

HMC Research Translation: Speculations about Making It Real and Going to Scale

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Objectives: To discuss cross-cutting issues that emerge from this special issue on health behavior maintenance and to present recommendations from an “implementation and dissemination” perspective. **Methods:** Reviews collective implementation strengths and limitations of the HMC articles and provides recommendations for dissemination. **Results:** Strategies for dissemination include actions-related study planning, analysis, promotion, and distribution of research

results. Alternatives, which should be tailored to setting, intervention, and patient factors, include analyses of generalization, use of narratives, networks, and innovative partnerships. **Conclusions:** Dissemination strategies can be used to enhance the chances that results will be translated into policy and practice.

Key words: health behaviors, dissemination, implementation, RE-AIM, translation, maintenance, research design

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