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"What we're seeing is a marked shift toward creating a "culture of health" where being healthy and staying healthy is an esteemed social value..."

*Risa Lavizzo-Mourey, MD
President and CEO of the
Robert Wood Johnson
Foundation*

Community- Academic- Policy Partnership

HEALTHIER COMMUNITIES TOGETHER

We are making a difference in our community!

The Community- Academic- Policy- Partnership (CAPP) grant has been a three-year effort to improve community health outcomes by increasing community capacity and building infrastructure for community-partnered, policy-influencing research. The grant's strategies have focused on increasing the ability of local communities to develop evidence-based health programs and initiatives, create community-academic-policy research teams, facilitate adoption of citywide health-supporting policy initiatives, and strengthen current university-community partnerships. Grounded in the belief that robust community partnerships are essential to our work, multiple collaborative activities were developed and implemented in order to meet the goals of the grant.

This final newsletter introduces each strategy and details the activities that were carried out to meet the goals of the grant.

Strategy 1: Adoption of Citywide Policy Initiatives

An essential element in improving health outcomes is identifying and implementing city policies that improve nutrition and physical activity environments. To this end, the mayor of Carson, Mayor Jim Dear, the CAPP project team, and the California Center for Public Health Advocacy (CCPHA) collaborated to develop and support the successful adoption of the Healthy Eating Active Living (HEAL) Cities Resolution and the Sugar Sweetened Beverage Policy by the Carson City Council. As a result of this collaboration, the CAPP project team and the City of Carson have subsequently been awarded a contract from the LA County Department of Public Health to develop and implement an active transportation plan for the City of Carson over the course of the next three years.

PAUL'S PERSPECTIVE

It has been a pleasure and a privilege for me to work with everyone who has contributed in the Community- Academic- Policy- Partnership project over the course of the last three years. Looking at all that has been accomplished in such a short period of time, it's clear that this could only occur with strong mutual trust and commitment. This collaboration has given rise to high quality research projects that set the foundation for future health promotion partnerships with the potential to improve community health and become the catalyst for social action and change.

*Paul Chung, MD, MS
Principal Investigator, CAPP Project
Co-Principal Investigator for UCLA/RAND Prevention Research Center*

Strategy 2: Creating Community-Academic Policy Research Teams

“Community-based participatory research is a collaborative approach to research that equitably involves all partners in the research process and recognizes the unique strengths that each brings.”

—WK Kellogg Foundation Community Health Scholars Program



Wilmington Air Quality Research Project

A research-based collaboration that is designed to address local community health issues has the potential to: 1) provide evidence for future policy initiatives and considerations, 2) build important partnerships, and 3) increase community capacity to understand the research process. The Wilmington Air Quality project does just that.

The CAPP Project Team partnered with Jesse Marquez, Executive Director of the Coalition for a Safe Environment (CFASE) in Wilmington, CA, as well as Dr. Yifang Zhu of the UCLA Fielding School of Public Health Department of Environmental Health Sciences, forming a joint university-community research team to investigate air quality and its relationship to community health through air quality measurement and administration of a community health survey. This project creates a structured opportunity for both researchers and grass roots community partners to learn from each other and serves to marry passion about local health issues with valid research processes.



Strategy 3: Trainings and Workshops

The Evaluation for Real Outcomes Workshop Series

To build the capacity of community-based partners to conduct program evaluation, the CAPP grant sponsored the creation and hosting of a series of four training workshops on that topic, which was identified after surveying CAPP project team members, CAPP leadership, and CAPP community organizations. Between April 2012 and January 2013, approximately 30 community partners attended one or more of the four sessions. The training series was designed to give community partners the tools they need to demonstrate program effectiveness as well as identify areas for program improvement. To meet these goals, the workshops taught community partners to identify types of evaluation, develop a logic model, engage key stakeholders, define program indicators, identify sources of data, choose credible and appropriate data collection methods for their current evaluation goals, measure outcomes, and clearly communicate program results.

Health Equity Workshop

Building robust community partnerships holds potential for improving local health resource landscapes by harnessing collective power to change norms, behaviors, and policy. The first steps in this process are to facilitate the development of a common understanding of the determinants of health and learn effective ways to address health inequities. In this regard, the CAPP team collaborated with the LA County Department of Public Health, Prevention Institute and the California Endowment to hold a Health Equity Workshop for a diverse group of local community partners. The goal of the workshop was to help participants develop a common language around health equity, increase understanding of the determinants of health and learn ways that primary prevention can be effective in addressing health inequities. A framework for effective prevention strategies was presented and participants worked in groups to apply what they learned to local health inequity issues. Subsequent to the workshop, community representatives formed a Health Equity Collaborative with the purpose of taking collective action to improve health in their communities.

Strategy 4: Building Community Capacity to Conduct Evidenced Based Research

Throughout the grant period, five seed grants were awarded to community partners to enhance their capacity to conduct research that demonstrates program effectiveness. An application was considered eligible if it was research-focused with the primary goal of increasing scientifically valid knowledge regarding either the effectiveness of a health-related community-based program or about the health of children, adolescents, and their families.

Below is a brief overview of all the programs that received seed grant funding.

Behavioral Health Services

Denise Shook of Behavioral Health Services Inc. (BHS), and Damen Fletcher (*pictured right*) of Train of Thought, believe that adolescents may be able to apply problem solving skills they learn in chess to other domains in their lives, such as substance use. To investigate this, Ms. Shook and her team at BHS are comparing participants' attitudes and beliefs related to alcohol consumption, school grades, and social coping skills prior to chess training and then again after completion of the training. More than 10 adolescent study participants are currently attending two hours of Train of Thought Chess Program at BHS weekly; data collection and analysis is anticipated to be completed in August.



Boys and Girls Club of Carson



According to Kim Richards, Executive Director of the Boys and Girls Clubs of Carson (BGCC), receiving a CAPP seed grant in 2012 allowed BGCC to see the impact of their Healthy Habits program on the community they serve, including both students and parents, in a deeper way than had been done previously. They learned that as a result of completing the Healthy Habits program, their youth reported increased levels of physical activity and increased consumption of healthy foods. In addition, youth and

parents reported significant decreases in soda consumption and the amount of time spent watching television. Since the conclusion of this research project, BGCC has developed measurable impact outcomes for all their programs and they make program design decisions around evaluation. Finally, one of the highlights for Kim Richards has been the effect of impact evaluation on the BGCC staff—now staff members have taken ownership of evaluation and understand that actions they take on a day-to-day basis make a difference in the lives of the youth in their programs.

Centinela Youth Services

Centinela Youth Services (CYS), a leading agency in providing mediation and conflict resolution services to LA County youth, received a seed grant to enhance their existing web-based data collection system called *CYS Connect*. The new data collection system will increase the capacity of *CYS* to track participant data on an ongoing basis and enhance their ability to share aggregate data with funding partners and referring agencies. *(continued pg. 4)*



“Creating healthier communities requires collaborative solutions which bring communities and institutions together as equal partners and builds upon the assets, strengths and capacities of each.”

— Community Campus Partnerships for Health

“The solutions to health in this country lie beyond the walls of the clinic and in our communities,”

*David Fleming, M.D.
Seattle Department of
Public Health*

Centinela Youth Services, continued:

The short-term data, collected from schools, parents, and students, includes the number of service hours completed, school attendance, pro-social behaviors, grades, and number of suspensions/detentions. Long-term outcomes tracked include high school graduation rates, placement and retention in employment, placement in post secondary education and apprenticeships, advanced training, and low recidivism for law enforcement involvement. CYS staff are entering and updating information daily on their new data system with final data analysis scheduled to be completed in the months ahead.



Los Angeles Trust for Children’s Health

The LA Trust for Children’s Health received a seed grant to study the impact of using a mobile health application to improve the sexual health care of adolescents. This innovative research study introduces a mobile health application that is designed to promote responsible sexual health behaviors, prevent Chlamydia (an STI) transmission, and decrease unintended pregnancies among ethnically diverse adolescents. The settings for this study are the Los Angeles Unified School District’s School Wellness Centers at Carson High School and Jordan High School. While waiting to see the doctor or nurse at a Wellness Center, students are given the opportunity to view an iPad showing them a sexual health educational video and prompts them to answer questions related to their own sexual health. With the students’ permission, this information is transmitted to the doctor or nurse at the Center so that specific sexual health issues of concern to the student can be discussed during their office visit with the doctor or nurse. By understanding the barriers of integrating health applications such as the iPad into clinical use, principal investigator Dr. Rebecca Dudovitz is finding effective ways to incorporate technology into real world clinical settings.

South Bay Center for Community Development

The intent of this project is to measure the impact of SBCC’s Neighborhood Action Council (NAC) community development model on participants’ relationships with local institutions and public systems. The first phase of the evaluation project examines changes in NAC members’ protective factors from baseline at enrollment to follow-up six months post-enrollment. The second phase examines the impact of the NAC work on non-NAC members and the broader community. It also looks at the long term impact of participation in the Neighborhood Action Councils. According to SBCC’s Taylor Brady, the project is currently in it’s second phase with data collected from 191 participants.



The CAPP Team would like to express their sincere gratitude to all the individuals and organizations who collaborated with us for the three year grant period. It is through community-academic-policy partnerships such as these that community transformation can occur.

Paul Chung MD MS & the CAPP Team:

Burt Cowgill PhD, Jennifer Hawes Dawson BA, Mayra Jimenez MS, Sheila Lamb, MSW LCSW, Lindsey Thompson MPH MS

Thank You to Our Partners!

Manal Aboelata, Prevention Institute	Kary Hargar, Academy of Medical Arts at the Carson Complex	Oscar Salcedo, South Bay Center for Community Development
Arturo Alvarez, JD Harbor Community Benefit Foundation	Cedric Hicks, City of Carson	Councilmember Elito Santarina, City of Carson
Sylvia Arredondo, Elles Collective	Councilmember Lula Holmes City of Carson	Dr. Douglas Semark, Gang Alternatives Program*
Michael Ballue, Behavior Health Services, Inc.*	Kelly Hopkins, South Bay Center for Community Development	Denise Shook, Behavior Health Services
Taylor Brady, South Bay Center for Community Development	Veronica Jimenez, Boys & Girls Clubs of Carson*	Dr. Segovia Shu, UCLA Fielding School of Public Health
Sofia Carrillo, Coalition for a Safe Environment	Louie Mardesich, LAUSD	Vanessa Simpson, Behavior Health Services
Mayor Jim Dear, City of Carson*	Jesse Marquez, Coalition for a Safe Environment	Cyd Spikes, Centinela Youth Services
Dr. Rebecca Dudovitz, UCLA Geffen School of Medicine	Alfred Mata, California Center for Public Health Advocacy	Terri Ann Sullivan, Academy of Medical Arts at the Carson Complex
Jeanette Flores, California Center for Public Health Advocacy*	Flavio Mercado, Coalition for a Safe Environment	Peggy Toy, UCLA Center for Health Policy Research
Ely Fournier, South Bay Center for Community Development	Alina Nadsady, Providence Little Company of Mary*	Sang Leng Trieu, San Francisco State University
April Frank, Los Angeles Department of Public Health	Jan Nolan, LAUSD	Sandra Viera, Prevention Institute
Dr. David Fung, UCLA Fielding School of Public Health	Dr. Silvia Prieto, Los Angeles County Department of Public Health	Mariela Villar, Centinela Youth Services*
Mary Gant, Wilmington Community Organization	Mary Jane Puffer, Los Angeles Trust for Children's Health	Barry Waite, City of Carson
Councilmember Mike Gipson, City of Carson	Sherry Repp Loadsman, City of Carson Planning Division	Dr. Denise Woods, Providence Little Company of Mary
Steven Goldsmith, Centinela Youth Services*	Kim Richards, Boys & Girls Clubs of Carson*	Dr. Yifang Zhu, UCLA Fielding School of Public Health
Mary Hammer, South Bay Center for Community Development*	Councilmember Albert Robles, City of Carson	

* UCLA /RAND Prevention Research Center (PRC) Community Advisory Board (CAB) member

Boys & Girls Clubs of Carson (BGCC)	Los Angeles Unified School District Wellness Centers
Behavioral Health Services, Inc. (BHS)	Los Angeles County Department of Public Health, Service Planning Area 8
Carson Adult Day Health Care Center	The Prevention Institute
California Center for Public Health Advocacy (CCPHA)	Providence Little Company of Mary Medical Center
Carson Family Resource Center	South Bay Family Health Care Center
Carson High School & Academy of Medical Arts	South Bay Center for Community Development (SBCC)
Centinela Youth Services (CYS)	UCLA/RAND Prevention Research Center
City of Carson	UCLA Geffen School of Medicine, Department of Pediatrics
City of Los Angeles Council District 15	UCLA Fielding School of Public Health
Gang Alternatives Program (GAP)	The Youth, Family, School, and Community Partnership in Action (YFSC-PIA)
Harbor Community Clinic	
Los Angeles County Department of Health Services	
Los Angeles Trust for Children's Health	

Developing and Sustaining a Community-Based Participatory Research Initiative

Each spring, the Sonoma State University's Center for Community Engagement hosts a workshop to help faculty discover the potential of Community Based Participatory Research. This year, guest speakers Kara Connors and Katherine Kim delved into many aspects of CBPR including sharing case studies which illustrated principles for successful development, challenges encountered, and strategies for improvement. Kara is an MPH education consultant in pediatric health and Katherine is a CBPR researcher and faculty member at San Francisco State University Health Equity Institute.

According to Kara, community-based participatory research, or CBPR, is a "collaborative approach to research that equitably involves all partners in the research process and recognizes the unique strengths that each brings." If used fully, CBPR holds a lot of potential to help researchers while helping to solve a problem and making a difference in the community.

Katherine illustrated these points when speaking about her projects. Katherine has conducted two CBPR projects focusing on mobile health and underserved youth. The Enhancing Tribal Health and Food Security in the Klamath Basin of Oregon and California by Building a Sustainable Regional Food System project examined the use of mobile tools in a Karuk Tribe youth led community health/food assessment and a mobile adventure walking game developed by the youth. The goal of this project was to build a sustainable regional food system in the Klamath Basin that results in healthy communities, ecosystems and economies among the Karuk, Yurok and Klamath Indian Tribes. It was important that the "youth decide and the youth lead," Katherine explained. They used the iTouch to encourage participation in this project and to demonstrate the use of mobile technology. The research showed that there was a moderately strong positive correlation between making healthy food choices and being physically active. Katherine explained, "everything we chose was with the purpose of having sustainability for the tribe."

Excerpts from "Developing and Sustaining a Community-Based Participatory Research Initiative: A Skill Building Workshop" by Marie Rich; Available here: <http://www.sonoma.edu/cce/blog/2013/05/developing-and-sustaining-a-community-based-participatory-research-initiative-a-skill-building-works.html>

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