

NCHPAD's Knowledge Adaptation, Translation and Scale Up framework (N-KATS)

N-KATS contains four sequencing phases. **Phase I** involves the collection of existing evidence-based programs and models in physical activity, nutrition and obesity that are reviewed, catalogued and systematically adapted with a new tool (GRAIDs, Guidelines, Recommendations and Adaptations /Including Disability) that separates the core components of a program into five recommendation and adaptation domains: **built environment, equipment, services, instructional, and policy**. 15 GRAID accessibility criteria are used to ensure strong fidelity between and within program adaptations. The development of the GRAID tool and accessibility criteria allow NCHPAD's **Expert Information Specialists (EIS)** to create trustworthy sets of evidence-informed recommendations and adaptations for model programs, practices, etc. that meet a science-based standard of accessibility and inclusion for children, adults and seniors with disability.

Phase II of N-KATS focuses on the dissemination of resources, materials and tools to early adopters and key stakeholders with customized sets of training materials (**iCHIP, inclusive Community Health Implementation Package**) tailored to the needs of local service providers and aligned with the contextual factors of the target community.

In **Phase III**, NCHPAD administrative and support staff serve as implementation facilitators in training disability and health grantees, program developers and local service providers in implementing adaptations to their existing programs, practices, policies and services to meet the needs of community members with disability.

Finally, in **Phase IV**, a comprehensive data collection system for evaluating, updating and maintaining new knowledge allows for the identification and cataloging of successful elements of community health inclusion (i.e., PPSE changes) and rapidly disseminate them (i.e., scale up) to other communities interested in adopting similar PPSE changes through a user-friendly database located on NCHPAD's website. The word **Translation** links Phases II and III in the N-KATS framework to reflect that Dissemination and Implementation form the core elements of **Knowledge Translation**. Around the outside of the N-KATS framework are the overarching outcomes associated with each phase: **Customized Knowledge** (Phase I) promotes greater **Community Awareness** (Phase II) of the needs of people with disability; increased awareness leads to **Knowledge Uptake** (Phase III); and successful 'best practices' are archived and prepared for **Scale Up** (Phase IV).

NCHPAD's new knowledge-to-implementation framework (N-KATS) bridges its 16-year history as a successful resource center with its new role as a Resource and Practice Center. Center staff and partners are currently being trained to serve as knowledge brokers and knowledge disseminators across a nationwide network of service providers in health care, public health, education, fitness and disability and aging. The overarching goal of NCHPAD is reflected in the center of the framework: *NCHPAD Capacity Building and Accelerating Impact in Community Health Inclusion*.

Resource Center



Practice Center