

ARCC Round 3 Seed Grant Project Summaries

Partnership Building Grants

Building Bridges to Connect Faith to Community Health: A Capacity Building Partnership between a Faith-Based Organization and Academic Partner

Horace Smith, Apostolic Faith Church, and Virginia Bishop, Assistant Professor of Preventive Medicine, Feinberg School of Medicine

This project is a community-based partnership building proposal for the Apostolic Faith Church (AFC) Health Professional Ministry (HPM) and Dr. Virginia Bishop, MD, MPH of Northwestern Feinberg School of Medicine. This grant will further strengthen the partnership between a Faith Based Organization (FBO) and their academic partner. The goals of this grant proposal are:

1. To increase the capacity to work as equitable research partners
2. To identify our community's research priorities
3. To prepare for a CBPR implementation grant

We request support for a twelve month period to demonstrate how a FBO can successfully integrate the topics of faith, health and the role of the African American church in addressing the public health needs of its community (defined as members of the congregation) by incorporating principles of CBPR. By aligning with an academic partner, the HPM of AFC will be able to both utilize the skills and resources of an academic partner who has a working knowledge of CBPR as well as introduce the unique dynamic of a FBO to an academic researcher. This exchange of knowledge will provide future academic partners with increased perspectives on the needs and strengths of FBOs. Likewise the FBO will benefit from learning the culture of "academic" research and gain skills to be an equitable partner in CBPR.

Community Partnership for Healthy Behaviors in a Latino Community

Abel Nunez, Centro Romero, and Adolfo Ariza, Assistant Professor of Pediatrics, Feinberg School of Medicine/Children's Memorial Hospital

Centro Romero and the Pediatric Practice Research Group at Children's Memorial Hospital have a shared interest in health promotion in the Latino community. This has led to a discussion of developing educational materials that would facilitate behavioral changes needed to prevent type 2 diabetes in high risk children. The educational materials would be aimed at families where a parent has recently been diagnosed with diabetes. The materials might be used alone or with reinforcement from a health educator.

Centro Romero and the PPRG hope to develop proposals to obtain funding for these materials. As an initial step, we are seeking a Partnership Building Seed Grant to build capacity in both Centro Romero and the PPRG, to develop the infrastructure to work together effectively, and to collect background information that could inform subsequent proposals. Specifically, we aim to undertake training in CBPR methodology and in focused interviewing, create an advisory committee, hold four focused meetings about preventive strategies, provide feedback to both Centro Romero and the PPRG and identify health care providers in the community who might become involved in

subsequent studies. We anticipate that building our partnership through this process will increase their capacity for CBPR in both groups.

The partnership and skill developed through this grant will facilitate the development of proposals to create culturally appropriate educational materials and to test the use and impact of these materials in health care settings.

Community-Academic Partnership to Prevent Depression in Latino Youth

Marco Jacome, Healthcare Alternative Systems, and Rebecca Ford-Paz, Instructor of Psychiatry and Behavioral Sciences, Feinberg School of Medicine/Children's Memorial Hospital

We propose to develop a collaborative research relationship and agenda between healthcare Alternative Systems (HAS), Children's Memorial Hospital's (CMH) Department of Child & Adolescent Psychiatry/Northwestern, Alternatives, Inc., and Alivio Medical Center.

Co-Principle Investigator (Co-PI), Marco Jacome, MA, LPC, SCADC, CEAP, is the CEO of HAS, a nonprofit community-based organization (CBO) and leading provider of culturally competent, bilingual behavioral health services, concentrating on alcohol/drug abuse treatment and prevention services for Latino adolescents and adults. Throughout Mr. Jacome's tenure, HAS has been involved in several community-engaged research programs with academic partners.

Academic Co-PI, Rebecca Ford-Paz, PhD, is an Attending Clinical Child Psychologist at CMH, Instructor of Psychiatry and Behavioral Sciences, NU, and the Coordinator of the moon and Anxiety Program at CMH. Dr. Ford-Paz has worked with the Latino population and CBOs in both clinical and research capacities throughout her career.

The project will focus on developing a long-term community-academic partnership with a community-informed research agenda aimed at the reduction of mental health disparities for Latino youth and families by targeting prevention of adolescent depression. The proposal includes a period of relationship-building and CBPR skill development. Through a series of meetings with a Community Advisory Board, the partnership will present evidence-based approaches to depression prevention, host focus groups, and generate research questions of interest to the community and ideas for culturally sensitive prevention programming. Based on these data, a logic model will inform the design of an innovative, durable, and multi-pronged prevention program and future research agenda. This collaboration will lay the foundation for future research collaborations focusing on program implementation and evaluation. The last 3 months of this grant will be devoted to developing collaboratively an ARCC implementation seed grant proposal as well as proposals for research funding from other sources.

Partnership for a Better Roseland

Sherida Morrison, Demoiselle 2 Femme, and Virginia Bishop, Assistant Professor of Preventive Medicine, Feinberg School of Medicine.

The “Partnership for a Better Roseland” project is a collaboration of Demoiselle 2 Femme, NFP to engage in Community-Based Participatory Research (CBPR), through the Alliance for Research in Chicagoland Communities at Northwestern University.

The target area for the proposed project is the Roseland community which is located on the far south side of Chicago and has been on a constant social and economic decline due to chronic health issues, increased poverty, crime and violence, abandoned homes, vacant lots, business closures, poor performing schools and other disparities. Increasingly, these community issues have tremendously impacted the lives of Roseland youth. Recognizing that the future health of a community is predicated on the attitudes and behavior of its youth, the purpose of this project is to develop true community partnerships which address the health and wellness of adolescent females who reside in Roseland.

The primary goals of the project are to identify the available resources (within Roseland) which create a foundation for conducting research; build the capacity of its community-based organizations to engage in CBPR and through respectful and thoughtful collaboration prioritize Roseland youth-specific public health issues. Project partners identified to participate in CBPR activities include: youth serving organizations, faith based organizations, a park district, school administrators and a health provider. The partnership will include 2 ½ -hour monthly meetings to provide trust-building, community awareness, collaborative opportunities, CBPR training and capacity building. The expected outcomes include: development of a strong research question which addresses the health and wellness of girls in Roseland that creates opportunities to conduct an implementation project; increased capacity of community organizations to engage in CBPR; collaboration among community partners and increased knowledge of the services each provides; the development of a readiness tool which assesses an organizations capacity to engage in CBPR; and the creation of a standard of engagement for research conducted in Roseland which respects the needs of the community while focusing on addressing solutions through academic research.

Implementation Grants

Evaluation of Park-Based Promotion of Healthy Vending

Lucy Gomez, Logan Square Neighborhood Association, and Maryann Mason, Assistant Professor of Pediatrics, Feinberg School of Medicine/Children’s Memorial Hospital.

Project partners are Northwestern University, Logan Square Neighborhood Association, UIC’s Chicago Partnership for Health Promotion, Chicago Park District (CPD) and the Consortium to Lower Obesity in Chicago Children (CLOCC).

In the fall of 2010, CPD will deploy vending machines offering only snacks meeting American Heart Association healthy food guidelines. The project evaluates an innovative intervention

for healthy snack vending sales and increasing park staff motivation and ability to promote healthy vending use.

The intervention will be piloted at 3 CPD park sites and involves 3 tiers- each targeting specific group of park patrons/staff; 3 matched parks maintain usual vending machine sales practices serve as control sites. Intervention park sites will be compared to control sites regarding vending sales and staff nutrition knowledge, attitude, and behavior. This study will be used to inform development of an expanded intervention and CPD vending and staff training policies.

- **1st tier:** Patron taste test promotions featuring healthy vending items. Goal: introduce patrons to healthy items, allowing them to try new items without cost to determine item they like and reduce perceived risk of purchasing new items not to their liking.
- **2nd tier:** On-site nutrition education sessions and taste test promotions with all intervention site park staff. Goals: increase park staff awareness of the importance of nutrition for themselves and park patrons, provide positive experiences with healthy vending items, emphasize park staff's role in health promotion.
- **3rd tier:** Nutrition education session with park supervisors responsible for park operations at intervention site parks. Goal: increase administrators' capacity for establishing environments supportive of healthy eating.

The evaluation follows a quasi-experimental design in which outcomes are compared for 3 control and 3 intervention parks for differences in 1) healthy vending item sales and 2) park staff nutrition knowledge, attitude, and behavior at pre/post intervention time points.

Developing and Implementing a CBPR Partnership to Find Solutions to Physical Inactivity in Chicago's South Asian Community

Santosh Kumar, Metropolitan Asian Family Services, and Namratha Kandula, Assistant Professor of General Internal Medicine, Feinberg School of Medicine

Asian Indians and Pakistanis (South Asians) in the United States (U.S.) are at higher risk for coronary heart disease (CHD) and type 2 diabetes (DM) than most other racial/ethnic groups. Regular physical activity (PA) has been shown to prevent CHD and DM, yet there is little evidence of successful PA interventions for South Asians. In our recent survey of the South Asian community in Chicago's Devon-area neighborhood, we found very high levels of physical inactivity and overweight/obesity, especially among women. These individuals were mostly recent immigrants who described how the social, economic, and cultural context of immigration made it difficult to engage in healthy behaviors. In an effort to address these high rates of physical inactivity, Metropolitan Asian Family Services (MAFS) and Northwestern University are partnering to find solutions that will have relevance in this community's context.

This project will use a community-based participatory research (CBPR) approach to first understand how South Asian women conceptualize PA and its relationship to their health. From

this understanding, we will develop a culturally appropriate PA intervention. The research will take place in Chicago's West Ridge and Rogers Park neighborhoods; a densely populated residential area which encompasses Devon Avenue, one of the largest South Asian business districts in the U.S. Specific aims are to: 1) Use focus groups to understand the social, cultural, economic, and environmental factors that affect PA in South Asian women; 2) Conduct 4 group exercise classes; 3) Disseminate the results to the community, to providers, and to organizations that are developing PA interventions for South Asians or other immigrant populations; 4) Use information learned to develop and evaluate a physical activity intervention for South Asian women. By the end of this process, we will also have developed a sustainable community-academic partnership aimed at helping Chicago's South Asians achieve better health.

Chicago Community Health Worker/Promotor Survey and Mapping Project: Community-Based Analysis of Rogers Park Pilot Data

Laura Bahena, Chicago Community Health Worker Local Network, and Daniel Block, Adjunct Assistant Professor of Preventive Medicine, Feinberg School of Medicine

The Chicago Community Health Workers (CHW) Local Network and Dr. Daniel Block request funding to analyze pilot data for the Chicago CHW/Promotor Survey and Mapping Project using a Community Based Participatory Research approach.

CHWs and *promotores de salud* are frontline public health workers who act as intermediaries between health providers, social service agencies, and communities in order to facilitate improved access and delivery of services. Their work is of particular interest to organizations addressing health disparities rooted in social determinants.

In 2008, the Chicago CHW Local Network, its fiscal agent HealthConnect One, the Chicago Partnership for Public Health, and many local organizations hosting and supporting CHW programs, determined there was a clear need to identify *what* services CHWs provide within the city and *where* they provide them. The Chicago Survey and Mapping Project was developed by this extensive partnership to identify and map current CHW/Promotor programs, collect information to expand and support sustainability of these programs and strengthen the connection among partners.

A pilot for the Survey and Mapping Project is currently in final planning stages in Rogers Park, with survey implementation planned during summer 2010. An ARCC Seed Grant would assist the project in a community-based analysis of pilot data and incorporate these findings into a citywide survey. Although the overarching goal of the pilot is to develop the foundation for a comprehensive citywide survey, the immediate goals of the pilot include building CHW infrastructure through a cooperative community-based analysis of the Rogers Park surveys, and working with Rogers Park partners to align CHW services to the needs of residents. We propose to do this through the development, in team with CHW and Rogers Park partners, of two sets of community-based analysis meetings, one with Rogers Park community leaders and residents, and one with the CHW Local Network.

Breast Cancer Disparities in the Hispanic/Latina Community in Chicago

Judith Guitelman, Network of Strength, and Judith Abramson, Instructor, Preventive Medicine, Feinberg School of Medicine.

Background and Purpose: Among Latinas, breast cancer is the leading cause of cancer death. Mortality rates are 20% higher than white women of comparable age and cancer stage despite a lower incidence of breast cancer. Latinas confront numerous healthcare, cultural, and language barriers that hinder understanding of their management, affect cancer treatment choices, and communication with providers. Family involvement in care is common. A family member (acting as a caregiver) often acts as intermediary, translator, and decision maker for the patient as she navigates through the medical system.

Participants & Methods: We will explore the etiology of these disparities and assess the needs and experiences of Latina breast cancer survivors through community-based participatory research (CBPR) involving collaboration between Breast Cancer Network of Strength and Northwestern University. These collaborating institutions will partner with other community organizations or health care sites that serve the Latino community such as Rush Copley Medical Center, Gilda's Club, and MacNeal Hospital. We will conduct focus groups with Latina breast cancer survivors and breast cancer survivor/caregiver pairs to assess participants' survivorship experiences, needs, preferences, and the impact of culture. Community partners will assist in all phases of research including instrument development, recruitment, analysis and interpretation of results.

Data Analysis: Transcribed audiotapes from community focus groups will be thematically analyzed using qualitative methods.

Expected Outcomes: 1) Strengthening the collaborative community-based and academic partnerships, 2) Building capacity for research between the academic and community partners, 3) Collecting, translating, and disseminating important, relevant data on the cultural needs and experiences of Latina breast cancer survivors that will inform future research, and 4) Identifying funding sources for research to develop culturally sensitive breast cancer survivorship programs for Latinas. These efforts will sustain partnerships established during this project.

Sharing the Findings: Results will be shared through community presentations and manuscript development.