Wellness Mapping in Community Engaged Research: A Tool for Investigating Resilience

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Health Resilience among American Indians in Arizona

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NAU CAIR Pilot: Health Resilience among American Indians in Arizona

Aims

- Investigate **what works** in people’s lives that helps them to be healthy
- Assess health care provider understandings of patient resilience
- Disseminate findings to inform policy makers

- **BUILD CAPACITY**
Community-engaged research

- Bring a group of collaborators together quickly for initial development of research questions and tool selection.
- We used a hiring process designed to find community members who would be insightful listeners regardless of employment history.
- Four day collaboration session/training.
The Right Tool For the Job

- Semi Structured Interviews
- Focus Groups
- Mapping
- Emergence of Wellness Mapping
Wellness Mapping Emerges

- Elicit participant narratives
- Wanted to prioritize multiple forms of expression, visual or otherwise
- From the beginning wellness mapping was developed as a group to fit the needs of the group.
Wellness Mapping Concerns

- Wanted to understand the verbage around the use of the term “resilience”
- Finding unexpected strengths
- How stressors are indicated
Wellness Mapping Strengths

- Time
- Elicitation
- Participation and recruitment
- Data collection and analysis
- Research Artifacts
Regrouping

- What was it like for you to do this?
- What was surprising?
- Was anything uncomfortable?
Analysis

- Patterns
- Coding
- Examples in Health Resilience

There are multiple layers of analysis available here:

- Individual Analysis
- Researcher Analysis
- Team Analysis
Other Examples

- Food and Eating in Sunnyside
- Collaboration between neighborhood associations
- Food Co-op
- Undocumented individuals perceptions of safety
Questions about the tool?
How would you use this tool?
The Tool Itself and Contact Info

- You can find the tool online at
  http://nau.edu/CAIR/_Forms/WellnessMapping2014_CES4Health/
- Or just google “Wellness Mapping Hardy”
- For additional concerns or questions please contact:
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