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Keynote Address: "Research with Communities to Improve Health and Reduce Health Disparities"

Elmer R. Freeman
Center for Community Health Education Research and Service

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Research with Communities to Improve Health and Reduce Health Disparities

Elmer R. Freeman, MSW
Executive Director
Center for Community Health Education Research and Service

University of Massachusetts
Center for Clinical & Translational Science
“Challenging Issues in Community Health: The Role of Research”

Friday, November 30, 2012
The mission of CCHERS is to promote the development of “academic community health centers” that integrate service, education and research to influence and change health professions education, improve health care delivery, and promote health systems change, to eliminate racial and ethnic disparities in health.
Institutional Partners

- Boston Medical Center
- Boston Public Health Commission
- Boston University School of Medicine
- Northeastern University Bouve College of Health Sciences
Community Health Center Partners

- Bowdoin Street
- Brookside
- Codman Square
- Dimock
- Dorchester House
- East Boston
- Gieger/Gibson
- Harvard Street
- Mattapan
- Neponset
- Roslindale
- South Boston
- Southern Jamaica Plain
- Uphams Corner
- Whittier Street

Certified as a primary care practice-based research network by the Agency for Healthcare Research and Quality and recognized as a minority serving institution by the National Institutes of Health.
CCHERS’ Research Goals

• To establish a sustainable practice based research network of “academic community health centers”.
• To become recognized as a credible center for initiating and conducting community-based health services and clinical research.
• To increase interest and reward of university faculty to engage in and conduct community-based research.
• To increase the interest and capacity of the community to engage in and conduct academic research.
• To develop common research agendas derived through consensus between academic and community partners.
Community Placed vs. Community-Based Levels of Community Involvement

- **Community notification** - inform the community of the intentions of the research risks and benefits relating to the individuals and communities involved.
- **Community consent** - obtaining some expression of community approval.
- **Community endorsement** - community representatives are asked to formally support the research activities.
- **Community participation** - seeking and obtaining community advice in planning, development, execution, and dissemination of the research.
- **Community origination** - research purpose and goals set by expressed community needs.

Jenkins, B. “Health Disparities: Why we have not solved the problem, Why we need new approaches.” The Research Center on Health Disparities, Morehouse College, April 2004.
Continuum of Research Relationships

- **Unilateral** – Single researcher sets the agenda and maintains control over all aspects of the study.
- **Collaborative** – Idea comes from the researcher who decides to include the community in some stages of the study.
- **Participatory** – Driven by the convergence of community need and researcher interest/expertise.
- **Democratic** – A partnership arising out of a CBPR project and uses a participatory decision making process with designated representatives.

Ritas, 2003
Challenges of Community Partnered Research

- Tenuous nature of university and community relationships
- Understanding the academic research enterprise
- Building research capacity and infrastructure
- Building relationships based on trust
- Coping with differentials in power and issues of control
- Being seen as credible partners with “expertise”
- Establishing a structure and process for inclusion, communication and decision making
- Allocation of financial resources and fiscal control
- Coping with the dynamic and fluid process of community engagement

University – Community Expectations

- Scholarly publications
- Funded research grants
- Professional supervision of applied grants
- Supervision of student research
- University/collegiate service
- Membership in professional associations

- Manuals & policy papers
- Funded service projects
- Project development and evaluation
- Social action research and strategic planning
- Civic and community participation
- Professional and leadership development

Complexity of Research Relationships

- Work “in” the community
- Discipline driven
- Supported by descriptions in the literature
- Question is hypothesis based
- Separate and unique roles
- Power differential
- Community assets go unrecognized
- Limited selection of community voices
- Learning is scholarly of individual expertise
- Culture of academia

- Work “with” the community
- Multi discipline driven
- Supported by real life experiences
- Question to find solution
- Multiple roles
- Shared power
- Community assets are identified
- Multiplicity of community voices
- Group co-learning and capacity building
- Politics of the community

CBPR is a collaborative approach to research that combines methods of inquiry with community capacity-building strategies to bridge the gap between knowledge produced through research and translation of this research into interventions and policies to improve health.

Israel, et al 2003

Prompted by 1998 report issued by the Institute of Medicine: *Scientific Opportunities and Public Needs: Improving Priority Setting and Public Input at the NIH*

Federal Advisory Committee of 21 diverse members of the public provide input and feedback from the public’s perspective on emerging health issues and research priorities as identified by the COPR and/or the NIH Director.

Increase public awareness of NIH outreach activities, programs, and resources, including trustworthy health information.

Research for policy … Policy for research.

The 4 P’s … predictive, pre-emptive, … personal … and participatory.
## A Research Paradigm Shift: From Traditional to Participatory

<table>
<thead>
<tr>
<th>Traditional</th>
<th>Participatory</th>
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<tbody>
<tr>
<td>Randomized Controlled Trial</td>
<td>Natural Experiment</td>
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<tr>
<td>Biomedical Scientists</td>
<td>Experimenting Practitioners</td>
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<td>In the Community</td>
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<td>Research on Subjects</td>
<td>Research with Participants</td>
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<td>Hypothesis Driven</td>
<td>Solution Driven</td>
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<td>I Wonder If</td>
<td>I Wonder How</td>
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<td>Academic Impact</td>
<td>Societal Impact</td>
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<td>Evidence Based Practice</td>
<td>Practice Based Evidence</td>
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Elmer R. Freeman, Executive Director
Center for Community Health Education Research and Service, Inc.

HISTORY, MISSION AND GOALS
CCHERS was established in 1991 with a $6 million grant from the WK Kellogg Foundation’s initiative, Community Partnerships in Health Professions Education.

The mission of CCHERS is to promote the development of "academic community health centers" that integrate service, education and research to influence and change health professions education, improve health care delivery, and promote health systems change, to eliminate racial and ethnic disparities in health.

- Promote community based, primary care oriented education for a range of health professions students, from high school through graduate and professional school, to improve community health services provided to underserved populations.
- Promote community derived and directed health services and clinical research, in partnerships with academic medical center, government, and university researchers, that focuses on health problems that impact diverse urban populations.
- Promote coordination of services and interagency collaboration among universities, health services providers, community based organizations, and community residents to create healthier communities.
- Promote public and marketplace policy change in health professions education, community health, and health care access to create an equitable health care system for diverse urban populations and communities.

THE PARTNERSHIP

Community Health Centers
Bowdoin Street Mattapan
Brookside Neponset
Codman Square Roslindale
Dimock South Boston
Dorchester House Southern JP
East Boston Upham’s Corner
Gieger/Gibson Whittier Street
Harvard Street

Certified as a primary care practice-based research network by the Agency for Healthcare Research and Quality and recognized by the National Institutes of Health.

THE MODEL

Community Health and Academic Medicine Partnership (CHAMP)
- Harvard Medical School/Brigham and Women’s Hospital & CCHERS.
- R21 funded by NHLBI to determine the quality of chronic disease management for diabetic and hypertensive patients in 7 community health centers through site visits, focus groups with patients, chart reviews, and interviews with physician and other primary care providers.
- Larger research team, mentoring of the PI, limited resources.
- Co-investigators, health center liaison, focus groups, organize/facilitate advisory board.
- Residency training at B&W, credibility of CCHERS as a research partner, new funding for program interventions at health centers.

Challenges of Community Partnered Research
- Tenuous nature of university and community relationships
- Understanding the academic research enterprise.
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- Coping with differentials in power and issues of control.
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Lessons Learned
- Roles – Everyone must understand and appreciate the role, responsibilities and what each individual partner contributes.
- Structure – Successful partnerships are structured to ensure sharing of power, resources, control and decision-making.
- Communication – Successful partnerships are built on open and honest communication.
- Relationships – The personal relationships that develop between the individual representatives of the partner organizations is critical.
- Trust – Successful partnerships are built on trust that comes from taking the time to learn the culture, values, principles and processes of the individuals partners.
- Vigilance – Pay attention to the details … the Devil’s in them. Do not let the small things become deal breakers.
- Time – Building partnerships takes time; it is a process … not an event.
- Commitment – Promises must be kept. Representatives should caution not to promise more than they can deliver.
- Leadership – Successful partnerships require “boundaryless” leaders that can be effective in multiple arenas.
- Outcomes – The process is just as important, if not more important, than the product.
- Benefits – Partners must recognize, establish and work toward mutual benefit in order to maintain interest and commitment.

CASE EXAMPLES

Lupus Awareness and Community Education (LACE) Project
- Brigham & Women’s Hospital/Harvard Medical School, Massachusetts Department of Public Health & Women of Courage.
- Promote awareness of lupus and risk exposures to organic/petroleum products; conduct case finding; and determine associations.
- Power dynamics; racial/ethnic politics; and roles of the partners in project.
- Team building retreats; formative research and focus groups; community education.
- State tracking of lupus; education of primary care practitioners; environmental health policy advocacy.

Boston Area Community Health (BACH) Survey
- New England Research Institutes, CCHERS and Boston communities.
- Five year longitudinal study of urological problems in men with focus on minority males.
- Randomized sample methodology; jobs for community people; role of community advisory board (CAB); benefit/return to community.
- Introduction to community groups/organizations; organization of CAB; work with social marketing firm.
- Not sure of any implications for policy.

Asthma Center on Community Environment and Social Stress (ACCESS)
- Channing Laboratory of Brigham and Women’s Hospital, Harvard School of Public Health & CCHERS.
- National center for reducing disparities in asthma with longitudinal study of 1000 pre-natal; genetic testing and assessment of environmental and community stressors and triggers of asthma.
- Organizational cultures; power differentials; and building a partnership.
- Co-investigators; qualitative community researchers; organize and convene Community Advisory Board.
- AHRQ Evidence Report No. 99; Kellogg Commission; Boston Housing Authority Healthy Homes; policy advocacy; community organizing.
Looking for *Causes* … in all the *WRONG PLACES*

There’s an old joke about a man who late one night dropped his keys in the middle of a dark parking lot. He moves some distance over to the side of the lot and begins a fruitless search for them under a bright light. When asked why he was not looking where he actually dropped them, he replied, “because this is where the light is.”

*Network*, New England Research Institutes, Summer, 2002
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CHAMP Partnership Structure

**Partnership Structure for CHAMP**

- Community Assessment
- Community Training
- Research Dissemination
- Project Evaluation

**CCHERS**
- CBPR
- Education/Outreach
- Asthma Management
- Community Building

**Harvard (HMS/BWH)**
- Chronic Care Model
- Health Disparities
- Hypertension/Diabetes
- HRSA Disease Collaboratives

**Community Team**
**Project Team**
**Academic Team**

**Community Advisory Board**
Over 80% of participants are involved in federally funded community-engaged research, including:

- 30% NIH Clinical and Translational Science Awards
- 23% CDC Prevention Research Centers
- 20% National Institute of Minority Health and Health Disparities
- 17% NIH Partners in Research Program
- 15% National Cancer Institute
- 8% National Institute of Environmental Health Sciences
- 8% Native American Research Centers for Health
- 5% Environmental Protection Agency

* Multiple choices could be selected
Location: 27 states and DC
Setting: 80% urban, 11% rural, 3% frontier, 6% Native Nation
Race/ethnicity*: 47% African-American, 23% Caucasian, 20% Hispanic, 10% Mixed, 8% Asian, 4% Pacific Islander, 3% American Indian/Alaska Native
Gender: 60% women, 40% men
Research experience: 57% involved in community-engaged health disparities research for over 5 years, 24% for 3-5 years, 16% for 1-3 years, 3% for less than one year
Research roles*: 70% research team member, 36% principal investigator (PI), 50% co-PI, 67% community advisory committee member, 9% IRB member

* Multiple choices could be selected
• Re-define cultural norms and terms and coin new ones
  – “We need to acknowledge and honor multiple ways of knowing”
• Develop research ready communities
  – “As more established CBOs, we have a responsibility to mentor & train newer CBOs”
• Develop community ready researchers and institutions
  – “We have a critical role to play in developing the capacity of our academic partners”
• Compensate communities for research and teaching roles
  – “Our expertise is not free”
• Exchange existing and develop new resources
  – “There’s no reason to reinvent the wheel”
• Cultivate funders
  – “Social justice funders who ‘don’t fund research’ may invest in CBPR”

• Hold funders, institutions, and researchers accountable
  – “There’s a lot of rhetoric about CBPR – but is it really happening on the ground?”

• Change research ethics review policies and practices
  – “Ethical research is more than protecting individual study participants”

• Cultivate and position leaders
  – “We need to position leaders for high impact positions & support them through the process”

• Change NIH policies and practices
  – “It’s a no-brainer: funds for community research infrastructure should come to communities”
All I Really Need to Know ... I Learned in Kindergarten

• Share everything.
• Play fair.
• Don’t hit people.
• Put things back where you found them.
• Clean up your own mess.
• Don’t take things that aren’t yours.
• Say you’re sorry when you hurt somebody.
• Wash your hands before you eat.
• Flush.
• Warm cookies and milk are good for you.
• Live a balanced life.
• Take a nap every afternoon.
• When you go out into the world, watch out for traffic, hold hands, and stick together.
Contact Information

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