

Dissemination & Implementation of Health Interventions for Community & by Community

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Our PILI 'Ohana Team



Learning Objectives

1. Describe how to a community-based research approach can be used in developing dissemination and implementation strategies for interventions.
2. Develop an understanding of the strengths and challenges of a dissemination and implementation of an evidence-based intervention designed for Native Hawaiians and other Pacific Islanders.



Community-based Participatory Research (CBPR)

“ Collaborative approach to research that 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.”

W.K. Kellogg Community Scholar's Program (2001)

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PILI 'Ohana Project

- Initiated in 2005
- Funded through 2016 by NIMHD, OHA, HMSA Foundation
 - Phase I: planning phase (2005-2008)
 - Phase II: intervention research phase (2008-2013)
 - Phase III: dissemination phase (2013-2016)
- Designed, implemented and tested 2 interventions
 - Partners in Care (PIC)
 - PILI Lifestyle Program (PLP)





Community Benefits

"Where we are today versus where we were a decade ago, we're in a different place. The engagement of the community is different, from a staff perspective, everybody is better trained, the learning through this process was transferable... The community has embraced research in many ways. The door was closed and now it is open."

- PILI 'Ohana Community Partner



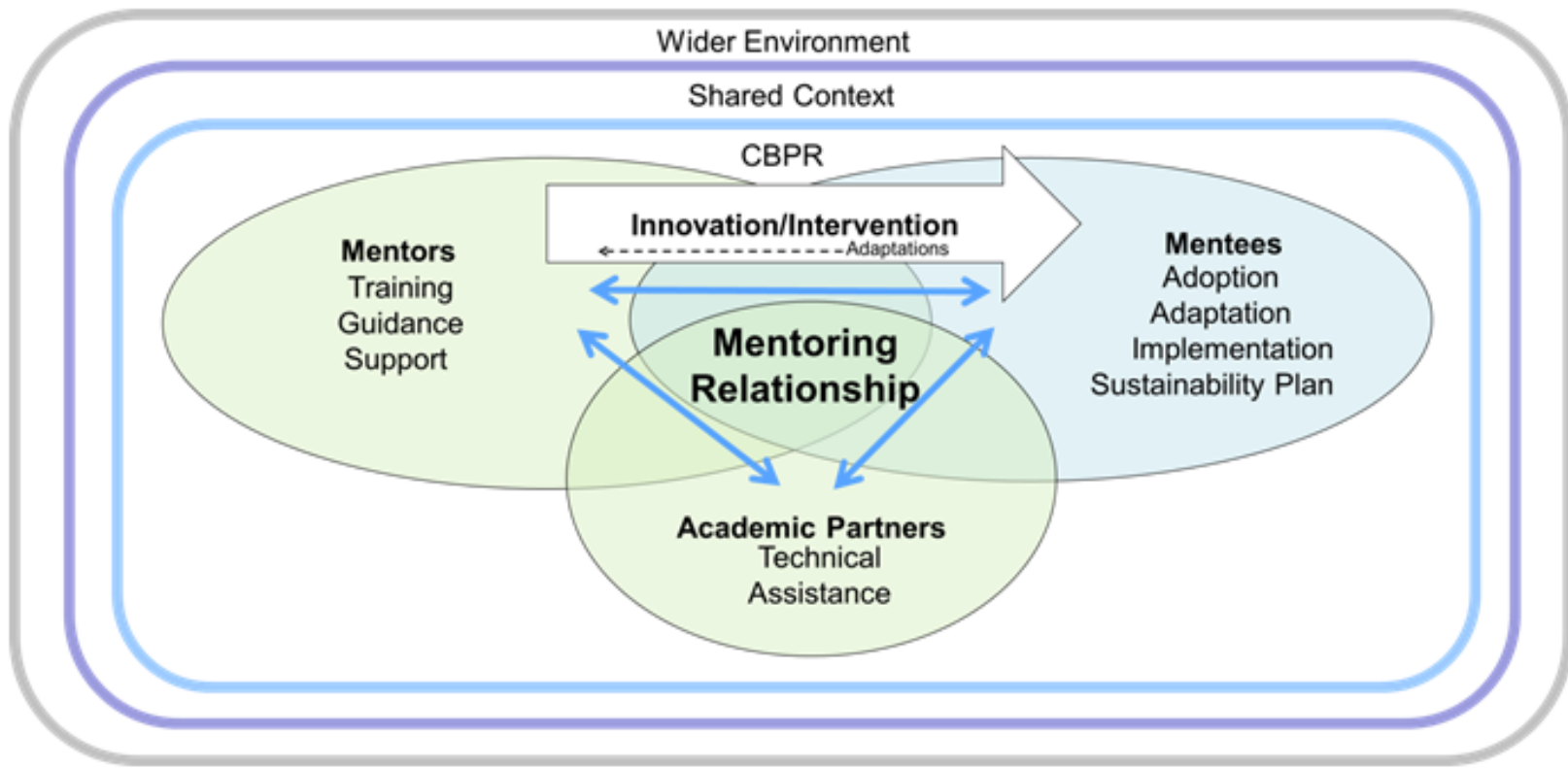
Conceptual Foundations

Theory	Key Factors	Definitions
Key Concepts in Community Organizing/Community Building	Empowerment	Social action process for people to gain mastery over their lives and the lives of their communities
	Critical Consciousness	A consciousness based on reflection and action in making change
	Community Capacity	Characteristics of a community affecting its ability to identify, mobilize, and address problems
	Social Capital	Relationships between community members including trust, reciprocity, and civic engagement
	Participation/Relevance	Community organizing should “start where the people are” and engage community members as equals.

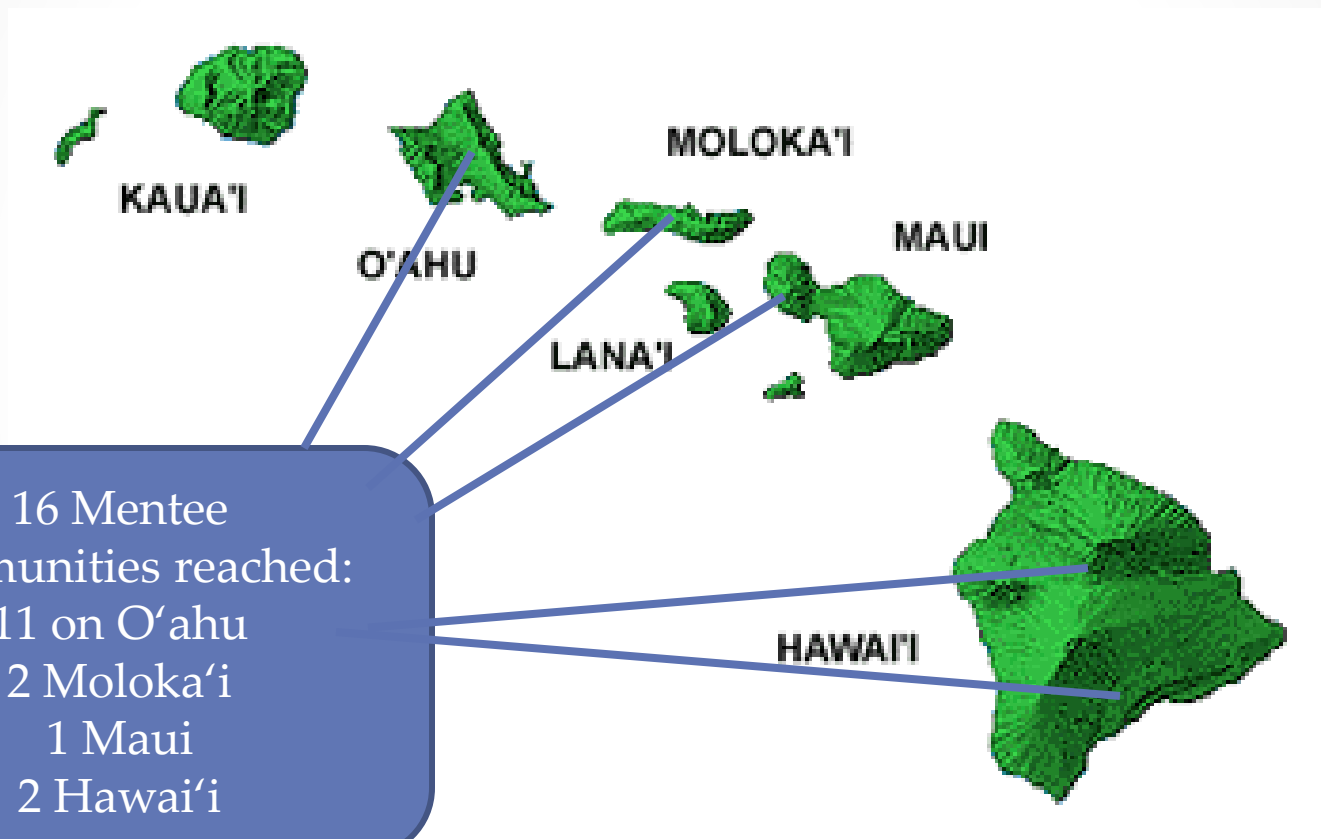
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Methods

- Community-to-Community Mentoring Model

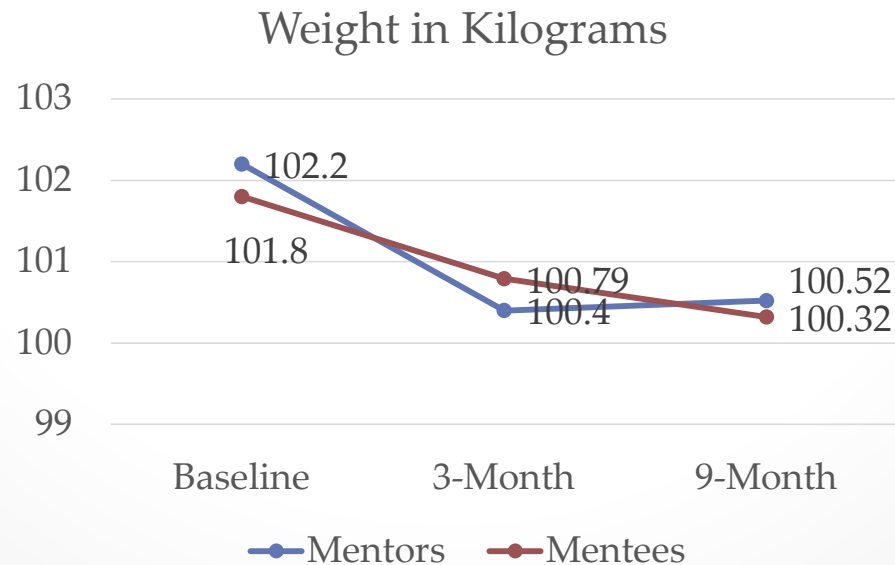


Dissemination



Implementation

- Communities able to deliver all the lessons
- Modifications made
- Effectiveness
 - 3 month weight loss in pilot comparable previous studies
 - There were variations by community





Lessons Learned

Strengths

- Effective model
- CBPR

*"The PILI 'Ohana project is an **ideal model to engage community members in taking an active role in educating** themselves in subjects that will **benefit individuals, families, communities and our lāhui as Hawaiians.**"*

Challenges

- Mentoring
- Maintenance

*"I am very interested in seeing the longevity of PILI ... **People are still asking about participating** in the next round and very interested in learning more"*

– PILI mentee facilitator

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Future Directions

- Ongoing effort to increase sustainability
 - Communities can be part of a prevention solution
 - Need to identify opportunities for co-equal collaboration
- Further research:
 - What is the value of the model to other CBPR initiatives?
 - What are the essential characteristics of the mentor, mentee and the mentoring relationship?



PILI 'Ohana Publications

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Mahalo!

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