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which one to choose especially since there isn t one diet that s the best fit for everybody if you want to lose weight and improve your health with a plan that works for you you ve come to the right place in response to requests from educators for effective programs that reduce health risk behavior among youth the centers for disease control and prevention initiated programs that work ptw in 1992 to identify health education programs with credible evidence of effectiveness 1 airtable is an easy to use database tool that lets you track everything from content to products to events you can add notes attach images insert checkboxes and links or include dates although you can use it as a spreadsheet or database you can turn it into a content calendar product roadmap or event planner evidence based programs social programs that work what works in social policy programs with credible evidence from well conducted randomized controlled trials rcts of important effects on people s lives the 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