

**CBPR: Collaboration to Improve
Women's Health
in their Communities through
Translation Research &
Community Change**

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CBPR Metaphor

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(To review)

Community Based Participatory Research (CBPR)

“ CBPR refers to a partnership approach to research that equitably involves community members, organization representatives, and researchers in all aspects of the research process”

Israel BA, Eng E, Schulz AJ, et al, eds. Methods in Community-Based Participatory Research for Health. San Francisco, Calif: Jossey-Bass; 2005

A Liberatory Public Health

- Fosters community goals
- Affirms positive cultural identity
- Aligns with worldview and cultural practices
- Takes a transformative approach
- Respects community self determination, self sufficiency and self actualization

Continuum of Engagement

- A transformative approach is less prevalent.
- Is imbedded in a localized social movement or ideological, purpose driven practices that transcend any health issue.
- Sweat equity addresses budget gaps.
- Relationships have personal meaning and transcend project boundaries.
- Addresses social determinants
- Fosters community building and cultural revitalization
- Transcends project time-lines

Critical Questions

- What is the role of CBPR in translation research?
- How do we address community change outcomes of CBPR beyond the individual level?
- What are the implications of a Community of Practice (CoP) for the Academy?

Place of CBPR in Evolving Community Prevention Science

- NIH Roadmap Initiative

(<http://nihroadmap.nih.gov/overview.asp>)

- Translation Research

(<http://www.re-aim.org/index.html>)

- 3rd Generation of Community Prevention Research (Fixen 2005; Pasick 1996)

- Culturally Sensitive Intervention vs. Empirically Supported Interventions (Hall 2001)

CBPR Outcomes

- Population Health Status
- Systems Change
- Capacity Building
- Community Building
- Cultural Revitalization

What is a healthy community?

- A healthy community (city) is one that is constantly creating and improving those physical and social environments and expanding those community resources which enable people to mutually support each other in performing all the functions of life and in developing their maximum potential

(Hancock & Duhl, 1988)

Key Parameters for Healthy Communities

1. A clean, safe, high-quality environment
2. A sustainable ecosystem
3. A strong, mutually supportive community
4. Meaningful public participation in decision-making
5. Basic needs (food, water, shelter, income, safety, work)
6. Multiple experiences, contacts, interaction and communication
7. A diverse, vital and innovative economy
8. Connections with cultural and biological heritage
9. An enabling urban form (design)
10. Accessible public health and sick care services
11. High health status

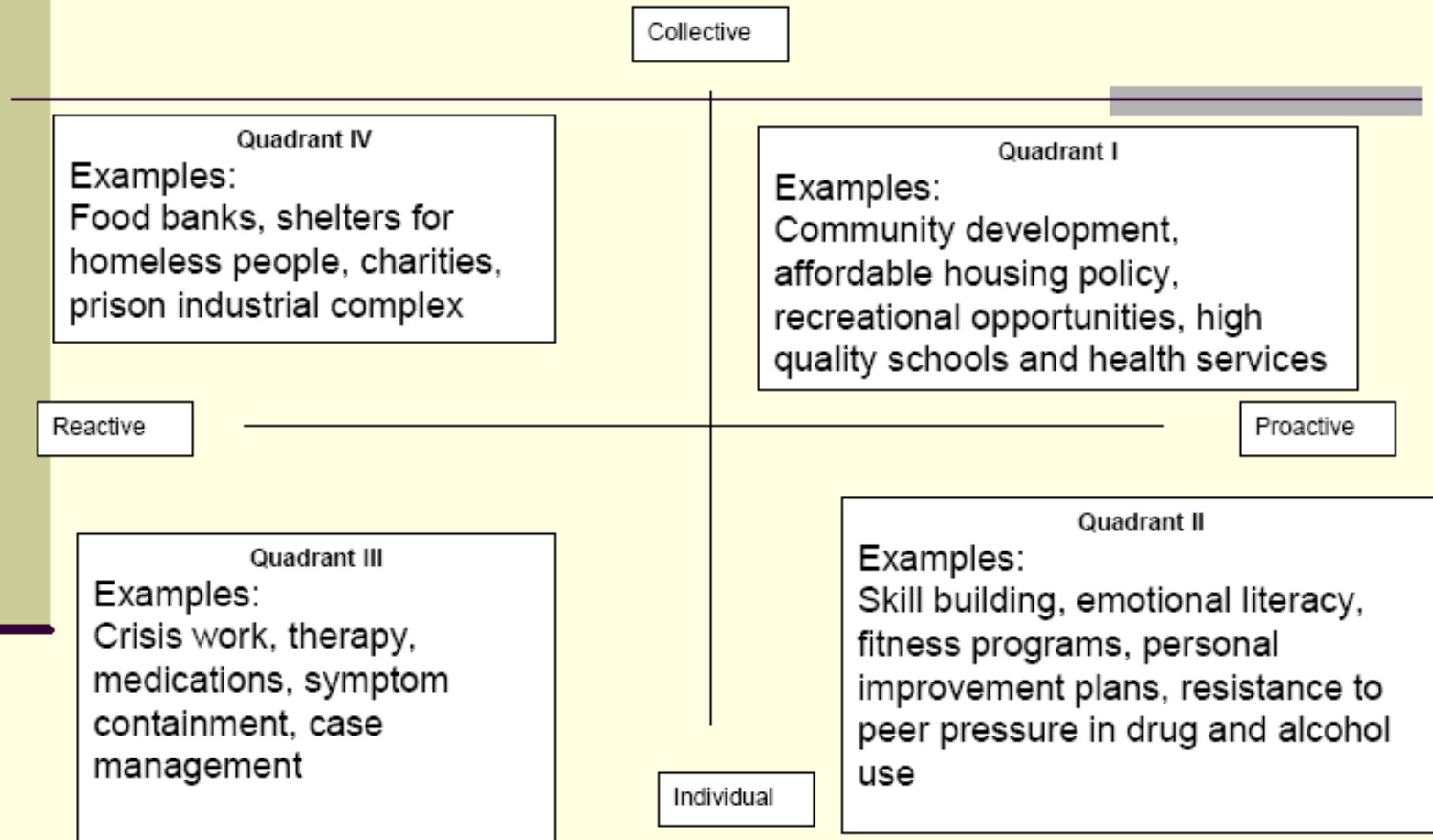
Signs of Community Well-being

- Social justice and equality
- Liberation from oppressive forces
- Quality education
- Adequate health and social services
- Economic prosperity
- Adequate housing
- Clean and safe environment
- Support for community structures



Prilleltensky, 2006

Strategies: Time and Place



Community Capacity Goodman et al. 1998

Citizen participation that is characterized by

- strong participant base**
- diverse network that enables different interests to take collective action**
- benefits overriding costs associated with participation**
- citizen involvement in defining and resolving needs**

Leadership that is characterized by

- inclusion of formal and informal leaders**
- providing direction and structure for participants**
- encouraging participation from a diverse network of community participants**
- implementing procedures for ensuring participation from all during group meetings and events**
- facilitating the sharing of information and resources by participants and organizations**
- shaping and cultivating the development of new leaders**
- a responsive and accessible style**
- the ability to focus on both task and process details**
- receptivity to prudent innovation and risk taking**
- connectedness to other leaders**

Skills that are characterized by

- the ability to engage constructively in group process, conflict resolution, collection and analysis of assessment data, problem solving and program planning, intervention design and implementation, evaluation, resource mobilization, and policy and media advocacy**
- the ability to resist opposing or undesirable influences**
- the ability to attain an optimal level of resource exchange (how much is being given and received)**

Community Capacity

Resources that are characterized by

- access and sharing of resources that are both internal and external to a community**
- social capital, or the ability to generate trust, confidence, and cooperation**
- the existence of communication channels within and outside of a community**

Social and interorganizational networks that are characterized by

- reciprocal links throughout the overall network**
- frequent supportive interactions**
- overlap with other networks within a community**
- the ability to form new associations**
- cooperative decision-making processes**

Sense of community that is characterized by

- high level of concern for community issues**
- respect, generosity, and service to others**
- sense of connection with the place and people**
- fulfillment of needs through membership**

Understanding of community history that is characterized by

- awareness of important social, political, and economic changes that have occurred both recently or more distally**
 - awareness of the types of organizations, community groups, and community sectors that are present**
 - awareness of community standing relative to other communities**
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Community Capacity

Community power that is characterized by

- the ability to create or resist change regarding community turf, interests, or experiences**
- power with others, not control over them (non-zero-sum or win-win strategies)**
- influence across a variety of domains or community contexts**

Community values that are characterized by

- clearly defined norms, standards, and attributes**
- consensus building about values**

Critical reflection that is characterized by

- the ability to reflect on the assumptions underlying our and others' ideas and actions**
 - the ability to reason logically and scrutinize arguments for ambiguity**
 - the ability to understand how forces in the environment influence both individual and social behavior**
 - the ability for community organizations to self-analyze their efforts at change over time**
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We cannot wait for everything
to be in place to get started.

Begin your own personal revolution.

Build supports. Form your “community
of practice”

Community of Practice

- A community of practice is different from a *team* in that the shared learning and interest of its members are what keep it together. It is defined by knowledge rather than by task, and exists because participation has value to its members. A community of practice's life cycle is determined by the value it provides to its members, not by an institutional schedule. It does not appear the minute a project is started and does not disappear with the end of a task. It takes a while to come into being and may live long after a project is completed or an official team has disbanded.

(Etienne Wenger , the "Systems Thinker," 1998)