



Changing Health Determinants in a University Campus Community: Action Research and Student/Non-Student Partnerships

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Introduction

A Healthy Community Development study

- **Purpose:** to improve health of the community by changing health determinants (e.g., physical, social, environmental, organizational)
- **Objectives:**
 - Build student and non-student partnerships to create, renew and sustain health-promoting change, taking into account diverse perspectives.
 - Identify health related experiences of specific student population subgroups (i.e., Aboriginal, Student Athletes, International, LGBTQ, and Graduate students).
 - Assess factors which support or jeopardize health-promoting change.

Community-based Participatory Action Research

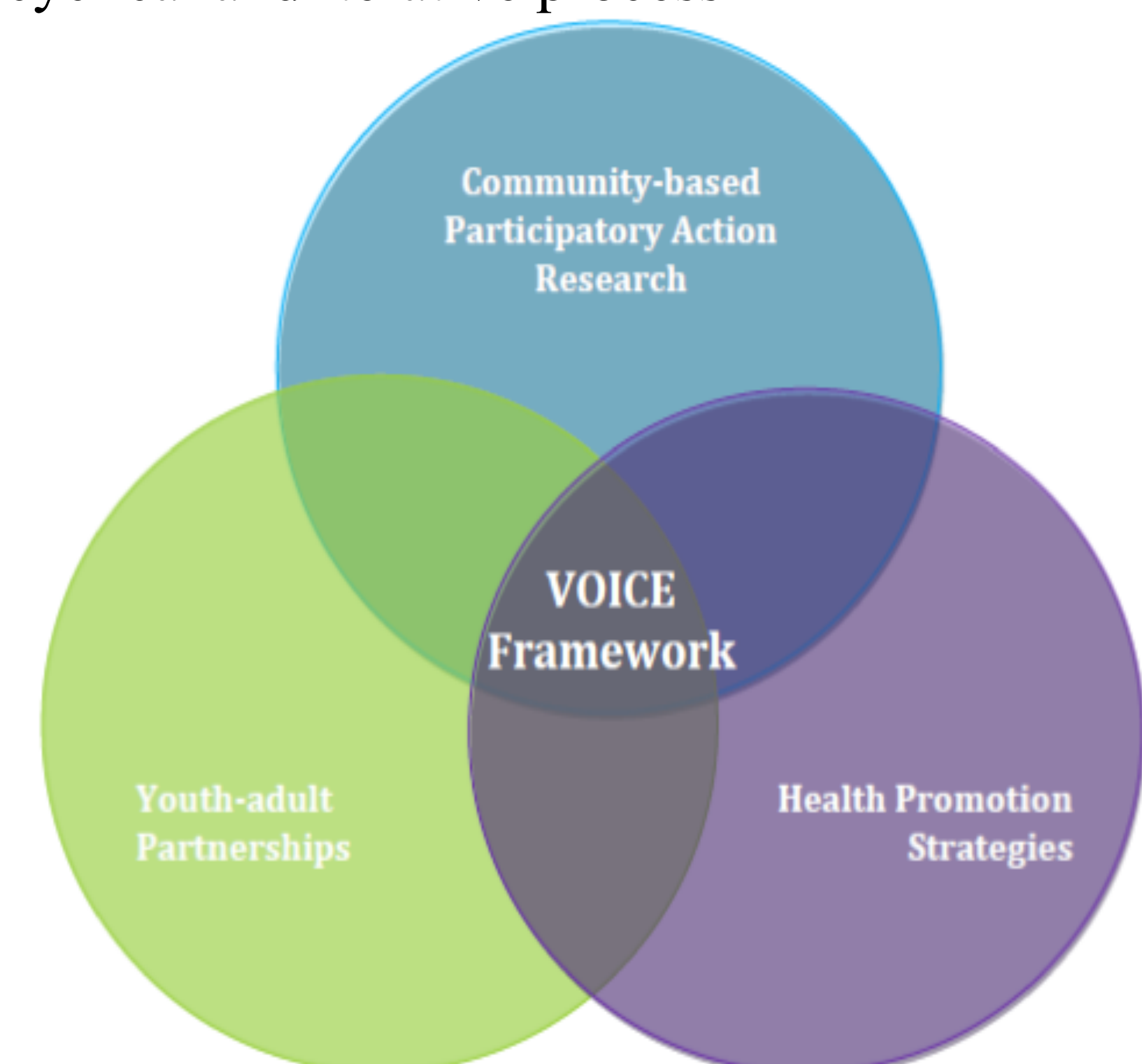
- Mobilize community members/researchers to work collaboratively
- Knowledge from research activities is translated into actions
- A cyclical and iterative process

Setting-based Health Promotion Strategies (from WHO)

- Health promoting University
- Healthy communities
- Health and ecosystem

Youth-Adult Partnership

- When adults and youth work in full partnership on issues facing youth or programs/policies affecting youth



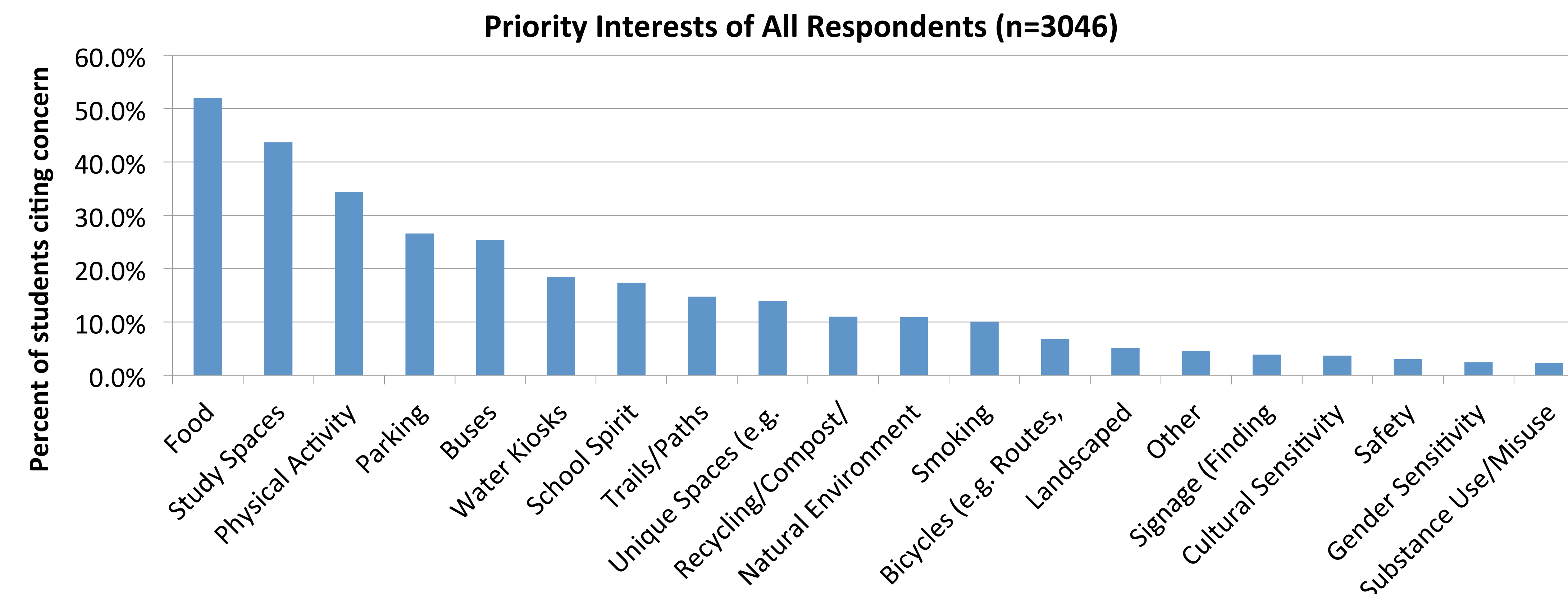
VOICE Methodological Framework

Methods

- **PhotoVoice**
 - A photographic technique student co-researchers used to capture their health related experiences
 - Health interests/themes were generated through group critique and integrated into survey
- **Community Dialogue Survey** - Open-ended questions, ranked question (from photographic data), and demographic questions
 - Establish priority interests from health interests/themes
 - Process: student co-researchers survey with laptops, paper, iPads, and online questionnaire
- **Focus Groups/ Talking Circles**
 - Used to explore the experiences of student population subgroups
- **Policy Assessment**
- **Environmental Assessment**

Results

- Photovoice
 - Identified 19 health interests
- Community Dialogue Sample
 - N=3256; 30% of campus population (8300 students and 900 faculty and staff at UBCO)
 - Adequately reflective of campus population in terms of gender and time on campus



Discussion

Current actions being taken and future steps

- **Identify Interests**
 - Priority interests have been identified, results are currently being disseminated to the campus population (e.g., forums, classroom/boardroom presentations, media), and diverse perspectives are being explored with focus groups/talking circles.
- **Reflect & Partner**
 - Need to fully understand the priority interests and why each exists.
 - Mobilize existing resources and identify who on campus is currently working on a particular priority interest already.
- **Plan & Act**
 - Determine what can be improved on campus (i.e., what is unhealthy about UBCO) and what should be maintained and developed further (i.e., what is healthy about UBCO).
 - Action groups (i.e., co-researchers in partnership with campus partners) explore issues, and design and take actions.
- **Reflect, Renew, & Sustain**
 - Ensure that changes are positive and sustainable for the future of UBCO.
 - Importance of the study: The student “voice” is heard, community members are engaged and empowered to take action to improve their community, and a sense of equality among students and non-students is generated.

