

**IOWA****IOWA****PRC**
PREVENTION
RESEARCH CENTERS

Putting Public Health Evidence in Action

Adapt Evidence-Based Interventions

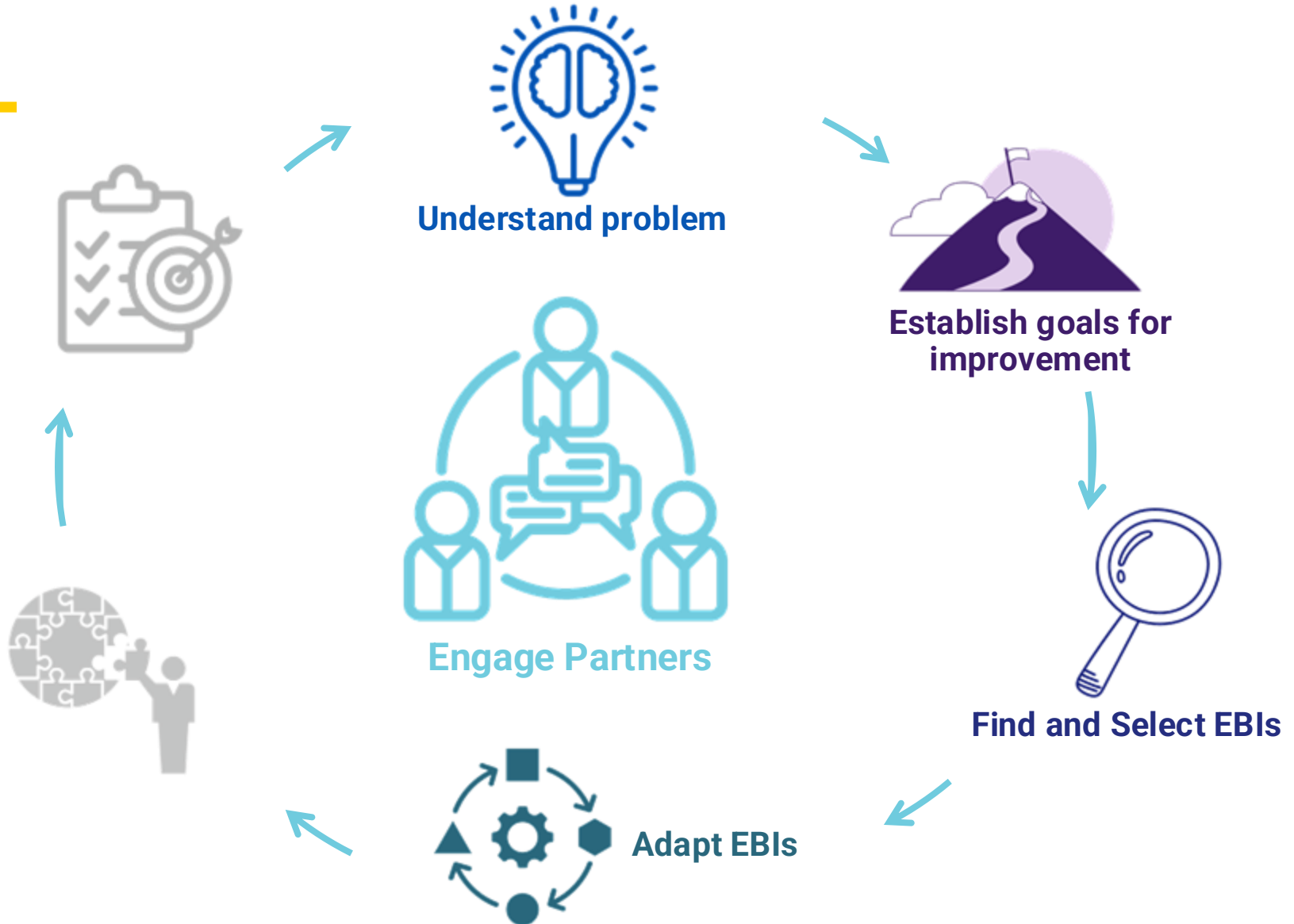
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Acknowledgements



- This training is adapted from a training created by The Cancer Prevention and Control Research Network with funding from the Centers for Disease Control and Prevention and the National Cancer Institute.
- The training content builds on the following:
 - National Cancer Institute's Using What Works
http://cancercontrol.cancer.gov/use_what_works/start.htm
 - Getting to Outcomes
<https://www.rand.org/health/projects/getting-to-outcomes.html>
 - Brownson et al. (2017). Evidence-Based Public Health. 3rd ed. New York, NY: Oxford University Press.
 - Institute for Healthcare Improvement's Collaborative Model for Achieving Breakthrough Improvement. www.ihl.org
 - The Centers for Disease Control and Prevention's Principles of Community Engagement

Framework for the Training



Objectives for Module 4

Define adaptation, fidelity, and core elements

Describe the process and steps for adaptation

Discuss which changes can be made without impacting the effectiveness vs. which cannot

Adaptation

Making changes or modifications to fit priority populations and local conditions

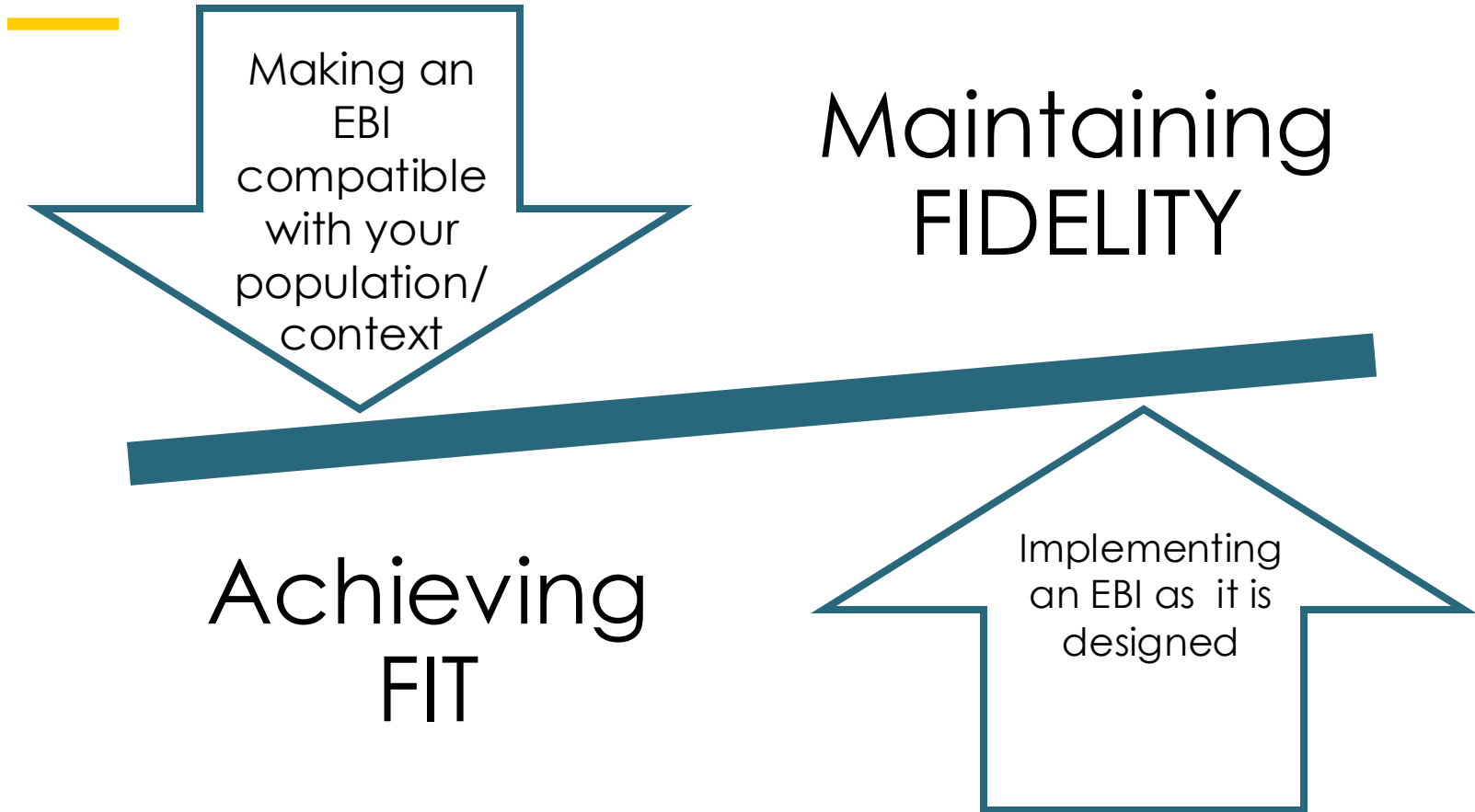
Adaptations can help make sure that programs address health equity

Additions

Deletions

Substitutions

Adaptation is the balance between:



Rabin, B.A., Brownson, R.C., Haire-Joshu, D., Kreuter, M.W., & Weaver, N.L. (2008) A glossary for dissemination and implementation research in health. *J Public Health Management Practice*, 14(2), 117–123.

Core Elements

Required parts that are known to create change to an EBI being delivered

They most likely are why the EBI is effective

“Recipe”

Core elements include:

1. Content
2. Who or what is delivering
3. Way it is delivered



Form vs. Function



Function

These should **not** be adapted
(i.e., how change happens)

Active Ottumwa: Using social
support networks to increase
physical activity

Form

Can be changed (with caution)

Activities of the EBIs (e.g.,
format of delivery, deliverer)

Active Ottumwa: who serves as
a physical activity leader

Steps for Adaptation

1

Assess fit:

- Assess community
- Understand the intervention
- Select intervention

2

Decide what to adapt:

- Consult with experts
- Consult with community leaders

3

Make the adaptation:

- Train staff

4

Pretest:

- Test the adapted materials

5

Pilot test the EBI:

- Implement
- Evaluate

1

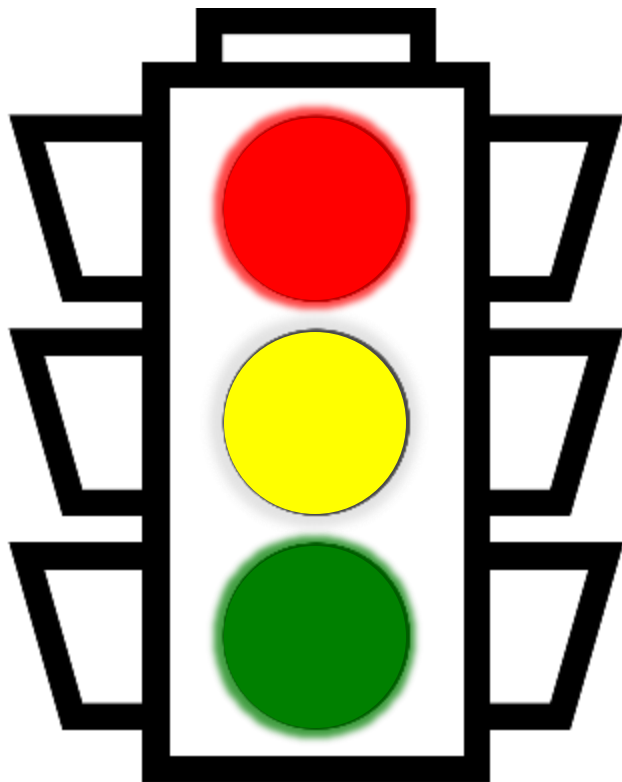
Assess Fit

2

Decide What to Adapt

Fit Criteria	Assessment Findings	EBI: FAN	Areas of Misalignment	Specific Aspects of the EBI to be Adapted
Health Problem	Low physical activity of adults	Physical activity and fruit and vegetable consumption	Additional fruit and vegetable focus	Narrow focus of the intervention to an initial physical activity focus
Objectives	Increase physical activity of adults	Increase physical activity and diet among adults	N/A	N/A
Priority population	Ottumwa adults	Adults (Black and White)	Also wanted to reach Latinx population	Culturally relevant and adapted program for Latinx individuals as well
Setting	Ottumwa, Iowa	Religious establishments	Need for this to be for all adults in community	Expand to have activities held outside of only churches
Multi-level contributing factors	Micropolitan Access Expensive	Free activities in churches	Location being limited to churches	Increase reach by expanding beyond only churches
Resources	Trails and parks Rec centers	Creates appropriate and fun activities and gets the message out through church channels	Not fully utilizing all resources in community (trails, parks, and rec centers)	Hold activities using trails, parks, rec centers, and other locations

Guidelines for Adapting Programs

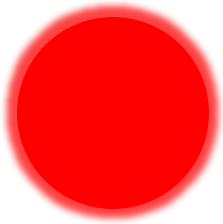


Red: changes should be avoided to maintain fidelity on core components

Yellow: changes should be made cautiously

Green: safe to make changes

Adapted from: Lesesne, C. A., Lewis, K. M., Moore, C., Fisher, D., Green, D., & Wandersman, A. (2007). Promoting Science-based Approaches to Teen Pregnancy Prevention using Getting To Outcomes: Draft June 2007. Unpublished manual; Firpo-Triplett, R., Fuller, T. R. (2012). General Adaptation Guidance: A Guide to Adapting Evidence-Based Sexual Health Curricula.



Red Light Adaptations

Elements that cannot be modified

- Would change parts that are key to the program working—core components of the program

Content

- Change health topic/behavior addressed
- Add activities that contradict or detract from the original program goals
- Delete whole sections or major activities
- Reduce duration and dose

Active Ottumwa Core Components

Strategies that are Core Components

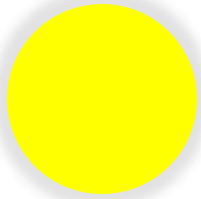


Physical activity program

Groups of people exercising together, providing mutual help and encouragement

Programming offered on various days and times

Programming is free



Yellow Light Adaptations

Elements that can probably be changed with caution

Content

- Alter the length of program activities
- Change the order of sessions or sequence of activities
- Add activities to address other risk factors or behaviors
- Apply EBI to a different population

Delivery

- Change delivery format/process/setting
- Modify who delivers the program
- Substitute activities and/or materials

Active Ottumwa Strategies to be Adapted with Caution

Strategies to be Adapted with Caution

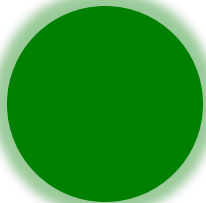
Adapting the program to specific populations within your community

Activities led by trained volunteer community members

Advertise program through social media (i.e., Facebook), radio, television, newspaper, press releases, and a website

Joint Use Agreements with community partners





Green Light Adaptations

Elements that can probably be modified

Minor adaptations to increase reach, receptivity, and participation

- Update and/or customize statistics and guidelines
- Customize program materials to fit the priority population such as changing names, pictures, wording, etc.
- Change ways to recruit and/or engage priority population

Active Ottumwa Strategies to be Adapted

Strategies to be Adapted

Updating advertising to match the specific programs being lead

Change the locations where activities are being held

Annual walking and biking events

Open street events



Activity: Adaptation Quiz

Replicate the Active Ottumwa Program for use in a rural church.

— Would the adaptations be: **A. Red**, **B. Yellow**, or **C. Green**

1

Add a church logo to announcements and poster materials?

2

Charging for the physical activity classes being held?

3

Add an exercise class specifically for older adults to help with balance?

4

Holding a class on the sidewalks surrounding the church when it is nice out, or in the church basement room when the weather is not favorable?

5

Adding a healthy eating information session at the end of a led physical activity session?

Activity: Adaptation Quiz

Replicate the Active Ottumwa Program for use in a rural church.

— Would the adaptations be: **A. Red**, **B. Yellow**, or **C. Green**

- | | | |
|---|-----------|--|
| 1 | C. | Add a church logo to announcements and poster materials? |
| 2 | A. | Charging for the physical activity classes being held? |
| 3 | B. | Add an exercise class specifically for older adults to help with balance? |
| 4 | C. | Holding a class on the sidewalks surrounding the church when it is nice out, or in the church basement room when the weather is not favorable? |
| 5 | B. | Adding a healthy eating information session at the end of a led physical activity session? |

3 Make the Adaptations



Take the EBI Fit tool and identify aspects of the EBI you may need to adapt

Consult all relevant leaders

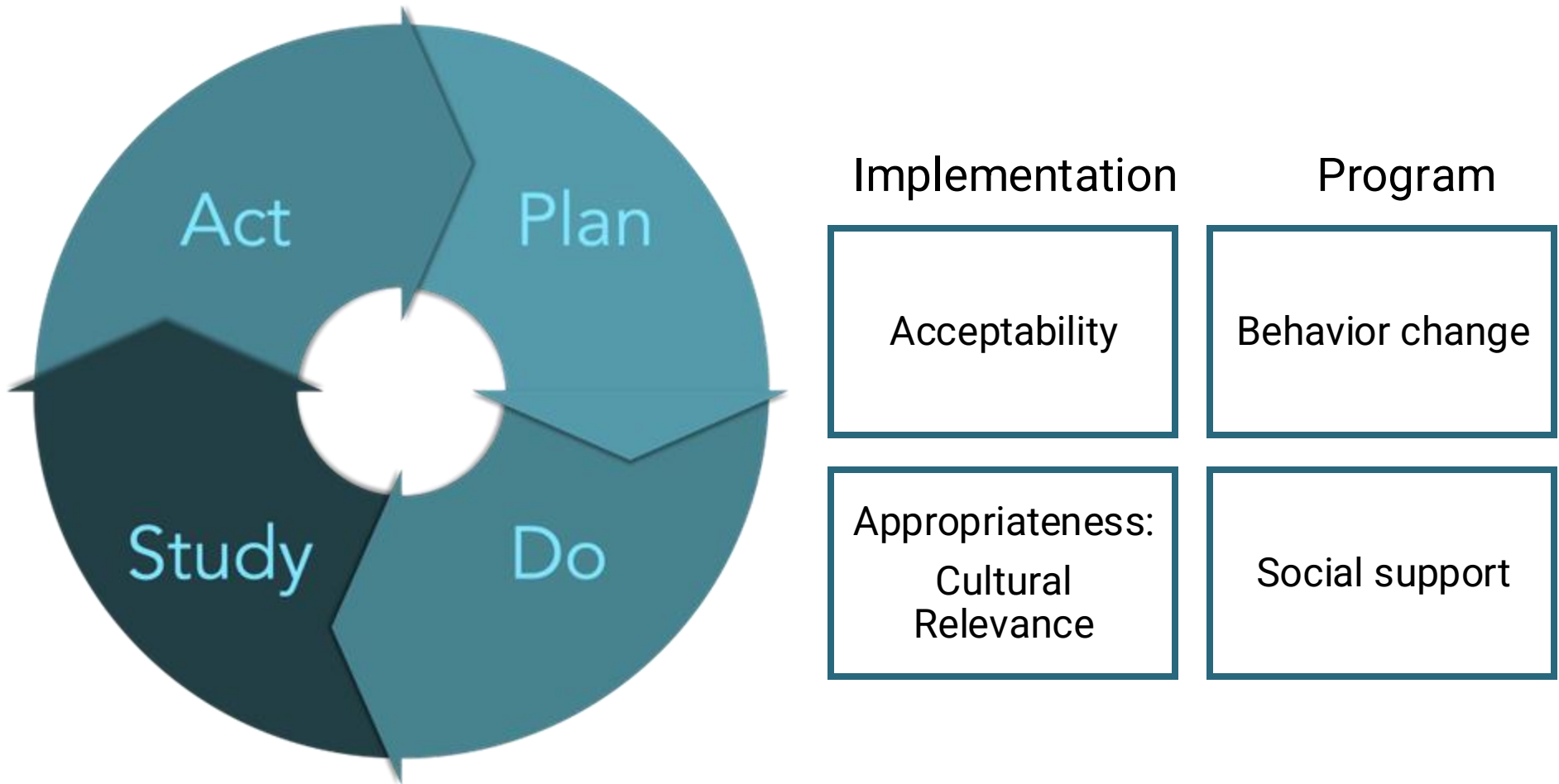
Train program staff on adaptations

Fit Criteria	Areas of Misalignment	Specific Aspects of the EBI to be Adapted
Health Problem		
Objectives		
Priority Population		
Setting		
Multi-level Contributing Factors		
Resources		

Continue to engage partners

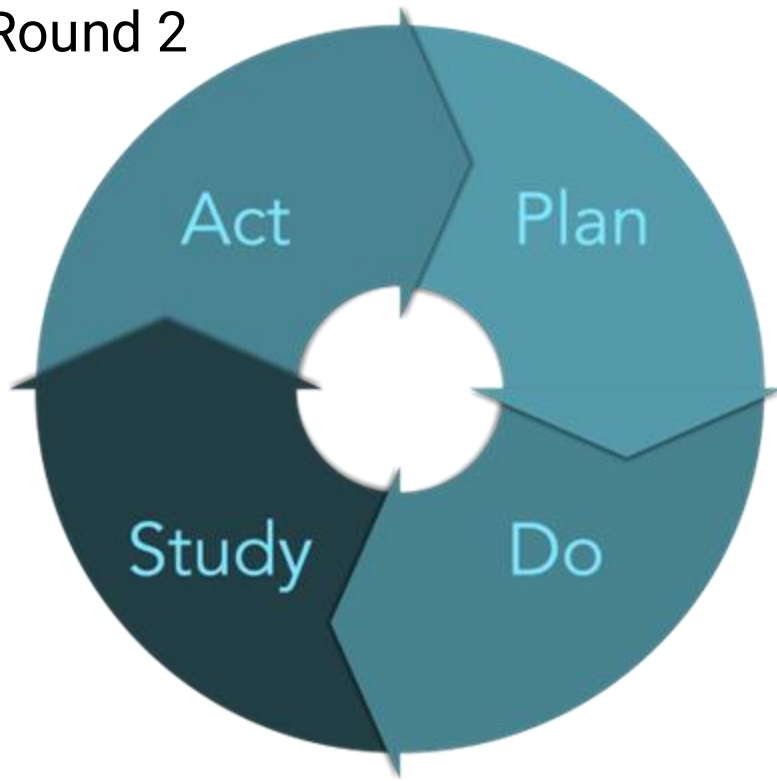


4 Pretest Adaptations



5 Pilot Adaptations

Round 2



Test on:

Comprehension

Acceptability

Cultural
Relevance

Impact

Next up: Test with a sample of participants full program

Reporting on Adaptations

Fit Criteria	Areas of Misalignment	Specific Aspects of the EBI to be Adapted	What was adapted?	How was it adapted/what did adaptations look like?
Health Problem				
Objectives				
Priority Population				
Setting				
Multi-level Contributing Factors				
Resources				

Reporting on Adaptations

Fit Criteria	Areas of Misalignment	Specific Aspects of the EBI to be Adapted	What was adapted?	How was it adapted/what did adaptations look like?
Health Problem	Additional fruit and vegetable focus	Narrow focus of the intervention to an initial physical activity focus	Excluded nutrition component of program	Skipped nutrition component
Objectives	N/A	N/A	N/A	N/A
Priority Population	Also wanted to reach Latinx population	Culturally relevant and adapted program for Latinx individuals as well	Addition of classes for Latinxs populations	Classes lead in Spanish using dance videos with Latin American music and dance moves
Setting	Need for this to be for all adults in community	Expand to have activities held outside of only churches	Activities in areas outside of church settings added	Lead activities at the mall, on trails, in parks, school gyms, YMCAs, etc.
Multi-level Contributing Factors	Location being limited to churches	Increase reach by expanding beyond only churches	Locations where classes were held and where marketing took place	Made agreements with many organizations and used PAL input on where to hold classes
Resources	Not fully utilizing all resources in community (trails, parks, and rec centers)	Hold activities using trails, parks, rec centers, and other locations	Using more resources in community including church, but not limited to church	Depending on PAL input and resources available, hosted classes in many locations across the community

Framework for the Training

