

Community-Based Participatory Research (CBPR)

CBPR Overview

The most commonly used definition of Community Based Participatory Research (CBPR) is provided by the W.K. Kellogg Foundation's Community Health Scholar's Program (2001, which defines CBPR as: "a collaborative approach to research that equitably 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" (p.2).

Wallerstein et al. (2018) propose a broader definition of CBPR that incorporates the use of research and data: "CBPR embraces collaborative efforts among community, academic, and other stakeholders who gather and use research and data to build on the strengths and priorities of the community for multilevel strategies to improve health and social equity" (p.3).

CBPR is not a set of methods, it is essentially an overall research orientation which fundamentally changes the relationship between researchers and researched. Central to CBPR and related approaches is a commitment to consciously change the power relationship so as to eradicate the demarcation between who does the study and who gets studied (Wallerstein et al., 2018).

Difference between traditional and CBPR research approaches:

Traditional Research	CBPR
✓ Community is a passive subject of study	✓ Involves the community being studied in the research
✓ Research Design: Done apriori by a researcher in an academic institution	✓ Research Design: Done with representatives from community & academic institution
✓ Needs assessment, data collection, implementation and evaluation: Academic institution's responsibility	✓ Needs assessment, data collection, implementation & evaluation: Everyone's responsibility
✓ Usually sustainability plan is not included	✓ Sustainability is a priority that begins at program's inception

Principles of CBPR

- Acknowledges community as a unit of Identity
- Builds on strengths and resources within the community
- Facilitates a collaborative, equitable partnership in all phases of research, involving an empowering and power-sharing process that attends to social inequalities
- Fosters co-learning & capacity building among all partners
- A balance between knowledge generation and intervention for the mutual benefit of all partners
- Focuses on local relevance of public health issues that attend to multiple determinants of health
- Community involvement in dissemination of results
- Involves long-term process and commitment

Reading List

Belone, L., Tosa, J., Shendo, K., Toya, A., Straits, K., Tafoya, G., Rae, R., Noyes, E., Bird, D., Wallerstein, N. (2017) Community based participatory research principles and strategies for co-creating culturally-centered interventions with Native communities: A partnership between the University of New Mexico and the Pueblo of Jemez with implications for other ethno-cultural communities. In N. Zane, F. Leong & G. Bernal (Eds.), *Evidence-Based Psychological Practice with Ethnic Minorities: Culturally Informed Research and Clinical Strategies*, pp. 199–220.

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Wallerstein, N, and Auerbach, E., (2004). *Problem-Posing at Work: A Popular Educator's Guide*, Alberta, Canada, Grassroots Press.

Wallerstein, N., Duran, B., Oetzel, J. and Minkler, M. (2018) *Community Based Participatory Research for Health: Advancing Social and Health Equity*, San Francisco, Jossey-Bass.

Wilson, N., Dasho, S., Martin, A., Wallerstein, N., Wang, C., Minkler, M. (2007) Photovoice: "The Youth Empowerment Strategies (YES!)". *The Journal of Early Adolescence*, 27, 241-261

Video List

Discussion on CBPR Model: <https://youtu.be/kQXjX8DRIDs>

Community-Based Participatory Research: AMOS Health and Hope:
<https://www.youtube.com/watch?v=vPzz-E-61xc>

Cultural Humility: Vivian Chavez <https://www.youtube.com/watch?v=SaSHLbS1V4w>.

Other Resources

Center for Participatory Research, University of New Mexico: <https://cpr.unm.edu>

Engage for Equity: <http://engageforequity.org>

The Public Science Project: <http://publicscienceproject.org/>