

Program, Practice, or Policy Adaptation Guidance Tool

In choosing an evidence-based program, practice or policy, you may have to make changes to increase fit or compatibility with your audience and/or community. Here is general guidance in terms of things that can and cannot be changed from the original program, practice, or policy. Remember to refer to any adaptation suggestions from the original developer(s) in making these adaptation decisions.

Adaptation Guidance

Green

Things that can be changed:

- Names of health care centers or systems
- Pictures of people and places and quotes
- Hard-to-read words that affect reading level
- Wording to be appropriate to audience
- Timeline (based on adaptation guides)
- Cultural indicators based on population
- Ways to reach your audience
- Incentives for participation

Yellow

Things that can be changed with caution:

- Substituting activities
- Adding activities to address other risk factors or behaviors
- Changing the order of the curriculum or steps (sequence)

Red

Things that cannot be changed:

- The health communication model or theory
- The health topic/behavior
- Deleting core components or whole sections of the program
- Reduction of program
 - Timeline
 - Dosage (e.g., activities, time/ session)
- Putting in more strategies that detract from the core components