

Growing Our Own:
Community Participation In Identifying
Local Health Needs for Urban American
Indians

Seeds of Wellness Project
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1. University of Arizona Zuckerman College of Public Health
2. Tucson Indian Center
3. Tucson Native American community

Partnership between
the urban Tucson American Indian Community

Tucson Indian Center



University of Arizona
Zuckerman College of Public Health



Funded by
the NIH

**National Center on
Minority Health & Health Disparities**

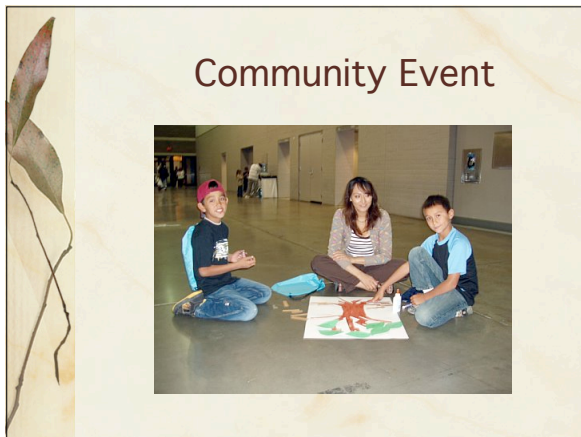
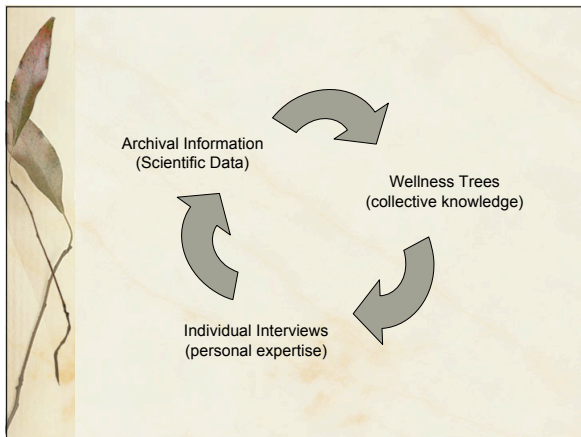
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Project Aim 1:
Needs Assessment

To collaboratively develop and
conduct a needs assessment


- grounded in CBPR
- culturally appropriate


The research team placed importance
on integrating Native worldview




Wellness Tree Activity

What makes a Family Healthy?








What makes a Family Unhealthy?"



Analyzing community data

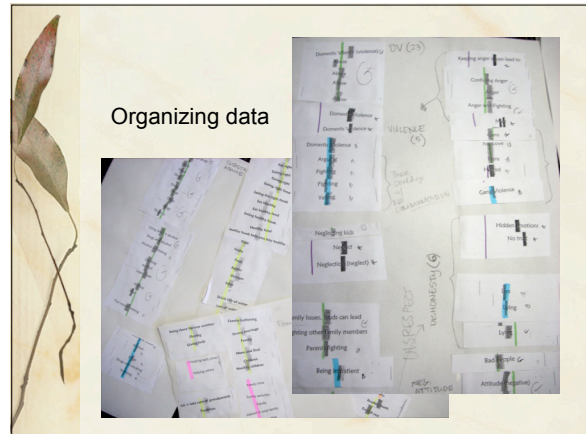
- Advisory Board driven
- importance on community interpretation




N = 24 trees



n = 171 "healthy"



Themes

- Healthy
 - Family Unity
 - Good Nutrition
 - Teaching Good Morals & Values
 - Exercise
- Unhealthy
 - Substance Abuse
 - Poor Diet
 - Domestic Abuse & Violence
 - Sedentary Activities

Individual Interviews

- Personal Stories
 - Diabetes, Alcoholism, and Cancer (n=7)
- Provides depth
- Links relationships
 - Examine potential causes
 - Scientific logic with collective experience

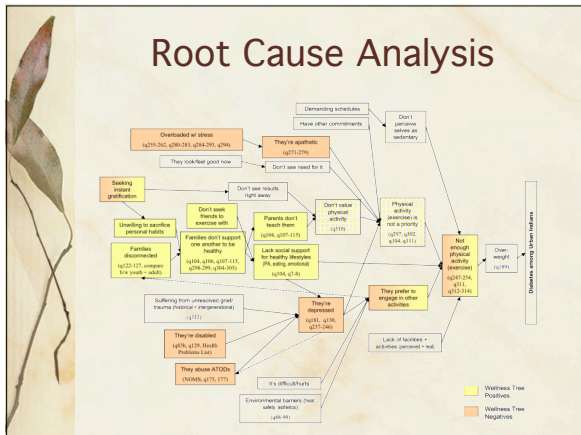
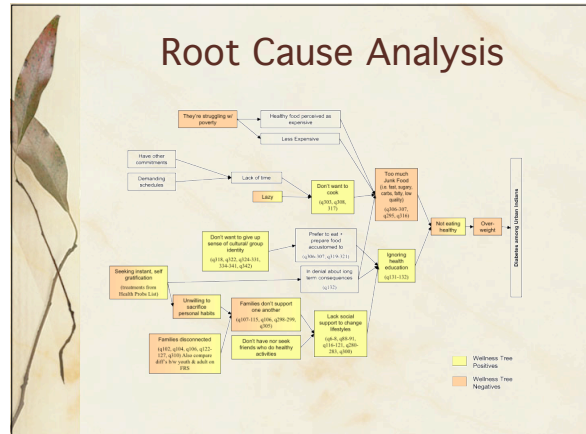
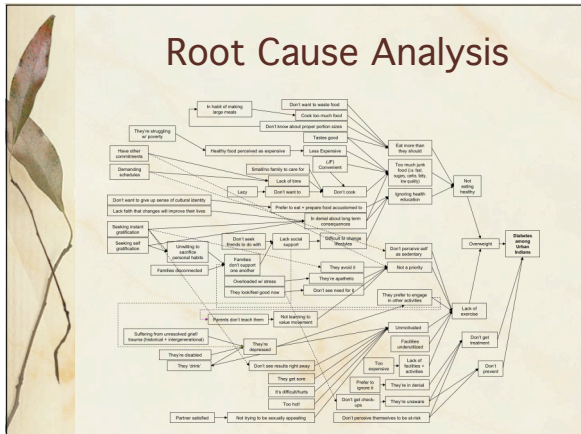
Archival Data

- IHS¹ death rates (1996-1998)
 - Alcoholism - 638%
 - Tuberculosis - 400%
 - Diabetes - 291%
- Arizona² (2005)
 - Alcohol induced death - 356%
 - Diabetes - 248%

1 IHS Facts on Health Disparities, Indian Health Service
2 Health Status Profiles of AIs in AZ, 2005 Data Book, AZ Dept Health Services

Health Issue of Importance

- Type 2 Diabetes



Discussion

- Limitations
 - Need more breadth in 'events'
 - 'Problem' based
- Implications
 - Good method to validate & integrate indigenous perspectives



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