



Reaching Out from Within: A Community Based Participatory Model in West Dallas

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in collaboration with

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and

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Purpose of the Study

- ❖ To collect primary physical, psychosocial and environmental health data from 200 participants in the West Dallas community, compare this data with existing secondary data, and offer recommendations to community partners for targeted health interventions.

Research Questions

- ❖ What are the actual health risks of residents of West Dallas ascertained by physical, psychosocial, and environmental health assessments?
- ❖ What are the differences between existing secondary data, collected primary data, and perceived health risks of residents living in West Dallas?

West Dallas Population

Total Population	22,239
Hispanic (% of Total Pop)	13,777 (62%)
Black (% of Total Pop)	7,919 (35.6%)
National Origin	
Mexican	11,407
Percent of Hispanic Population	82.8%
Foreign-Born Population	
Total	5,535
Percent of Total Population	24.9%
Percent Born in Latin America	98.4%
Percent Non-citizens	19.1%

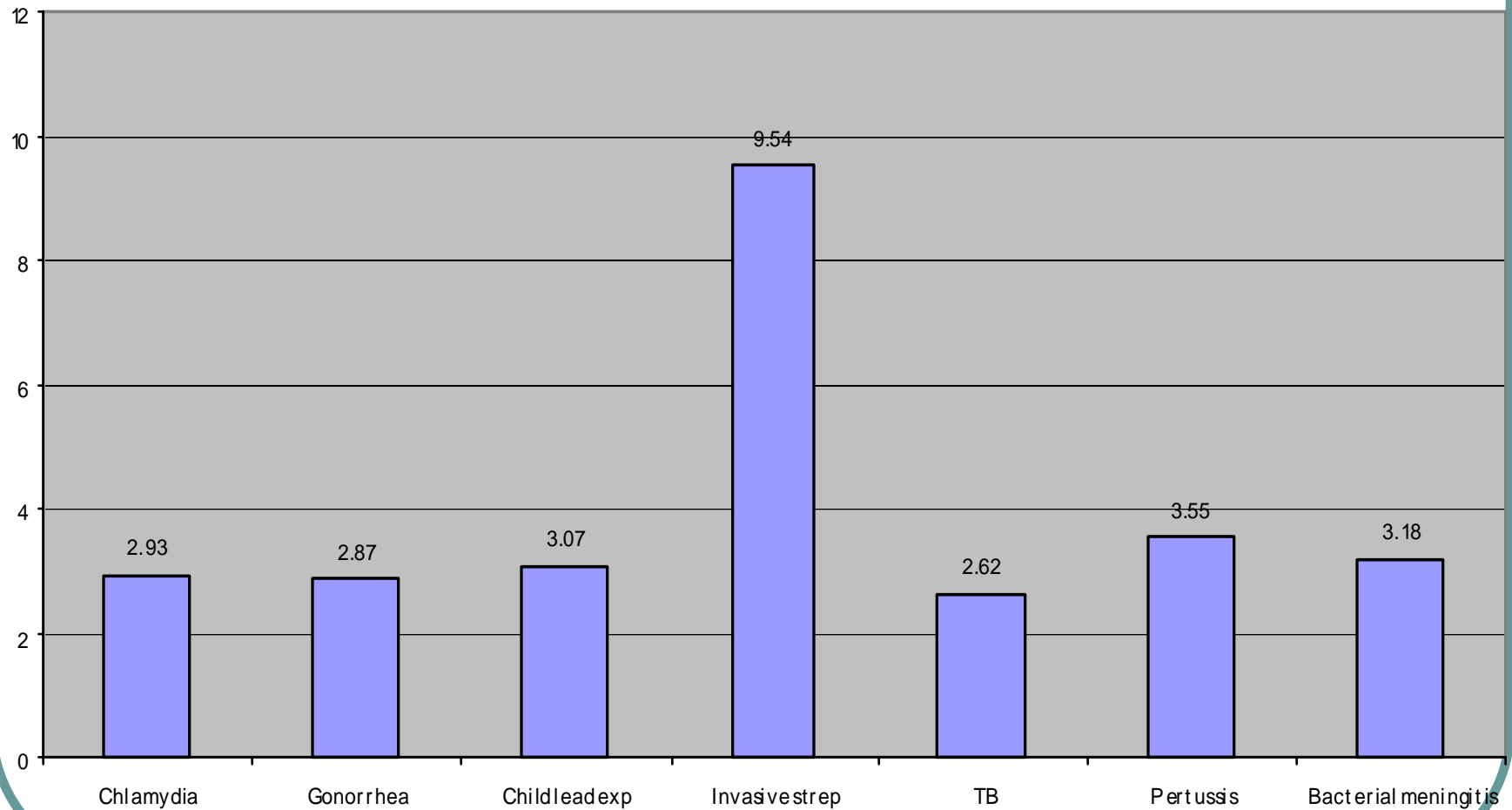
West Dallas Population

Population Living Below Poverty Level	8,094
Hispanic (% of those below poverty level)	49.2%
Black (% of those below poverty level)	47.7%
Per Capita Income	\$8,534
Median Earnings (full-time, year round)	
Males	\$22,890
Females	\$18,268
Primary Language Spoken at Home	
Spanish – Total Population	10,951
Speak English “less than very well”	5,296 (26.6%)

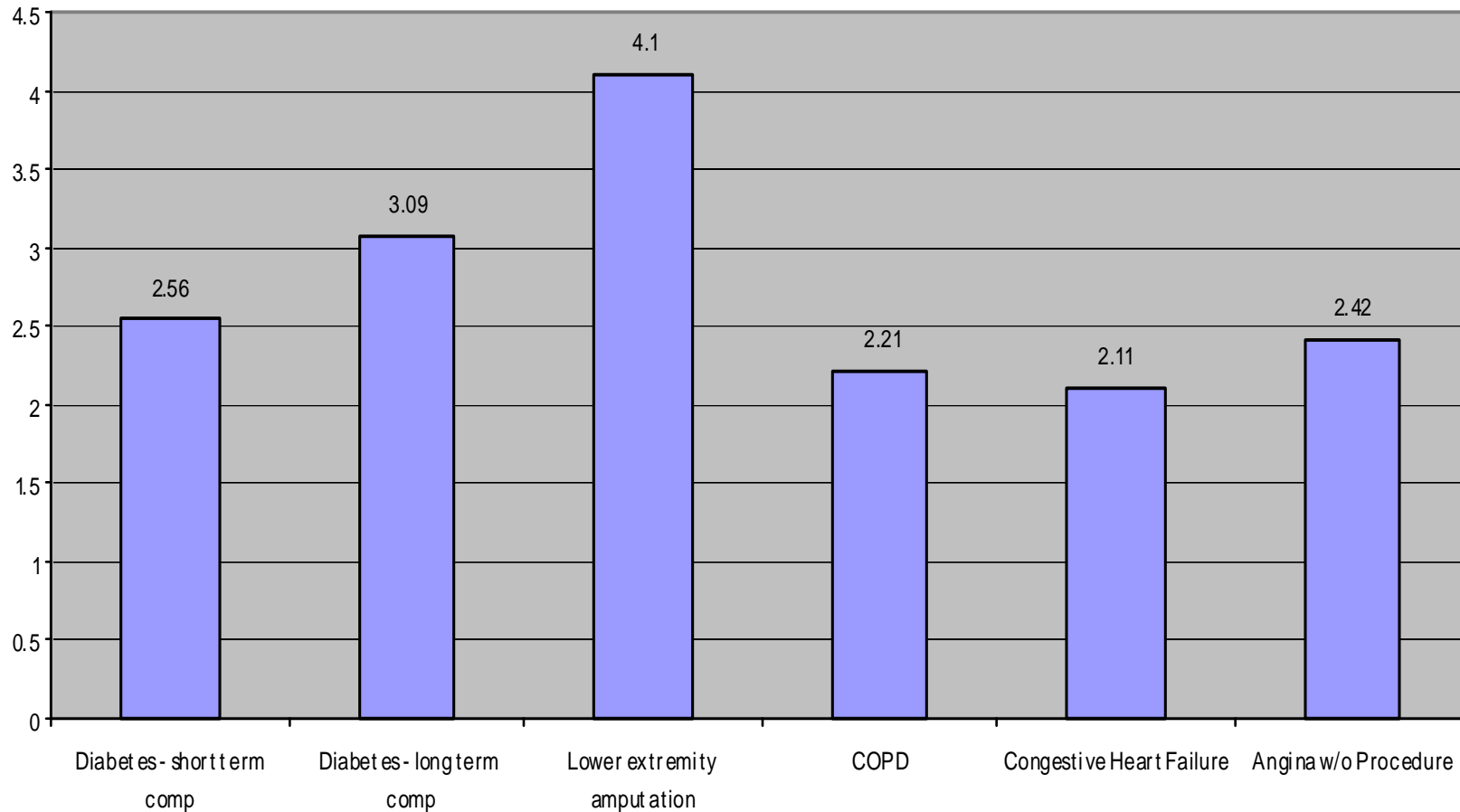
West Dallas Population

Education	
Less than 9 th grade education	35.4%
Dropped out between 9 th – 12 th grade	30.3%
Population with Disability (% of Age Group)	
Ages 5-20	836 (11.9%)
Ages 21-64	4,115 (38.7%)
Ages 65+	1,164 (61%)

Relative Rates (West Dallas vs Dallas County)



Relative Rates of Discharges for PQIs (West Dallas vs Dallas County)



CBPR Baseline Pilot Program Proposal: Year 1

- ❖ **Community and Stakeholder Collaboration**
- ❖ **Community Focus Groups**
- ❖ **Instrument Development for Assessment**
- ❖ **Train Promotoras (Community Health Workers)**
 - Interview
 - Recruit participants
 - Education/Prevention

October 2005- January 2006

- ❖ **Identified Grant Opportunities**
- ❖ **Identified Potential Collaborators**
- ❖ **Dallas community analysis**
- ❖ **Identified/interviewed community stakeholders**
- ❖ **Secondary data research on community**
- ❖ **Contacted potential collaborators**
- ❖ **Identified Gatekeepers**
- ❖ **Engaged Community in project**

February- June 2006

- ❖ **Prepared for Community Forums**
- ❖ **Identified potential Promotores/as from community and agencies**
- ❖ **Recruited more Collaboration members**
- ❖ **Recruited Promotores/as**
- ❖ **Participated in 2 community wide Health Fairs**
- ❖ **Identified locations for Community Forums and Promotores/as training**
- ❖ **Expanded Community Network**
- ❖ **Promotores/as assisted with recruitment for Community Forums (focus groups)**

August 2006- January 2007

- ❖ **Designed instrument based on Community Forums (6 focus groups; n=57)**
- ❖ **Promotores/as training continued**
- ❖ **Collaboration members reviewed/edited instrument**
- ❖ **Instrument piloted in community by Promotores/as (n=62)**
- ❖ **23 Promotores/as Graduation and Certification (160 hours completed)**

Bartering Services

- ❖ **Small internal grant from Texas Woman's University. (\$6,000)**
- ❖ **Negotiations with the Public Health Department resulted in minimal training costs in exchange for translation of training materials.
(\$6,000 down to \$2,000)**
- ❖ **Local Community Center offered space for training and would feed Promotores in exchange for assistance with Seniors and various tasks.**

Bartering...

- ❖ **Local hospital Promotores participated in training in exchange for \$1,000 to assist in paying for meals for the seniors.**
- ❖ **Multipurpose Center provided all beverages for trainings.**
- ❖ **Local grocery store donated some lunches and gift cards to reward Promotores and provide incentives for focus group participants.**
- ❖ **Space and incentives donated by Multipurpose Center, Community Center, churches, and area FQHC for pilot study participants**

West Dallas Promotores



Pilot Program Proposal: Year 2

Interviews with participants (n=50)

- ❖ **Health Risk Assessment-**
 - Demographics
 - Access to health and prevention
 - Diet/Physical Activity/behavioral habits
 - Med usage/substance use/sexual behavior
- ❖ **Psycho-social Assessment**
 - Depression
 - Stress
 - Body Image
 - Mental Disorders
- ❖ **Cultural Assessment**
 - Health Locus of Control
 - Assimilation/Acculturation

Pilot Program Proposal: Year 2 cont.

- ❖ **Complete Medical Assessment***
 - **Medical Hx, family hx, health behaviors related to chronic disease/conditions etc.**
 - **Vitals, anthropometric measures, ECG, basic PFTs, possible cardiac sono etc.**
 - **Labs including total cholesterol, triglycerides, insulin, HbA1c, glucose tolerance tests, etc.**
 - **Specific tests for lead poisoning, radon, CO exposure, other.**

- ❖ **Environmental testing**
 - **Water, mold, lead, dust mites, pesticides, other identified contaminates.**

*dependent on funding

Pilot Program Proposal: Year 3

- ❖ **Evaluation of program.**
- ❖ **Apply for expansion funds based on pilot results.**
- ❖ **Initiate targeted research with control groups.**
- ❖ **Publish, publish, publish.**