



COMPAÑEROS EN LA SALUD

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Final Report for the Community Health Engagement Program

June 2013

INTRODUCTION

Nationally the US Hispanic population fares worse than the non-Hispanic white population for a variety of health related variables ranging from receiving fewer preventive services, greater numbers of uninsured to higher rates of diabetes and overweight/obesity.¹⁻³ These disparities are of particular interest considering that the US Hispanic population is the fastest growing demographic group in the nation. If these disparities are not addressed, it will result in reduced quality of life, reduced work productivity and an increasing burden on our medical system.

In Indiana, between 1990 and 2005 the Hispanic population increased from 98,788 to over 270,000. In Marion County, the Hispanic population increased by 154% between 2000 and 2010 and currently houses the largest Hispanic population in the state, approximately 84,500. Therefore it is crucial that we develop effective health promotion strategies for this population.

Compañeros en la Salud is a Community Based Participatory Research (CBPR) project with a partnership between La Plaza and the Community Health Engagement and Equity Research (CHEER) team at the IU Richard M. Fairbanks School of Public Health at IUPUI. The goal of the partnership was to connect with the Hispanic community as a first step in the implementation of community health promotion activities. This project is part of a multi-phase, multi-faceted program. The following phases have been and continue to organize our efforts: Phase I (Partnership development), Phase II (Identification of priority health issues), **Phase III (Community resident input and involvement)**, Phase IV (Solicit funding), Phase V (Material adaptation and program implementation), and Phase VI (repeat the process). The pilot funding was for Phase III.

METHODS

Compañeros en la Salud has focused specifically on the Near Eastside (NES) neighborhood of Indianapolis. We chose the NES for this project because of the high concentration of Hispanics and the high level of health risk factors in the area. A qualitative approach was utilized, in order to gain direct and personal insight from community members in the neighborhood. A series of community forums, focus groups, and key informant interviews were conducted between August 2012 and June 2013. Two community forums were advertised (one in English and one in Spanish) soliciting input on the health issues in the community. Our initial plans were to only conduct a Spanish language forum but we decided that we did not want to alienate local residents by appearing only interested in Latino health, therefore we also held an open English language forum. Participants for the focus groups and key informant interviews were recruited through snowball sampling starting with personal connections of forum attendees and suggestions by community partners.

RESULTS

The community forums (August 2012) had a total of seven participants. The two focus groups (October and December 2012) had a total of 32 participants. One focus group was held with members of a community church and had a diverse range of ages and both genders, while the other focus group was held at a local nonprofit and consisted of all women with a range of ages. Ten key informant interviews were conducted between January and March 2013. The key informants ranged in age, gender, race, and occupation. Most were either residents of the NES or served the NES through their professions (i.e. teacher, doctor).

Each of the data collection sessions were recorded and later translated and transcribed by either members of the academic team, or a professional transcribing agency. All data was securely stored on a secured server at Indiana University. All team members listened to audio recordings of the sessions

and/or read through the transcriptions in order to identify key themes by content analysis. The team then discussed the key themes. Additional analysis is in process utilizing NVIVO, a qualitative analysis software. The following health topic areas were identified repeatedly:

TOPIC AREAS	SPECIFIC HEALTH ISSUES
Chronic Disease	<i>Diabetes, asthma</i>
Mental Health	<i>Depression, anxiety, substance abuse</i>
Infectious Disease	<i>HIV, STIs</i>
Children's Health	<i>Lead exposure, childhood obesity</i>
Access to Care/Services	<i>Lack of knowledge of resources, perceived discrimination</i>

Lessons learned: During the pilot program, the Compañeros en la Salud team learned about what services various organizations offer in the community. While recruiting for the community forum, we drove, walked, and talked to different people in the community. Despite networking in the area, only a few people attended the forums. As we have gotten to know the neighborhood, we have learned several reasons why this may have occurred and would not attempt the same strategy in this neighborhood in the future. From this experience we learned that going where the people are already going/attending is the best way to go. Through one of our forum participants, we identified a church where a group of Latino/Hispanic families attend weekly bible studies. We worked with this individual to attend one of the meetings to conduct a focus group. From that focus group we found another group with the Latino Health Organization and did the same thing. Building a relationship with the partner is the key for success. The team was able to get better results, larger attendance and information.

The project team has worked well together. One of the things learned was communication skills, the need to provide updates to community partners, and the need for a good attitude. Getting along with the team and with the community was a goal we accomplished during our pilot program. Another lesson learned was that meeting on a regular basis was very important because it kept us updated on what was going on with the project and what steps needed to be taken next.

Dissemination Strategies: Over the project period, we have presented the project publicly in two venues. We presented a poster at the First Annual Richard M. Fairbanks School of Public Health Research and Service Symposium. We also presented a poster at the Annual Community Health Engagement Program Symposium with Ms. Morales giving a short presentation about some of the successes, challenges, and results of the project. We also revisited our focus group participants from the neighborhood church to give them some information on the results and get their feedback for future programming. We are also sending a project summary to each of our key informants and will be following up with them regarding thoughts about our future programming ideas.

Presentations

1. Staten LK, Morales N, Haitisma K, Bigatti SM, Coe K (2012) Compañeros en la Salud (Partners in Health). 1st Annual Public Health Research and Service Symposium, Sept. 27. (Poster)
2. Staten LK, Morales N, Haitisma K, Bigatti SM, Coe K (2013) Compañeros en la Salud (Partners in Health). CHEP: Community Advisory Committee Annual Meeting, March 21. (Poster)

Plans for Sustainability: Based on our results and feedback from our participants, we will be proposing implementing a program called *Pasos Adelante*, which is a 12 week chronic disease prevention program that was developed and has been evaluated by Dr. Staten. We will be approaching funding this project in two ways. 1) La Plaza is working with their grant writers to submit a proposal to WellPoint in September. 2) The entire project team will be working with Dr. NiCole Keith to submit a NIH proposal to conduct and compare the implementation of Pasos in two types of settings (recreation facility and church/neighborhood center) to determine whether the site of implementation will influence the long term sustainability of healthy behaviors.

APPENDICES INDEX

A – Poster presented at the First Annual Richard M. Fairbanks School of Public Health Research and Service Symposium

B – Elevator speech presented at the Community Health Engagement Program Symposium

C – Poster presented at the Community Health Engagement Program Symposium

D – PowerPoint slides prepared for Dissemination Focus Group

E – Letter and mini-poster prepared for other participants

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Abstract

Compañeros en la Salud is a Community Based Participatory Research (CBPR) project which began in 2010 as a partnership between La Plaza and the Indiana University Department of Public Health - Indianapolis. The goal of the partnership is to connect with the Hispanic community as a first step in the implementation of community health promotion activities. Since 2010, we completed a health needs assessment and held several meetings where we conceptualized how we will reach our joint goal of providing effective health promotion interventions within a CBPR framework. The *Compañeros* project is the next phase of the process, and consists of obtaining community input and involvement. We are currently achieving this step through a series of qualitative methodologies. Specifically, we began with two community forums, or *Charlas*, which informed two waves of focus groups to be held this Fall. These in turn will inform in-depth interviews with community members and key informants. We will then take all the information obtained from these efforts, combine them with the needs assessment and La Plaza data, and move to the next step, which will be to solicit funding through federal grantors and foundations for material adaptation, program implementation, and evaluation.

Significance

Nationally the US Hispanic population fares worse than the non-Hispanic white population for a variety of health related variables ranging from receiving fewer preventive services, greater numbers of uninsured to higher rates of diabetes and overweight/obesity.¹⁻³ These **disparities** are of particular interest considering that the US Hispanic population is the fastest growing demographic group in the nation and if not addressed will result in reduced quality of life, reduced work productivity and an increasing burden on our medical system.

In Indiana, between 1990 and 2005 the Hispanic population increased from 98,788 to over 270,000. In Marion County, the Hispanic population increased by 154% between 2000 and 2010 and currently houses the largest Hispanic population in the state, approximately 84,500. Therefore it is crucial that we develop effective health promotion strategies for this population.

***Compañeros en la Salud* is a multi-phase, multi-faceted project. The following phases have been and continue to organize our efforts:**

Task	Phase
Planning	Phase I Partnership development (ongoing)
	Phase II Identification of priority health issues and focus community (ongoing)
Implementation	Phase III Community resident input and involvement (ongoing)
	Phase IV Solicit funding through federal grantors and foundations
	Phase V Material adaptation and program implementation and evaluation
	Phase VI Begin the process again with Phase II and new major health concerns or community

Overview of Project

The *Compañeros* project uses CBPR as the operational framework for this partnership. CBPR is a "collaborative approach to research, [that] equitably involves all partners in the research process and recognizes the unique strengths that each brings. CBPR begins with a research topic of importance to the community with the aim of combining knowledge and action for social change to improve community health and eliminate health disparities"⁴

Forums/
Charlas

- Residents of Near Eastside and Service Providers

Focus
Groups

- Residents and Service Providers

Interviews

- Key Informants



References

1. Agency for Healthcare Research and Quality. 2010. National Healthcare Disparities Report, 2010. Chapter 10: Priority Populations. Available at <http://www.ahrq.gov/qual/nhdr10/Chap10.htm#racial>
2. Cowie CC, Rust KF, Byrd-Holt DD, Gregg EW, Ford ES, Geiss LS, Bainbridge KE, Fradkin JE (2010) Prevalence of diabetes and high risk for diabetes using A1c criteria in the US population in 1988-2006. Diabetes Care 33(3): 562-568.
3. Flegal K, Carroll M, Kit BK, Ogden CL. (2012) Prevalence of Obesity and trends in the distribution of Body mass index among US adults, 1999-2010. JAMA 307(5):doi:10.1001/jama.2012.39.
4. Minkler, M. and N. Wallerstein (eds.). 2003. *Community-Based Participatory Research for Health*. San Francisco: Jossey-Bass. P.4

This project is funded in part, with support from the Indiana Clinical and Translational Sciences Institute, grant # TR000006 from the National Center for Advancing Translational Sciences, Clinical and Translational Sciences Award, and a grant from the Walther Cancer Foundation.

We chose the Near Eastside of Indianapolis for this project because of the high concentration of Hispanics and the high level of health risk factors in that neighborhood. Implementation of this project will determine community preferences for promotion priorities and provide a sense of ownership to this community. It will also tell us where to focus future efforts, provide evidence of collaboration between the partners, and introduce the partnership to the community and its key stakeholders. The potential impact of the small initial project proposed here is high as it will lead to the first of many collaborative external grant proposals to come from the partnership.



The name of our program is *Companeros en La Salud* translates to “Partners in Health”.

The goal of the partnership is to connect with the Hispanic/Latino community as a first step in the implementation of community health promotion activities.

As we know the Hispanic population has increased between 1990 and 2005. The first step from our program planning process was to do community forums, focus group and key informants. This provided us with a better idea about the community and also finding key people. After this part we truly feel more knowledgeable about the community. The NES is changing by new developments, but not a lot of health programs are in place. This is why we decided to choose this part of Indianapolis.

One of the positive things is we have learned is to work in groups, and along with the community. No program is effective without the help of the community and your partners. The Indiana University Fairbanks School of Public Health and La Plaza have built a good relationship and planning on pursuing grants in the future. We see this partnership continuing.

One of the problems we encounter at the beginning was recruitment. We were going in the community posting flyers at restaurants, Hispanic organizations, and churches and not a lot of people came. This is when we realized going to where the people are already forming groups such as support groups/church groups is the place to start.

Before the results, there were lots of opinions. This is the reason we decided to do couple of focus groups and key informants. We will be looking more at the data but some of the health issues that came to mind were Diabetes, asthma, depression, and anxiety. We look forward to continue our program.



**RICHARD M. FAIRBANKS
SCHOOL OF PUBLIC HEALTH**

INDIANA UNIVERSITY
IUPUI

Compañeros en la Salud (Partners in Health)

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Background

Nationally the US Hispanic population fares worse than the non-Hispanic white population for a variety of health related variables ranging from receiving fewer preventive services, greater numbers of uninsured to higher rates of diabetes and overweight/obesity.¹⁻³ These **disparities** are of particular interest considering that the US Hispanic population is the fastest growing demographic group in the nation. If these disparities are not addressed, it will result in reduced quality of life, reduced work productivity and an increasing burden on our medical system.

In Indiana, between 1990 and 2005 the Hispanic population increased from 98,788 to over 270,000. In Marion County, the Hispanic population increased by 154% between 2000 and 2010 and currently houses the largest Hispanic population in the state, approximately 84,500. Therefore it is crucial that we develop effective health promotion strategies for this population.

Partnership and Goal

Compañeros en la Salud is a Community Based Participatory Research (CBPR) project with a partnership between La Plaza and the Community Health Engagement and Equity Research (CHEER) team at the IU Richard M. Fairbanks School of Public Health at IUPUI. **The goal of the partnership is to connect with the Hispanic community as a first step in the implementation of community health promotion activities.**



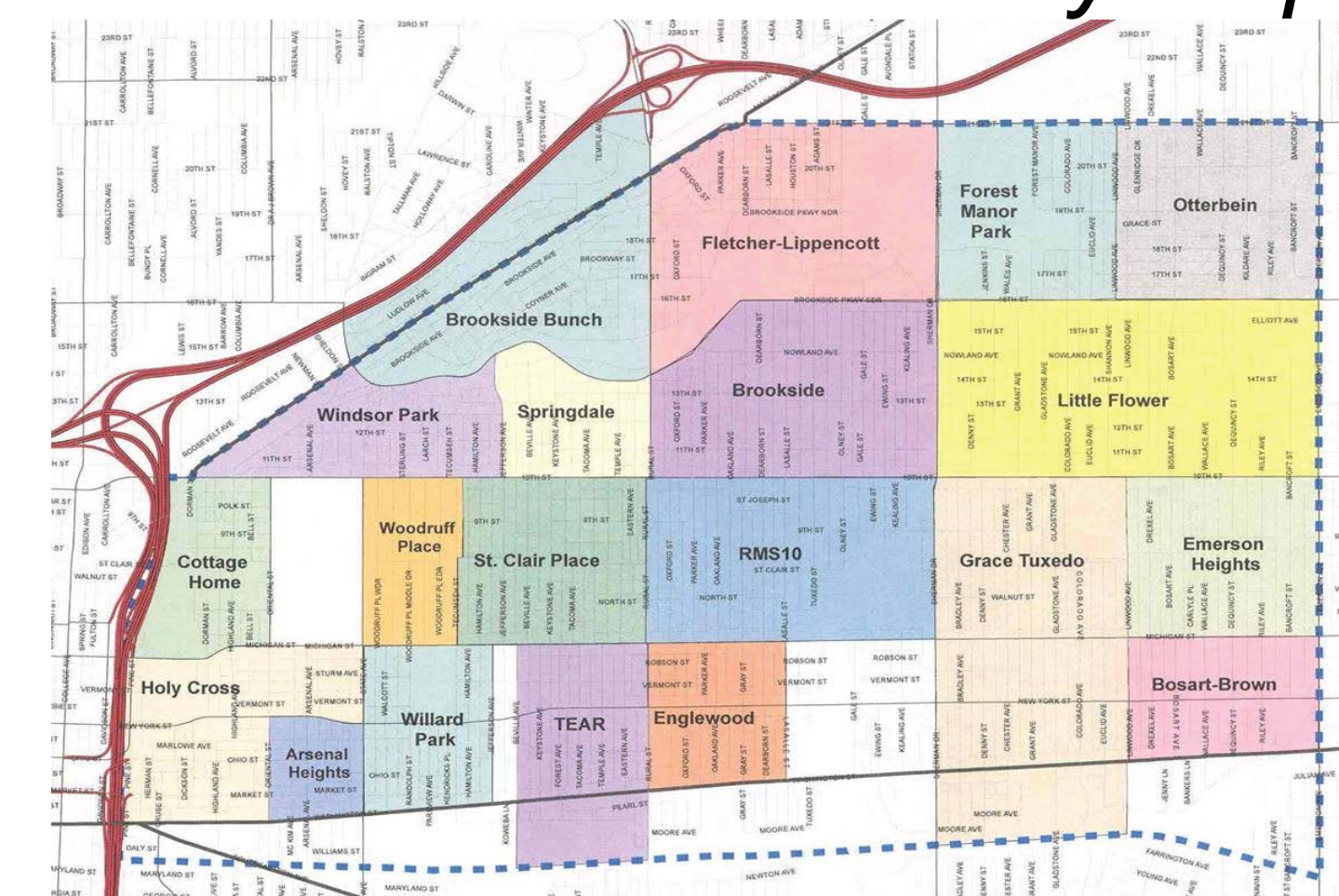
Methods

Compañeros en la Salud has focused specifically on the **Near Eastside Neighborhood of Indianapolis** (see map below). We chose the Near Eastside of Indianapolis for this project because of the high concentration of Hispanics and the high level of health risk factors in the area. A qualitative approach was utilized, in order to gain direct and personal insight from community members in the neighborhood.

Community Forum



Near Eastside Boundary Map



Forums

- Two Community Forums, or *charlas*, were held in August with community members and people who serve the community.

Focus Groups

- Working from connections established at the forums, two separate focus groups were held in the fall with community members.

Key Informants

- Again working from established connections, key informant interviews were held. Informants ranged from neighborhood residents, to teachers, to medical providers serving the area.

Results

Community forums, focus groups and key informant interviews were conducted with a total of 49 participants. Preliminary content analyses indicate primary areas of concern ranging from access to care to chronic disease.

TOPIC AREAS	SPECIFIC HEALTH ISSUES
Chronic Disease	<i>Diabetes, asthma</i>
Mental Health	<i>Depression, anxiety, substance abuse</i>
Infectious Disease	<i>HIV, STIs</i>
Children's Health	<i>Lead exposure, childhood obesity</i>
Access to Care/Services	<i>Lack of knowledge of resources, perceived discrimination</i>

Future Direction

We plan to combine our results with data gathered by La Plaza and a previous needs assessment conducted by the Indiana Minority Health Coalition to develop a collaborative grant proposal to target health issues of concern. Funding from federal grantors and foundations will be sought for material adaptation, program implementation, and evaluation of intervention effectiveness.

Acknowledgements

This project was funded with support from the Indiana Clinical and Translational Sciences Institute funded, in part by Grant Number UL1 TR000006 from the National Institutes of Health, National Center for Advancing Translational Sciences, Clinical and Translational Sciences Award and the Walther Cancer Foundation.

1. Agency for Healthcare Research and Quality. 2010. National Healthcare Disparities Report, 2010. Chapter 10: Priority Populations. Available at <http://www.ahrq.gov/qual/nhdr10/Chap10.htm#racial>
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COMPAÑEROS EN LA SALUD

Project Discussion

June 26, 2013



PROGRAM RECAP

- *Compañeros en la Salud* is a community-based project with a partnership between La Plaza and the Community Health Engagement and Equity Research (CHEER) team at the Fairbanks School of Public Health at IUPUI.
- **The goal of the partnership and project is to get to know the Latino community as a first step towards addressing their overall health needs.**

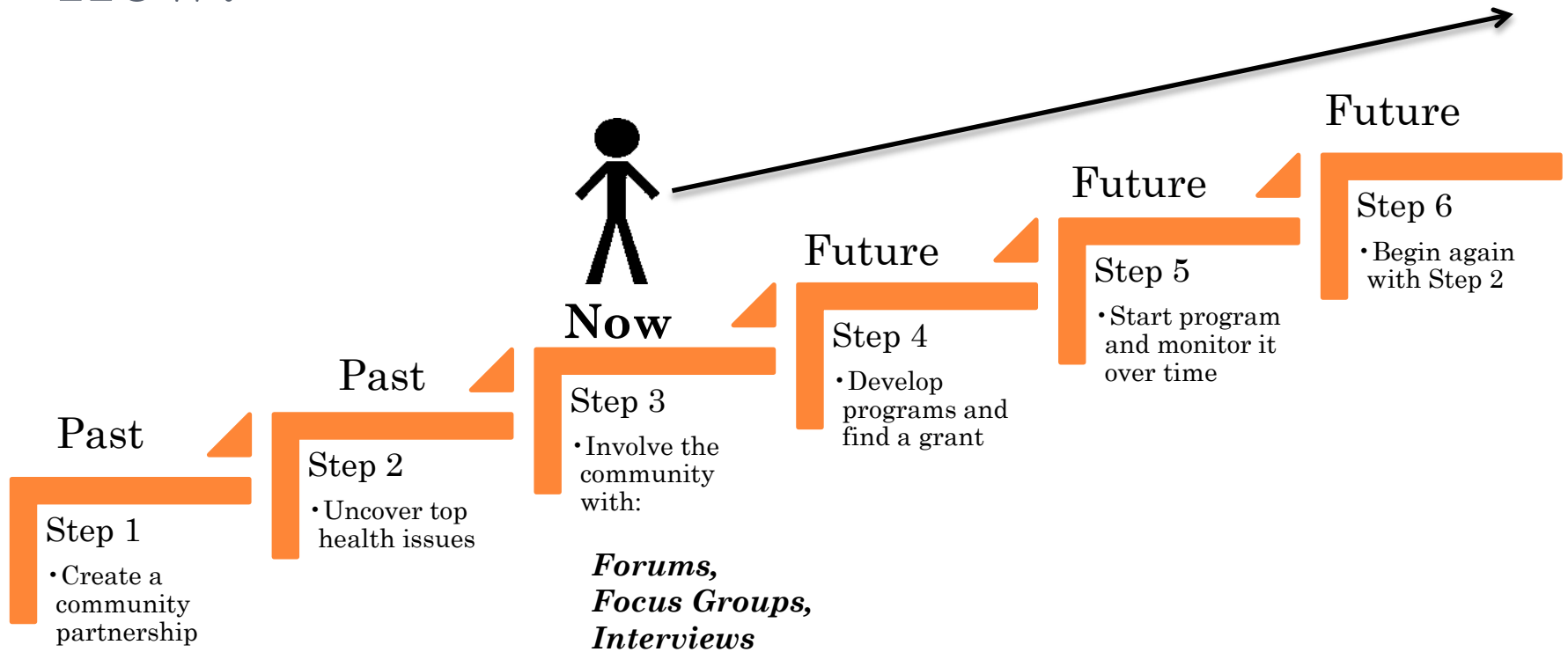


WHY?

- Nationally, Latinos suffer more than the white population in a variety of health matters: ranging from receiving fewer services, to more uninsured patients, to higher rates of diabetes and obesity.
- In Marion County, the Latino population increased by 154% between 2000 and 2010 and currently has the largest Latino population in the state.
 - So it is important that we develop effective health promotion strategies for Latinos in order to keep them healthy.



How?



WHO?

Community Forums

We held two community forums in August 2012 – one in Spanish and one in English. We hoped to have around 20 people at each forum, but we only had 5 participants for the English forum, and 2 for the Spanish forum.

Focus Groups

We held two focus groups: one in October (with you) and one in December with a group of women at a local non-profit.



Key Informants

10 key informant interviews were held in January and February. These included:

- Several community residents
- Several members of the community that serve the Latino population
- School employees
- Healthcare providers that serve the Latino population

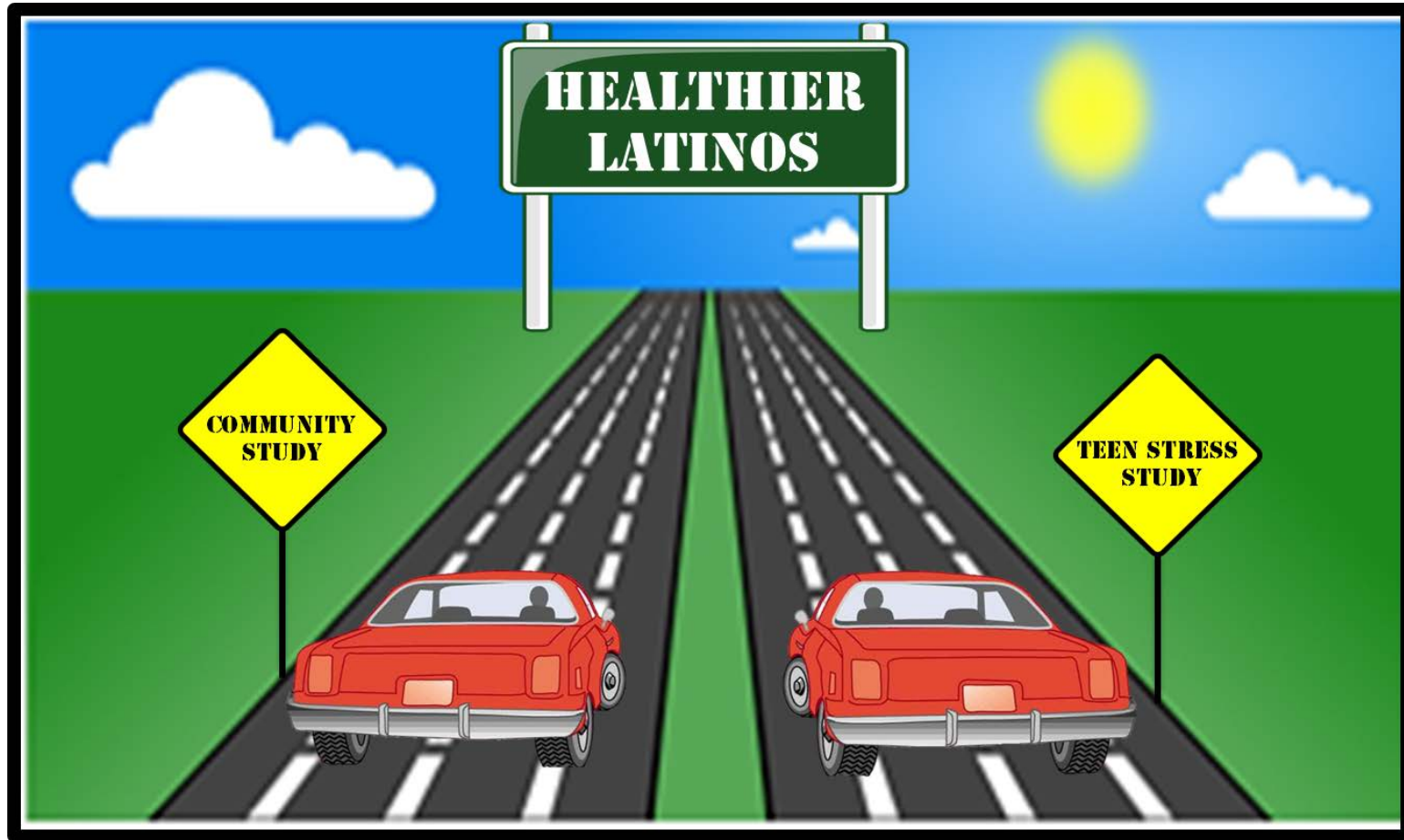
WHAT WE FOUND

- After listening to all forums, focus groups, and key informant interviews, a wide range of health topics were found to be a concern to the community:

TOPIC AREAS	SPECIFIC AREAS
Mental Health	Depression, anxiety, substance abuse
Chronic Disease	Diabetes, asthma
Infectious Disease	HIV, STIs
Children's Health	Lead exposure, childhood obesity and poor nutrition
Access to Care and Services	Lack of knowledge to resources, perceived discrimination



THE LATINO TEEN STRESS STUDY



WHERE TO GO NEXT?

- Findings from both studies suggest **that mental health is the topic of most concern in the community**
- Program discussion:
 - Nancy
 - Silvia





Compañeros en la Salud

Nancy Morales (La Plaza)
Katrina Haitsma, Silvia Bigatti,
Kathryn Coe, & Lisa Staten (IUPUI)



PROGRAM RECAP

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The goal of the partnership and project is to get to know the Latino community as a first step towards addressing their overall health needs.

WHY?

Nationally, Latinos suffer more than the white population in a variety of health matters: ranging from receiving fewer services, to more uninsured patients, to higher rates of diabetes and obesity.

In Marion County, the Latino population increased by 154% between 2000 and 2010 and currently has the largest Latino population in the state. So, it is important that we develop effective health promotion strategies for Latinos in order to keep them healthy.

WHAT WE DID

From Fall 2012 through Spring 2013, we held 2 community forums, 2 focus groups, and 10 key informant interviews in order to collect information from community members – You were one of our participants!

WHAT WE FOUND

After speaking with 49 community members, we noticed several common topics that continued to come up – those include:

TOPIC AREAS	SPECIFIC HEALTH ISSUES
Chronic Disease	Diabetes, asthma
Mental Health	Depression, anxiety, substance abuse
Infectious Disease	HIV, STIs
Children's Health	Lead exposure, childhood obesity
Access to Care/Services	Lack of knowledge of resources, perceived discrimination

FUTURE PLANS

After collecting such valuable information from the community, we hope to create programs that help with some of these issues mentioned. Together, both the IUPUI team and the La Plaza team will begin brainstorming ideas for programs this summer and fall.

THANK YOU

Thank you all for your participation! We have enjoyed working with you and we want to tell you that your information has been helpful. Please contact Katrina if you have any other questions- khaitsma@indiana.edu