

Establishing a community steering committee through a
community-based participatory approach:
Lessons learned from the FAITH! (Fostering African-American
Improvement in Total Health) program

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American Public Health Association Annual Meeting
Atlanta, GA
November 7, 2017

Presenter Disclosure

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(1) The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

We have no financial or commercial relationships to disclose

Learning objectives

- 1) Describe the CBPR process utilized to establish a 10-member community steering committee to provide infrastructure for an overarching academic-community research partnership;
- 2) Discuss recommendations and implications for development of culturally-relevant health interventions in marginalized African-American communities;
- 3) Identify key lessons learned for using an integrated capacity building approach to enhance CBPR skills and knowledge to promote equal partnerships aimed at addressing community-identified issues, engaging community partners in all aspects of the research and interventions.

Overview

- Background on FAITH! Program
- FAITH! Community Steering Committee (CSC)
Purpose
- CSC Phases/Programming
- FAITH! CSC Covenant
- Lessons Learned

African-Americans in Minnesota: Yes, they exist!



- 189% population growth from 1990-2010, 5.2% of state (n=275,804)
 - Rochester: 6.3%
 - Minneapolis: 18.6%
 - St. Paul: 15.7%
 - African descendants vs. immigrants/refugees
- Worse health despite MN's designation as one of the healthiest states
 - higher CVD and stroke incidence, mortality than overall state population
 - diabetes mortality rate nearly 2x higher than whites

Populations of Color in Minnesota. *Health Status Report*. MN Dept.of Health. Spring 2009.
Rochester, Minnesota Population. *Census Viewer*. Accessed October 26, 2017.

Fostering African-American Improvement in Total Health (FAITH!)

Heart Health Promotion Program

- Community-medical center partnership with African-American congregations and Mayo Clinic, Rochester and Minneapolis-St. Paul, MN expansion

• CBPR Partnership Academy:

➤ CBPR approach facilitates co-learning and capacity-building

➤ Community steering committee key for lifestyle

- Goals
- 1. Increase of health
- 2. Promote
- 3. Improve



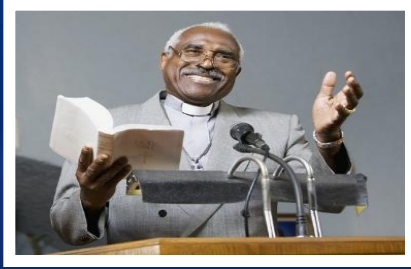
MAYO CLINIC



FAITH!

Fostering African American Improvement in Total Health

FAITH!, there's an app for that!: Heart Health Promotion Pilot Study, 2016-2017



Community-based approach
with Community Partners

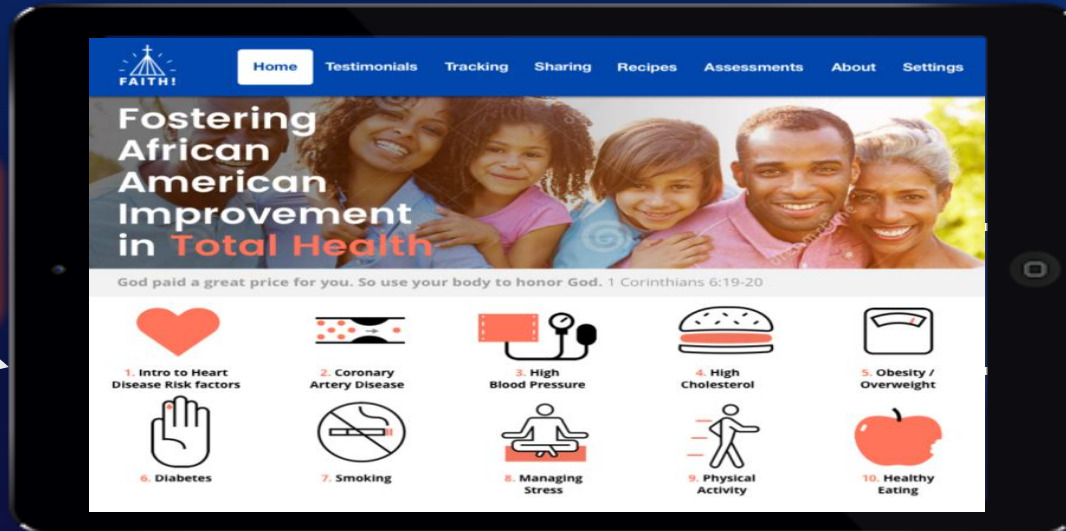
*Church leadership
spiritual inspiration*

General Content

*Health Behavior
Messaging*

- Enrolled 50 participants
- 10-week intervention phase

*Education
Modules*



*Sharing
Board*

*Tracking
Feature*

CBPR Partnership Project: FAITH! Community Steering Committee (CSC)

- **Goal:** To establish a CSC specific to FAITH!, comprised of representatives from the local African-American community and community-based organizations to foster productivity and facilitate sustainability

- **Purpose:** **CBPR Partnership Academy:**

- Outline specific process to identify and select potential members

- Group meetings foster equitable participation and power sharing

- II. Engagement

- III. Evaluation and Empowerment

FAITH! CSC Activities

I. *Membership Formation/Recruitment phase (January 2017 - March 2017)*

1. Academic-community partner team brainstorming with CBPR Partnership Academy mentor guidance:

- “Potential member matrix” approach, selection/criteria:

- **CBPR Partnership Academy:**

- Ensure all members’ skills used fully (appropriately) for partnership goals

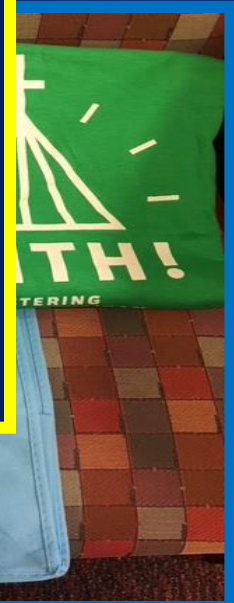
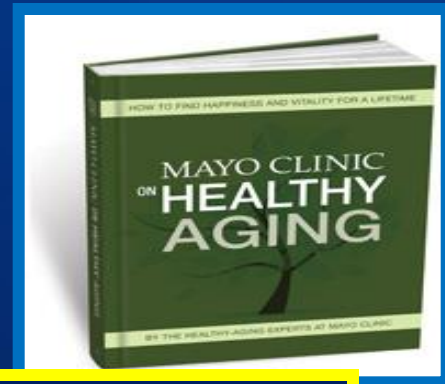
2. Invitation letter by email with follow up in person meeting

3. Signed letter of agreement for CSC membership

- 1 decline out of 10 invitations (Church Pastor)
- Pastor self-identified at community health networking event

FAITH! CSC Incentives

- Monetary gift card at start and completion of meeting phases
- Physical activity monitor
- **CBPR Partnership Academy:**
 - Compensate community partners for their time and expertise
 - Facilitate and support participation of partners
- Meals/refreshments at all meetings
- Free parking at meetings



FAITH! CSC Activities

II. Engagement phase (May - August 2017)

1. Team-building retreat (May 2017):

- CSC members engaged in a low-key environment to foster social interaction

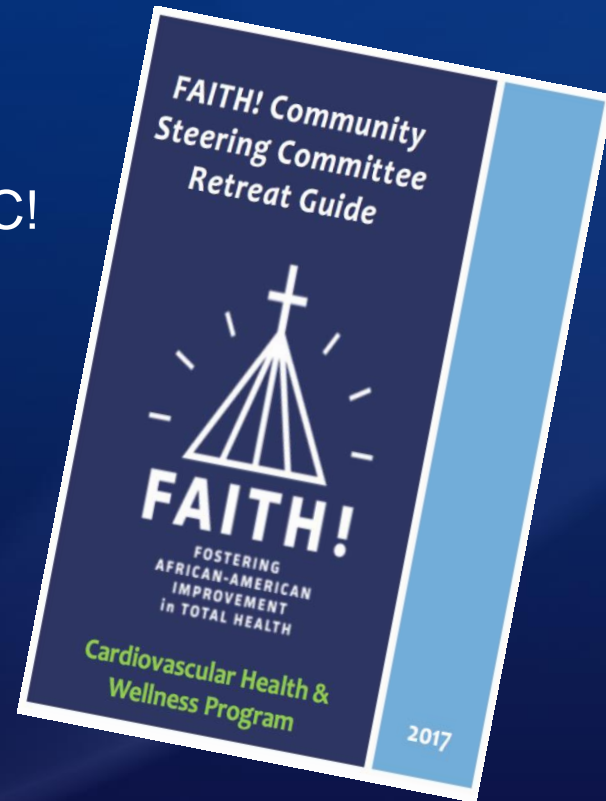
•CBPR Partnership Academy:

- Ensure access to agenda and informal communication
- Outline CBPR approach benefits

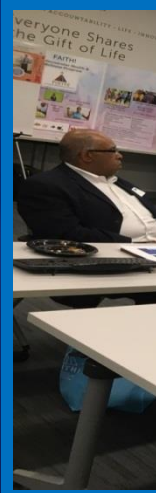
COMMUNITY

CSC Retreat Agenda

- Welcome and Introductions
- CSC & Retreat Purpose
- Group Discussion- Why I joined the FAITH! CSC!
- Overview of CBPR
- FAITH! Project Background
- Active Break
- Breakout Session 1: Elements of a successful community meeting
- Questions and Answers
- Closing Remarks and Next Steps



CSC Retreat



FAITH! CSC Activities

II. *Engagement phase (May - August 2017)*

2. Operating Procedures and Maintenance (August 2017):

- Building team dynamics, defining how CSC will function (i.e. operating norms, expectations) towards achieving

- **CBPR Partnership Academy:**

- Conversations deepen understanding of community dynamics and appreciation/trust among partners



FAITH! CSC Activities

III. *Evaluation and Empowerment Phase* (July - August 2017)

1. Covenant Development (September 2017):

- Outlined components of a **FAITH! CSC Covenant**, set of agreed upon guiding principles or bylaws to promote an action-

•CBPR Partnership Academy:

➤Crucial to “decide how to decide”

- Draft prepared by 2 CSC members

2. Covenant Endorsement (October 2017):

- Discussed Covenant draft and suggested changes
- Next draft in preparation (review at next meeting)

FAITH! CSC Covenant key features

- **Mission statement:** *The FAITH! CSC will support actionable research to improve community health with an overall desired outcome to effectively address CVH disparities which exist throughout Minnesota and within African-American communities*
- **Co-chairs:** L. Brewer, C. Jones
- **Meeting frequency:** Quarterly, every 3 months
- **Committees:** Operations, Strategy
- **Voting approval:** 6 out of 10 members
- **Membership criteria:**
 - At least 1-year commitment, must resign in writing
 - Attend 50% of proposed 4 meetings/year
 - New member nomination: present to co-chairs then CSC vote
- **Amendments:** Annual review, if sooner presented at CSC meeting and voted upon



How does the CSC fit into the FAITH! Program?

- Feedback/Input from CSC to further culturally-adapt community-based behavioral interventions
- Develop culturally-relevant, community-informed research study protocols
- Disseminate study findings to the local community and community-at-large

Advocates for heart health
in the community!



Building a CSC: Lessons learned

1. Be flexible and patient
2. Get to know CSC members and issues important to them
3. Place emphasis on value of each CSC member as authentic part of team
4. Review CBPR principles early with CSC to foster trust, mutually agreed upon objectives and understanding of role in addressing health disparities
 - Key impact of
CBPR Partnership Academy



Acknowledgements



- Detroit Urban Research Center, University of Michigan
- Mayo Clinic Office of Health Disparities Research
- Mayo Clinic Center for Clinical and Translational Science (CCaTS)
- Mayo Clinic Department of Cardiovascular Medicine
- Mayo Clinic Center for Innovation
- BIRCWH Scholars Program
- Southside Community Health Services, Inc.



Stay Heart Healthy! 

Thank you for your attention!

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