## The ALC Approach as a Platform for Community Based Participatory Research

<table>
<thead>
<tr>
<th>CBPR Principles</th>
<th>ALC One</th>
<th>ALC Two</th>
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<tbody>
<tr>
<td>Recognizes community as a unit of identity.</td>
<td>Community Leaders were directly engaged by PRCD Faculty to work collaboratively within the ALC approach</td>
<td>Community residents were directly engaged by Community Leaders and PRCD Faculty to work collaboratively within the ALC approach</td>
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<td>Builds on strengths and resources within the community.</td>
<td>PRCD Faculty provide knowledge of QI methods and tools, and Community Leaders provided context (i.e. political, social, etc.) to the application of QI methods and tools at the local level.</td>
<td>In addition to what was cited in ALC One, Community residents may provide practicality to the application of QI methods and tools in everyday life.</td>
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<td>Facilitates collaborative, equitable partnership in all phases of the research.</td>
<td>ALC approach strengthened partnerships between academia and local public health practice by providing bidirectional learning opportunities</td>
<td>ALC approach may strengthen relationships between public health and community residents by providing bidirectional learning opportunities.</td>
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<td>Promotes co-learning and capacity building among all partners.</td>
<td>ALC approach can be replicated in other community-based projects</td>
<td>ALC approach may enable community residents to utilize methods and tools in other facets of their lives beyond the <em>InShape Together</em>® project</td>
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<td>Emphasizes local relevance of public health problems and ecological perspectives</td>
<td>Heart health-related problem identification was community controlled and allowed for contextual factors and nuances.</td>
<td>Community residents will identify physical activity and nutrition goals at the individual, team, and community level. Community level goals will focus on policy and environmental changes needed to support healthy eating and active living.</td>
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<td>Involves systems development through a cyclical and interactive process.</td>
<td>ALC Learning Sessions provided a forum for “practicing” methods and tools on real community projects</td>
<td>Topics for the ALC Learning Sessions will be adapted based on community residents’ needs and interests.</td>
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<td>Disseminates findings and knowledge gained to all partners and involves all partners in the disseminating process.</td>
<td>Joint development of Abstract and summary of process and results of ALC one by Dartmouth faculty and community leadership and presentation at the national PRC conference in Atlanta 2011.</td>
<td>Planned joint development of publications as well as grants to sustain and expand the ALC process in each community based on local evidence of what works best under what circumstances.</td>
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