

Menu of HealthySteps Research Consultation Options



Overview

The HealthySteps National Office's Research and Evaluation team offers tailored consultation services to support the design, implementation, and dissemination of HealthySteps research and evaluation efforts. These [consultation options](#) are designed to meet sites at varying stages of research readiness, with the goal of balancing rigor with feasibility and aligning site priorities and the broader National Office research priorities. HealthySteps research and evaluation includes research that examines implementation of the model, impact on families served, model adaptations, and/or the collective impact of HealthySteps with other evidence-based programs.

While Annual Site Reporting (ASR) data and continuous quality improvement (CQI) projects require skills similar to research and evaluation, like data collection and analysis, they are not considered HealthySteps (HS) research and evaluation on their own. We will use the term "HS research" throughout this document to include both research and evaluation.

Benefits of Research Consultation

Saves Time, Effort, and Costs

Consultation with the National Office Research and Evaluation team accelerates evidence generation by providing access to proprietary research resources and proven approaches. Sites may benefit from streamlined study design, improved participant recruitment and retention, and tailored consultation that reduces duplication and helps ensure that the research is meaningful for families and sites themselves.

Demonstrates Program Value and Supports Sustainability

Research consultation can support sites in their efforts to showcase the impact and value of HealthySteps to key partners, payers, funders, and the field of pediatrics. The National Office Research and Evaluation team partners with sites to identify key metrics and measurement strategies that align with stakeholder priorities and also provides support in tailoring research findings for diverse audiences.

Advances Academic Goals and Expands Networks

National Office research consultation supports publication and dissemination efforts, helping partners meet academic requirements and meet professional goals. It also fosters collaboration among HS researchers, creating opportunities for shared learning and collaborative evidence generation.

Consultation Menu

1. Clarifying Research Goals and Design

Support sites in designing feasible, meaningful research that aligns with site/health system and National Office research priorities and capacity.

- Discuss possible research questions grounded in clinical and HealthySteps program goals
- Explore appropriate study designs (e.g., pre–post, cross-sectional, longitudinal, observational, comparative)
- Compare and determine the suitability of quantitative, qualitative, or mixed-methods approaches
- Recommend data collection and analysis strategies to address site-specific challenges (e.g., small sample sizes, missing data, non-equivalent comparison groups)
- Review the [HS Logic Model](#) and [Priority Outcome theories of change](#) to link site activities with desired outcomes

RESEARCH COLLABORATION IN ACTION

The National Office advised on study design, outcome measures, and data interpretation for an evaluation of HealthySteps program effectiveness at three sites in New Jersey. [Findings were presented](#) at the 2025 American Academy of Pediatrics National Conference & Exhibition.

2. Measurement and Data Collection

Help sites identify what to measure, how to measure it, and how to use data effectively.

- Identify desired measurement concepts and recommend specific tools or instruments
- Review options/ideas for leveraging existing site data sources (e.g., electronic health records [EHR]) and data (e.g., ASR data)
- Discuss evidence-supported measures relevant to HealthySteps (e.g., infant and early childhood development, parent well-being, patient–provider relationship quality)
- Explore the feasibility of implementing measures within the site’s workflow, budget, and scope
- Provide guidance on the use of data collection and management platforms (e.g., REDCap, Qualtrics, etc.)

3. Family Recruitment, Retention, and Engagement

Promote approaches that center authentic family partnership. Discuss common challenges in engaging families in research.

- Offer guidance to sites on meaningfully and authentically integrating family voice into research, including through advisory groups, co-design of measures, or participatory interpretation of findings
- Discuss evidence-supported strategies to recruit and retain families in pediatric and primary care contexts
- Identify and troubleshoot common pitfalls in participant recruitment and engagement

- Explore how historical and racial trauma may shape families' willingness to participate, and share culturally responsive approaches
- Share best practices and site lessons learned from other sites' recruitment and engagement successes

4. Data Analysis and Interpretation

Partner with sites to make sense of data.

- Connect with site data analysts to provide thought partnership on plans for analysis, interpretation, visualization, or other relevant data questions
- Advise on health equity-focused analyses (e.g., stratification by race/ethnicity, language, or insurance status)

5. Learning from and Building on Existing Research

Help sites situate their work within the broader HealthySteps and pediatric primary care research landscape.

- Highlight past or ongoing HealthySteps research that aligns with site interests and goals
- Share resources such as Priority Outcome research guides and related publications
- Facilitate connections between sites pursuing similar questions or methods
- Identify opportunities to replicate or extend previous studies

6. Dissemination Support

Partner with sites to share research findings with key audiences.

- Identify relevant journals and conferences that may be relevant to the project
- Support external dissemination of research findings through presentations, publications, or briefs
- Support dissemination of research projects and findings to the HealthySteps network
- Review presentation or publication content and provide feedback prior to submission
- Support writing background or discussion sections as needed*
- Provide guidance for translating data into accessible summaries, infographics, or family-facing materials

RESEARCH COLLABORATION IN ACTION

The HealthySteps National Office collaborated with a HealthySteps site in New York on a study examining the impact of adding a community health worker to the HealthySteps team on referral rates. The National Office supported manuscript development by identifying appropriate journals, drafting the background section, and providing review and feedback. [Findings were published in the *Journal of Clinical Pediatrics*.](#)



7. Funding Support

Help sites secure resources to sustain and expand research efforts.

- Help identify [potential funding opportunities](#) aligned with research priorities
- Provide guidance on application readiness, proposal framing, and resource needs (i.e., budgeting)
- Assist with preparing application materials as appropriate*

8. Partnership Development and Research Infrastructure

Strengthen local and network-wide capacity and relationships to advance research.

- Support sites in identifying or [strengthening partnerships](#) with local or national research organizations, universities, or public health agencies
- Advise on establishing site-level research infrastructure (e.g., research staff roles)
- Facilitate peer learning across the HealthySteps network
- Supporting sites with recruiting other sites to conduct multi-site HealthySteps and HealthySteps-aligned research

RESEARCH COLLABORATION IN ACTION

The HealthySteps National Office facilitated collaboration between an Arkansas-based research team and partners who provided methodological guidance for HealthySteps evaluation using claims and EHR data.

**Note: National Office capacity to support these activities is limited to a few sites at a time.*