Reducing and Eliminating Health Disparities among Native Americans and Hispanics in Arizona

#### **CENTER FOR HEALTH EQUALITY** Project EXPORT Hardrock



College of Public Health



### A Collaborative Approach to Reducing Health Disparities

#### **APHA Annual Meeting and Exposition**

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Mel and Unid Zuckerman College of Public Healte

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# Learning Objectives

- 1. Recognize factors for community mobilization, community voice, community ownership and community change.
- 2. The community in the driver's seat-- Reversal of traditional roles in community university partnerships.
- 3. Identify how to develop a model for partnerships.
- 4. Identify how to build upon and utilize community wisdom.
- 5. Identify a model that creates multilevel social change.



### Introduction

In 2003 the MeI and Enid Zuckerman College of Public Health was awarded a Center of Excellence in Partnership for Community Outreach, Research on Health Disparities and Training Grant (Project EXPORT).



### Background

The goal of Project EXPORT is to reduce health disparities among Hispanics and Native Americans in the areas of diabetes and substance abuse.

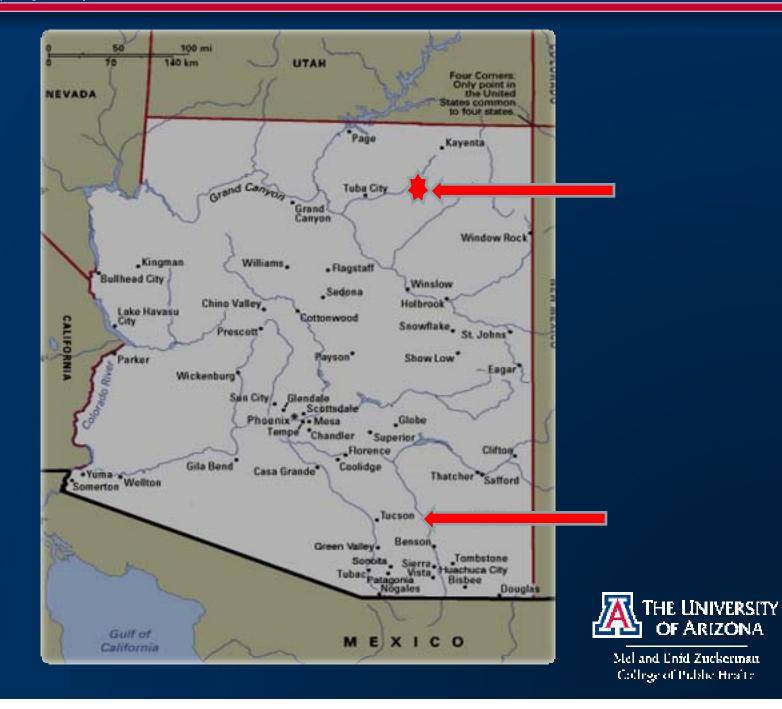


## Background continued

- Developed selection criteria for target communities:
  - great health disparities
  - resources to contribute (i.e., human resources, facilities, other grant funding)
  - shows community readiness
  - interested community leadership
  - interest in building a university-community relationship



#### Center for Health Equality - Project EXPORT



### **Our Partner Communities**

### Hardrock, Arizona

- Remote community located on the Navajo Reservation in Northern Arizona
- Strong community leadership and focus
- Community sought partnership with University of Arizona





### **Our Partner Communities**

#### Tucson, Arizona

- Sunnyside/Elvira Neighborhoods most active in southwest side of Tucson
- Strong community activists
- Activists catalysts for change in community





## Inter-University Partnership

- Unique UA Collaboration:
  MEZCOPH
  - Mexican American Studies and Research Center
  - Native American Research and Training Center
  - UA Graduate College



# Community/Campus Partnership

- The inter-university partnership provides technical assistance to partner communities
  - Coordination of retreats
  - Grant writing assistance
- The communities develop research, policy, and intervention projects
  - community-specific and community driven



### Community Voice and Community Ownership

How our communities convey their voice

- Digital stories
- Community walks against diabetes and substance abuse
- Physical activity and health education classes
- Community gardens
- Community coalition building
- Policy changes

### **Community Ownership**





### **CREATING SOCIAL CHANGE**

•Health disparities are rooted in the social structure

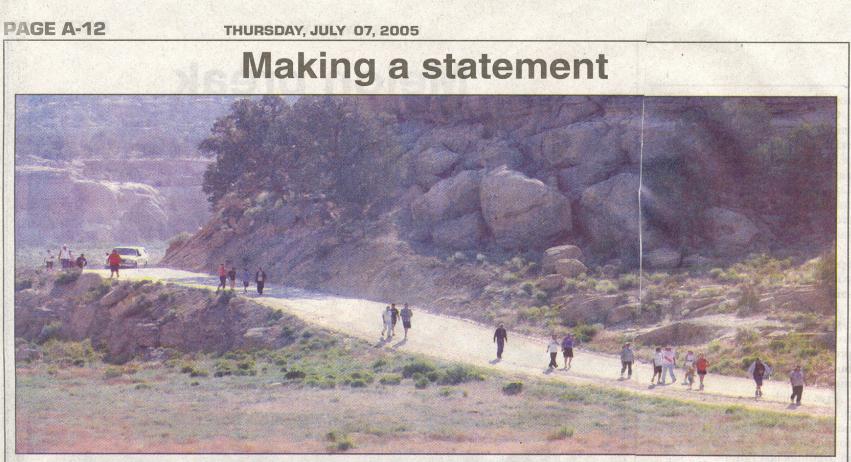
 Change has occurred via Community Based Participatory Research

Address health disparities via :
Individual level

Neighborhood level

Community level





Residents of Hardrock, Pinon, White Valley and surrounding areas joined on a 12-mile march against the activities of bootleggers and drug and substance abuse July 1. In this view, the walkers begin to string out as they walk under a hot sun. (Times photo - Paul Natonabah)

Photo Courtesy of: The Navajo Times



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Thank you!



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