

Preface

Using What Works: Adapting Evidence-Based Programs to Fit Your Needs is a train-the-trainer course. It is designed for health promoters and educators on the national, regional, State, and local levels. This course teaches users how to plan a health program using what are called evidence-based programs, also known as research-tested programs. Evidence-based programs have already been conducted, evaluated, and shown to be effective in a given community.

After completing this course, participants will be able to use these evidence-based programs as a starting place for their own programs. They will know how to choose an evidence-based program that has the potential to be successful in their communities. They will know how to modify the program to meet the unique characteristics of their audiences. Finally, they will know how to evaluate the success of their program.

Using What Works: Adapting Evidence-Based Programs to Fit Your Needs was first developed for cancer control planners—those who promote cancer screening and lifestyle changes that reduce the risk of cancers. Therefore, the case study portion of the course is based on an evidence-based program about cervical cancer prevention. By changing the case study, this course can be used for any health issue. We hope that by completing these modules, users will be able to train other program planners and community health workers.