

*Community-Based Participatory Research:
Academic-Community Partnerships for
Health*


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MeHAF Community-Based Initiatives Learning Community Meeting

March 8, 2017 • Hallowell, ME



Overview

- Introduction: Why Community-Based Participatory Research?
 - Overview of CBPR
 - CBPR Resources
 - Your Work
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Introduction

- Researchers have failed in the translation research to practice.
 - Consultation
 - Non/Participatory
 - Interpretation
 - Access to findings
 - Sustainability
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CBPR Definition

“A partnership approach to research that equitably involves, for example, community members, organizational representatives, and researchers in all aspects of the research process” (Israel et al., 2003)

CBPR

CBPR is a collaborative partnership with the community in all phases of the research:

- Identifying the problem
- Designing, implementing and evaluating the intervention
- Building community / partner capacity
- Identifying how data informs actions to improve health within the community

Potential to influence cultural and social norms

Empowerment Model

- It begins with a **true dialogue** in which everyone participates equally to identify common problems and solutions
- Once the individual strengths and the shared responsibilities are identified, the group can work together toward a common goal – **participatory process**

“Washing one’s hands from the conflict between the powerful and the powerless means to side with the powerful, not to be neutral” (Paulo Freire)

Core Values

- Participation, influence, and shared control in the process of generating knowledge & change
 - Sharing in decision making
 - *Mutual ownership* of the processes and products of research
 - Co-learning by researchers and community collaborators, and “mutual transfer” of expertise and insights
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Traditional Research & CBPR: Parallels

Traditional Research

- Community is passive subject of study
- Research Design: Decided a-priori by academic institution
- Needs assessment, data collection, implementation, and evaluation – academic institution's responsibility
- Usually sustainability plan is not included

CBPR

- Involves the community being studied in the research process
- Research Design: Jointly decided by community & academic partners
- Needs assessment, data collection, implementation, & evaluation – everyone's responsibility
- Sustainability is a priority, begins at program's inception

How To Begin?

- Select the community – “unit of identity”
 - Select partners – individuals, representatives of organizations or both
 - True dialogue with partners (and others that should be at the table) before the proposal is written and throughout the process
 - Identification of WHO, WHAT, WHEN, WHY, WHERE, HOW
 - WHO: Who is a partner? Anyone missing? Who are you serving?
 - WHAT: Research question & work’s purpose
 - WHEN: Timeline & duration
 - WHERE: Which community/communities?
 - WHY: Which community need is this addressing?
 - HOW: Research design
 - Sustainability plans from the beginning
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Issues to keep in mind

- Willingness to truly “listen” – applies to everyone
 - Willingness to share power
 - Consider resource limitations (capacity)
 - Trust is earned and it takes time
 - Slow(er) process
 - Clash between community needs & funding restrictions (e.g., disease-focused; time limitations)
 - Patience
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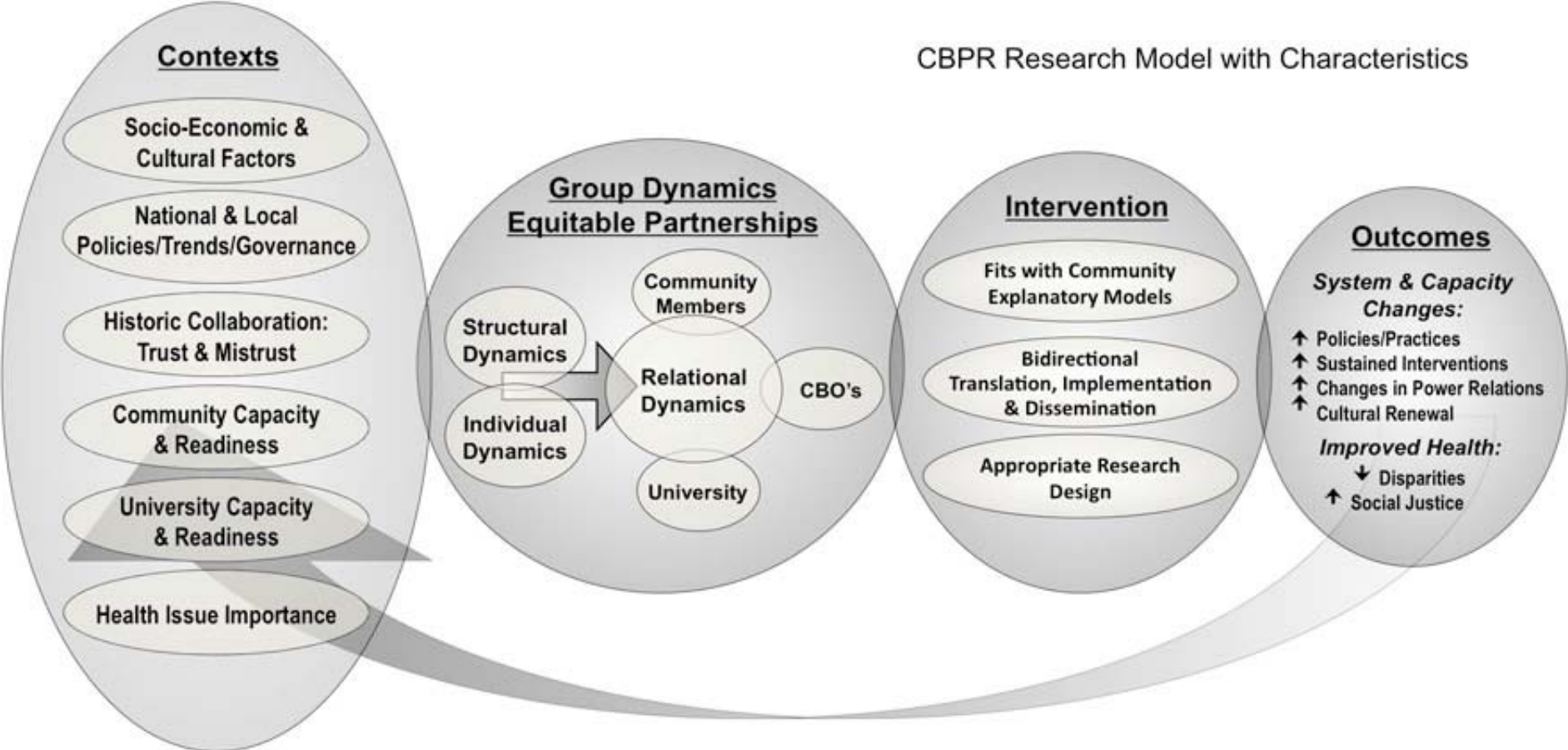
Advantages

- ↑ Participation (recruitment & retention)
 - ↓ Loss to follow-up – loss of participants during the process
 - ↑ External validity – practical; easy to apply to other places & realities
 - ↑ Individual & community capacity
 - ↑ Relationships between partners
 - ↑ Community engagement & ownership
 - ↑ Sustainability
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Challenges

- Threats to internal validity –difficult to account for all factors that influence targeted behaviors/mindset
 - Difficulties with randomization
 - Highly motivated intervention groups
 - Expectations vs. results – interpretation?
 - Interpersonal conflicts and individual “agendas”
 - Organizational capacity & training
 - Scientific publications
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CBPR Research Model with Characteristics



<p>Contexts:</p> <ul style="list-style-type: none"> •Social-Economic, Cultural & Environmental Factors •National/Local Policies & Trends in Political Governance •Historical Context of Collaboration •Community: Capacity & Readiness •University: Capacity & Readiness •Perceived Severity of Health Issues 	<p>Group Dynamics</p> <p>Structural Dynamics:</p> <ul style="list-style-type: none"> • Diversity • Complexity • Formal Agreements • Real Power/Resource Sharing • Alignment with CBPR Principles • Length of Time in Partnership <p>Individual Dynamics:</p> <ul style="list-style-type: none"> • Core Values • Cultural Humility/Identities • Individual Beliefs • Community Reputation of PI <p>Relational Dynamics:</p> <ul style="list-style-type: none"> • Dialogue/Mutual Learning • Leadership/Stewardship • Influence/Power Dynamics • Flexibility • Self & Collective Reflection • Participatory Decision Making & Negotiation • Integration of Local Beliefs to Group Process 	<p>Intervention:</p> <ul style="list-style-type: none"> • Intervention fits with local cultural beliefs, norms, and practices and informed by local institutions • Mutual learning on how best to translate and sustain intervention in local community • Research design reflects partnership input and acceptance in community 	<p>CBPR System & Capacity Changes:</p> <ul style="list-style-type: none"> • Cultural Revitalization & Renewal • Empowerment: Community & University Reflection • Change in Power Relations • Change in Practices & Policies • Culturally-Based & Sustainable Interventions <p>Health Outcomes:</p> <ul style="list-style-type: none"> • Overcoming Disparities 10
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Example: CBPR In Action

- Live Well (2008-2012)
 - Planning
 - Participant Recruitment & Data Collection
 - Interpreting Study Findings
 - Sustainability
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Now What?

- How to use this approach?
 - What is current evaluation relationship?
 - Does anything need to change?
 - Future: Identify evaluation or research partner trained in CBPR OR learn more together:
 - University of Washington – free, evidence-based, online curriculum: <http://depts.washington.edu/ccph/cbpr/>
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Your Work

