheses to promote physical activity

WORKSHEET 1

Compiling a list of potential interventions

Compile a list of possible interventions to meet your targets.

You may need a combination of interventions to achieve your targets.

Target	Determinant	Intervention function (activity)	Description	Notes
Example Eating wholesome, nutritious meals before and after school	Habit of eating fast food and snacks before and after school	Environmental restructuring	Creating breakfast clubs and access to leisure space	Will need support from parents and teachers to work as intended
		Persuasion	Communication of benefits	

Other tools available from the Urban Diabetes Action Framework

Step 1
Define the problem

Step 2
Secure commitment

Step 3
Design the Intervention

Step 4
Prepare a plan

Step 5
Implement & monitor

Problem reflection tool

Stakeholder matching tool

Intervention options overview

Resource and capacity assessment

Communication guide

Context alignment tool

Build a coalition tool

Brainstorm and analysis worksheets

Action plan template

Step 6
Evaluate & sustain

Problem statement guide

Logic model guide

Activity description sheets

Monitoring and evaluation system guide

Guide to sustain and scale up

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More information and feedback

Please share your experience of working with this tool so that we can develop and improve our tools to support the development of effective interventions.

Get in touch

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The Cities Changing Diabetes programme works to map the problem of obesity and type 2 diabetes in cities, share learnings and act as a catalyst for meaningful action, which can help bend the urban diabetes curve.

In partnership, we are calling on every city to ask itself:

'What will it take to bend the diabetes curve in our city?'

30+
More than 30 partner cities

150m+
Representing more than 150 million citizens[1]

1. United Nations, Department of Economic and Social Affairs, Population Division (2014). World Urbanization Prospects: The 2014 Revision.