

## EDITORIAL

Health Care encompasses many professional interest groups with different needs and demands related to knowledge, methodologies, techniques and practices. Thus, the incorporation of interventions and programs within the health care system requires analyzing information in order to support the planning and decision making process.

Many actions should be improved, and new actions are needed to increase the effectiveness of health programs and interventions. Respecting the individualities, given the breadth and complexity of the proposed actions, as well concepts and components encompassed by the area of monitoring and evaluation, we present the RE-AIM framework as a potential tool for assessment and planning of health programs and interventions.

The RE-AIM (**R**each, **E**ffectiveness, **A**doption, **I**mplementation, **M**aintenance) framework proposed by Glasgow and colleagues provides a model to assess the actual or potential impact on public health programs and interventions with great potential to assist in the practical consolidation of the Brazilian Health System (Sistema Único de Saúde-SUS).

In the REFACS' First Edition, it presents the translation and adaptation of the RE-AIM framework for the Brazilian reality with conceptual definitions of each of the five dimensions and possible contributions to the potential public health impact of health interventions. Key elements needed for the adoption, implementation, and long term sustainability of prevention and health promotion programs were highlighted.

The objective of this special issue is to provide readers with examples of physical activity, nutrition, and weight management studies that report on the different dimensions of the RE-AIM framework. It is intended to contribute to the process of integration and dissemination of a theoretical and methodological framework in Brazil, involving several areas of health, for the evaluation and development of health programs and interventions.

It is important to note that a single study can be evaluated and report on outcomes across the RE-AIM framework. However, it has included brief papers that focus on one or two of the dimensions to provide some clarity on how the assessments were completed and conclusions were made. Further, our intention is to demonstrate how these dimensions can be applied when evaluating the public health impact of health behavior programs, practices, and policies focused on the promotion of healthy lifestyles.

In one of the articles: *Understanding the impact of a weight loss program: The roles of reach, retention, and effectiveness*, it demonstrates how **R**each, retention, and **E**ffectiveness can be combined to provide a more comprehensive assessment of the impact of a worksite weight loss trial. Other article also comes from research on worksite weight loss programs - *What types of worksites participate in weight loss trials?* and introduces how **A**doption can be conceptualized and reported within this context.

**I**mplementation in terms of time-costs and delivery of key intervention components is investigated in our third paper "*Implementation of a community physical activity program: time requirements and delivery as intended*". The "*Maintenance of physical activity interventions at the individual level: The case for personal efficacy*" article discusses the importance of personal efficacy within the context of **M**aintaining individual physical activity behavior as long as five years post-behavior initiation.

The other paper, "*Planning for Sustainability: Lessons Learned from the North Carolina BEAUTY and Health Project*" documents the translation of a beauty salon and barbershop-based

wellness program into state licensing requirements, and how the RE-AIM framework can be used in the planning stages for long-term Maintenance of evidence-based programs.

Finally, it presents two other articles unrelated to the RE-AIM: *Possible influences on sexuality in students of the health field* that looked into the influences of sexuality among freshmen students enrolled in an university health education program, and the *Relationship between Environmental Context and Functional Capacity of Institutionalized Elderly*, which investigates the functional capacity of the elderly in a Long Permanence Institution for the Elderly (LPIE).

It is hoped that this special issue will serve to highlight the RE-AIM framework, demonstrate basic methods to assess its dimensions, and raise questions for future research as well as help understand the influences of sexuality among college freshmen and the functional capacity of the elderly in a LPIE.

Enjoy your reading!

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