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# Moving Beyond the Numbers

Tools and resources to bridge the gap between research and practice

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## DECEMBER 2018

TPPP released **Teen Pregnancy, Infant Mortality, and STIs: A Profile of Critical Health Inequities in Missouri**, which illustrates the current sexual health crisis in our region that disproportionately impacts communities of color. Comprehensive data reports are vital to identifying disparate health outcomes and points for change. They help us secure funding and advocate for comprehensive policy reform. But data do not provide a full picture. In order to build communities of practice and achieve health equity, it is crucial to engage community voice and participation for lasting, viable, and meaningful change. <sup>1</sup>

We've provided this list of tools, tips, and resources to support you in applying the findings of our report to your work. It is not an exhaustive list and we welcome any resources you would like to share!

## KEY QUESTIONS

- How do the data in the disparity report apply to your work?
- How can these research findings, along with individual and community perspectives, benefit your community?
- How do racism and other intersecting oppressions impact your community & agency?
- How can you share this information within communities you serve or participate in?

## FURTHER ACTION FOR BRIDGING THE DIVIDE

**Organize focus groups and community dialogues with partner agencies or clients you serve to understand how social determinants of health impact real lives.**

Numbers don't tell the whole story. Oral history, storytelling, and personal experience provide vital insight into how complex systems impact real people and should inform the creation of interventions and policy advocacy. Discover and value the issues your community identifies as priorities. Use in-person connection to build common language, trust, and mutual respect.

# FURTHER ACTION FOR BRIDGING THE DIVIDE

## **Remember that race is a social construct and not a biological determinant.**

Work within your agencies and community to address and dismantle systemic racism as a lived experience that diminishes the health of the population. Emphasize the intersectionality of race, age, ability, sexual orientation, gender identity, and class to examine how different categories engage with racism and with each other.<sup>2</sup>

"LISTEN, LISTEN, AND LISTEN. PAY CLOSE ATTENTION TO BOTH HIDDEN AND PUBLIC TRANSCRIPTS AND SPEAK ABOUT WHITE PRIVILEGE [ESPECIALLY IF YOU ARE WHITE] AND RACISM. UNDERSTANDING THE ROOTS OF OPPRESSION AND ITS RELATIONSHIP TO TRUST AND COMMUNITY BUILDING ARE PART OF THE DANCE THAT IS INDISPENSABLE TO DOING THIS WORK."<sup>3</sup>  
-Chave, Duran, Baker, Avila, & Wallerstein

## **Disseminate research in culturally meaningful ways and work with community members to interpret findings and design interventions.**

Data sharing and ownership are vital for creating true and equal partnership.<sup>4</sup> Community members deserve access to the knowledge they have made possible. Community dissemination creates opportunities to explore findings from a local perspective, allows providers to implement findings immediately and locally, and, by fostering dialogue with those most affected, aids in developing culturally relevant interventions.<sup>5</sup> Integrate experiential learning activities, community dialogues, focus groups, photovoice projects, and<sup>2</sup> other alternative means of dissemination to engage partners.

## REFERENCES

1. Adapted from: Institute of Medicine (US) Roundtable on Health Disparities. Challenges and Successes in Reducing Health Disparities: Workshop Summary. Washington (DC): National Academies Press (US); 2008. Appendix D, Community Approaches to Addressing Health Disparities. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK215366/>
2. 3. 4. Adapted from: Wallerstein, N., Duran, B., Oetzel, J. G., & Minkler, M. (2018). Community-based participatory research for health: Advancing social and health equity. San Francisco, CA: Jossey-Bass, a Wiley Brand. Quote: page 103.
5. Adapted from: Mcdavitt, B., Bogart, L. M., Mutchler, M. G., Wagner, G. J., Green, H. D., Lawrence, S. J., Nogg, K. A. (2016). Dissemination as Dialogue: Building Trust and Sharing Research Findings Through Community Engagement. Preventing Chronic Disease,13. doi:10.5888/pcd13.150473 Available from [https://www.cdc.gov/pcd/issues/2016/15\\_0473.htm](https://www.cdc.gov/pcd/issues/2016/15_0473.htm)

# RESOURCES & ONLINE TOOLS

## **The Community Tool Box** [www.ctb.ku.edu/en](http://www.ctb.ku.edu/en)

"A free, online resource for those working to build healthier communities & bring about social change. It offers thousands of pages of tips & tools for taking action." Includes user-friendly, step-by-step guides.

## **How to Host a Community Dialogue**

[www.bit.ly/2EvvNWp](http://www.bit.ly/2EvvNWp)

## **Implementing Photovoice**

[www.bit.ly/2y148YC](http://www.bit.ly/2y148YC)

## **How to Do a Focus Group**

[www.bit.ly/2FdMLVI](http://www.bit.ly/2FdMLVI)

## **Beautiful Rising:**

### **Power Mapping Tool**

[www.beautifulrising.org/tool/power-mapping](http://www.beautifulrising.org/tool/power-mapping)

Online tool for mapping power in your community to target policy change initiatives

## **The Praxis Project**

[www.thepraxisproject.org](http://www.thepraxisproject.org)

A movement-support capacity building for social change. Multi-level, trans-disciplinary learning and collaboration across issues, across the country, & across the globe.

## **Beautiful Trouble: A Toolbox for Revolution**

[www.beautifultrouble.org](http://www.beautifultrouble.org)

A book, toolbox & network of trainers whose mission is to make grassroots movements more creative & effective.

## **Policy Link** [www.PolicyLink.org](http://www.PolicyLink.org)

"Podcasts, webinars and tools for advancing racial equity in health, community safety, and economics" Includes tools for tracking policy progress, evaluating advocacy initiatives, and advancing equity movements.

## **Getting Equity Advocacy Results (GEAR)**

[gear.policylink.org](http://gear.policylink.org)

"Provides useful benchmarks, frameworks, & tools for measuring progress in equity efforts for policy change across a range of issues"

## **CDC Strategies for Reducing Health Disparities** [bit.ly/1Vxo5vf](http://bit.ly/1Vxo5vf)

Highlights effective health programs to reduce disparities.

## **National Partnership for Action to End Health Disparities** [bit.ly/2fyc2RV](http://bit.ly/2fyc2RV)

Toolkit for Community Action & Action Plan for Reducing Racial & Ethnic Health Disparities

## **Crossroads: Antiracism Organizing & Training** [www.crossroadsantiracism.org](http://www.crossroadsantiracism.org)

Trainings, workshops & regional & institutional organizing to advance racial justice in your agency & community.

## **Forward Through Ferguson** [www.forwardthroughferguson.org](http://www.forwardthroughferguson.org)

In response to the death of Michael Brown, Jr. on Aug. 9, 2014, The Ferguson Commission was convened to study racial strife in inequality in Missouri. Visit their website to read the Ferguson Report & review their Calls to Action & Next Steps pages to find out what you and your organization can do today.

## **We Stories** [www.westories.org](http://www.westories.org)

Family learning program helping white families talk with their children about race & racism.

## **Health Equity Works** [www.healthequityworks.wustl.edu](http://www.healthequityworks.wustl.edu)

Working to "improve the health of all people by eliminating racial inequities" in St. Louis. Comprehensive reports & related action-steps.

## **YWCA, 2018: Stand Against Racism** [www.standagainstracism.org](http://www.standagainstracism.org)

Check-out your local YWCA for groups, presentations, & events centered around racial justice & equity (see below)

### **Catalyst Circles**

Cross-racial groups that examine racial disparities & engage in community-based learning & action

### **Community Healing Networks**

Groups for African-heritage (black or African American) to refute white superiority, promote self-care, & strengthen families & communities

### **Witnessing Whiteness**

Book-study for people who identify as white to understand & practice interrupting racism, & develop skills to act as agents of change