What are the GRAIDs?

A tool and framework used to adapt evidence-based health promotion programs to be inclusive of people with disabilities. The GRAIDs are broken down by potential changes in 5 inclusion domains.

Inclusion Domains: A common set of items used to ensure participation by individuals with disabilities in an existing health promotion program or strategy. The five inclusion domains are: Built Environment, Services, Instruction, Equipment & Technology, and Policy.

Built Environment: Structural features.
  a. Examples include: ramps, signage, clear paths/sidewalks, curb cuts, hard floor surfaces, park play equipment, adequate temperature and lighting.

Service: Person-to-person assistance or other assistance that increases participation.
  a. Examples: providing transportation, a personal shopping aide for a person with a disability, a peer assistant in a physical activity program, and inclusive advertisement or communication.

Instruction: (Training & Education) Technique(s) used to enhance learning for the staff within an organization or for the individual with a disability and their family members or caregivers.
  a. Examples: webinars, lunch and learns, in-service trainings, seminars

Equipment & Technology: Products or tools used to promote and allow for participation.
  a. Examples: sports-related products, utensils, automatic sliding doors, bus lifts, communication devices.

Policy: Laws, regulations, rules, protocols, and procedures designed to guide or influence behavior. Policies can be either legislative or organizational in nature.
Two ways to use the GRAIDs:

**GRAIDs as a tool:**
- Apply existing nutrition and physical activity recommendations and adaptations.
  - Use the existing recommendations and adaptations to make inclusive changes to a program
  - Adapt recommendations and adaptations to fit the needs of your program or service
  - These recommendations and adaptations can be found at www.new.reduceobesity.org

**GRAIDs as a Framework:**
- Adapt programs and services using the five inclusion domains.
  - Apply each of the five domains to the program or service to ensure it is inclusive of people with disabilities
  - Identify strategies that address areas that are not inclusive of people with disabilities
  - Implement inclusive changes to your program or service

**Remember:**
- Conduct assessments (e.g., Community Health Inclusion Index) to identify where there are gaps in disability inclusion or accessibility then use the GRAIDs tool and/or framework to identify solutions.
- Include people with disabilities in the process when adapting your program and services.

Examples can be found at evaluation.nchpad.org
Contact us: 800-900-8086 • email@nchpad.org