

*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

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# *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)

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# *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**

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# *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)

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# *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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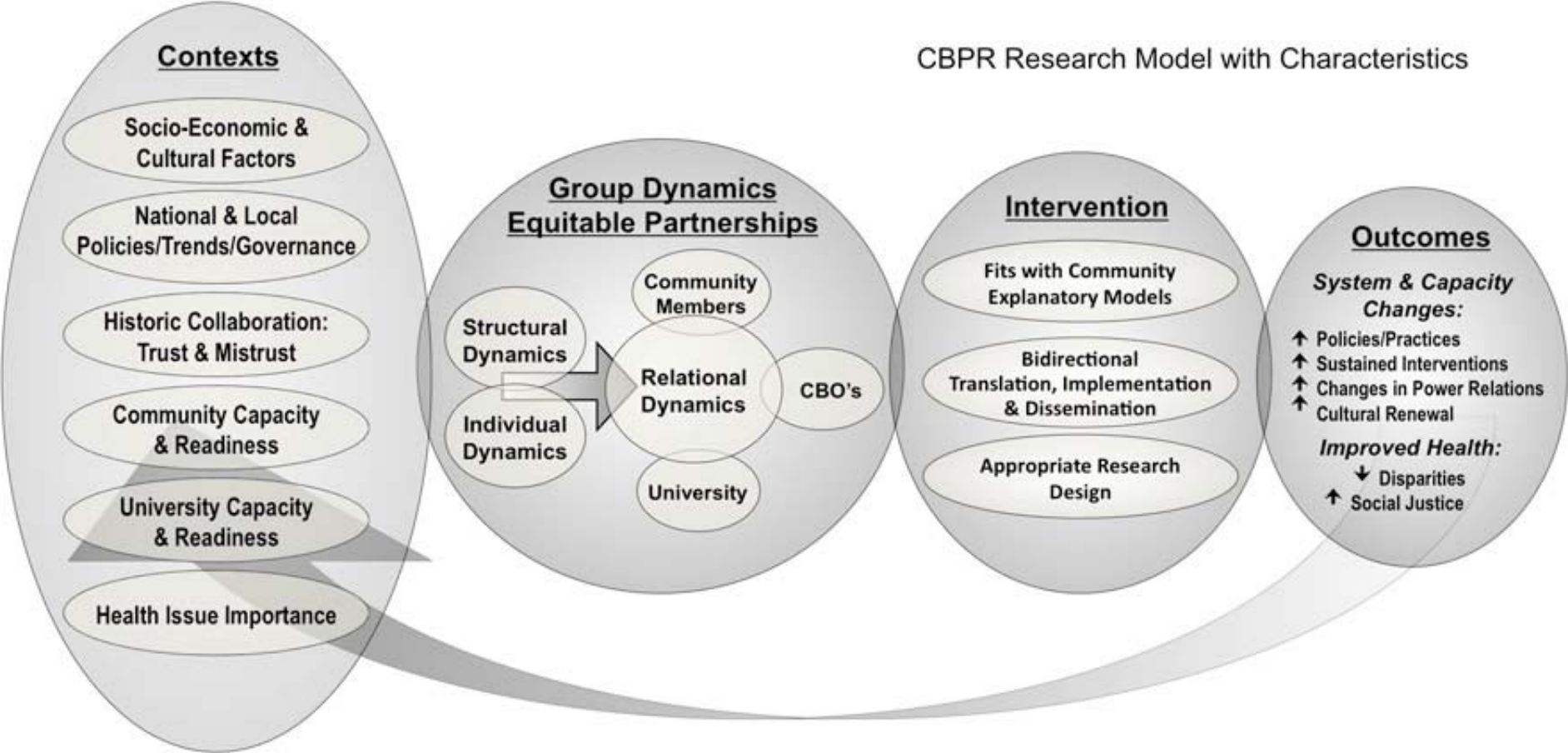
# *Advantages*

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

