



Selecting a Usable Innovation



How do you know which practice, program, or innovation has the highest chance of being used as intended, maintained over time, and leads you to the goals you hope to achieve? It all begins with a few questions.



Need

Does the practice match your needs?

For example, if you are looking for a new diet, does it match what you need such as building muscle, losing weight, reducing cholesterol levels?



Fit

Does the practice fit in your context?

Let us keep this example going... Does the diet align with your beliefs such as being a vegetarian, avoiding gluten, desire to only eat unprocessed food?



Capacity

Is there capacity to use the practice as intended?

Do you have the resources (time, energy, tools, finances) to follow the diet as designed?



Evidence

How do you know the practice will do what you think it will do?

Is there effectiveness data documenting that the diet will get you to your goals (more muscles, lower body fat, etc.)?



Support

What assistance is needed or available to use the practice well?

Is there a coach to help you or a detailed manual to follow that tells you how to prepare meals or do an exercise? Are there technological supports or apps to help?



Usable

Is the practice teachable, learnable, doable, and assessable?

Is it clear how to follow the diet? Does it point out where you can make small changes and still get healthy? How will you know you are following it?

Key Point!

Asking purposeful questions leads you on an informed journey as you use these data to decide whether to adopt, replicate, or de-implement a program or practice. **Remember, informed decision making is the key!**



Resources to Check Out

- **NEW! Updated Hexagon Tool** - Check out the revised Hexagon Tool that provides a more structured approach to analyzing program and site characteristics. The Hexagon Tool has been reviewed and edited by the Racial and Ethnic Equity and Inclusion Team (REEI) to include a race equity and inclusion lens.
- **AI Hub Module 6: Usable Innovations**
- **Getting Started with Usable Innovations**
- **Handout on Usable Innovations**
- **AI Hub Lesson 2: Usable Interventions**



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