

**Urban Health Forum 2008**  
**Listening to Community Voices to Build Community Health**

Multicultural Health Storytelling Focus Groups and Topic Areas				
Questions	<b>Healthy Youth Development</b> <i>Tony Looking Elk, Program Officer, Otto Bremer Foundation and Jan Fondell, Youth Development Specialist, Minneapolis</i>	<b>Healthy Eating</b> <i>Karen Blanchard, Nutritionist, Northpoint Health and Wellness Center</i>	<b>Health Care Access/Reform</b> <i>Jim Koppel, Executive Director, Children's Defense Fund of Minnesota</i>	<b>Summary/Guidance</b> Gretchen Musicant
<b>What idea(s) from the DVD left an impression on you?</b>	<ul style="list-style-type: none"> <li>• Stories rather than statistics give life and meaning to the issues</li> <li>• Stories move people's hearts to action</li> <li>• To improve our health we can't rely on institutions we need a holistic approach to health</li> <li>• Many elements in the video were important</li> <li>• I heard, felt isolation from people in the video</li> <li>• It takes a village to do anything we once knew our neighbors, they had eyes of concern</li> <li>• Why can't we say hello to each other?</li> <li>• How is "health" perceived? It's a living dynamic thing</li> </ul>	<ul style="list-style-type: none"> <li>• Our kitchen is our first clinic</li> <li>• Vulnerability is an opportunity for entry</li> <li>• Listening</li> <li>• I'm not the only one, didn't know I could change behavior</li> <li>• Listen for change/opportunity</li> </ul> <p>Listening has 3 components – sight, heart and hearing</p> <ul style="list-style-type: none"> <li>• Concepts of health are different in different languages and cultures</li> <li>• What else happens in the kitchen?</li> <li>• It's social, It involves caring, all storytelling events associated with the making of this DVD started with a meal</li> <li>• there is a social and emotional part of food sharing</li> <li>• Culture-In some cultures, Hmong for example, ladies are responsible for meal preparation</li> <li>• There are ways and traditions in food preparation that are related to culture</li> <li>• Traditionally, a mother prepares Thanksgiving turkey</li> <li>• The is not a disconnect between generations and time related to food prep</li> <li>• In some cultures, food traditions are honored, expected, welcomed and passed down in families</li> <li>• There is a capacity for food to feed the heart and the spirit</li> <li>• People therefore have the capacity to heal themselves</li> </ul>	<ul style="list-style-type: none"> <li>• There is culture of/to providing care example – The Veteran's Administrations creates a culture of providing care to veterans so says Jack Rossbach</li> <li>• Goal of the system/society is "to be healthy"</li> <li>• People need to feel safety, to exercise "I feel like a prisoner" (Somali woman who does not go outdoors) not necessarily access to care</li> <li>• There is growing vitamin D efficiency due to spending too much time indoors</li> <li>• Insurance is a small piece/only part of health and the social determinants are more important</li> <li>• We need to redefine what access means i.e. hospital, clinic, more like community based</li> <li>• Stories are important</li> <li>• CHC we did over 100 flu shots in a mosque we were happy to see a black nurse "get on the list in 3 months" so that you can get access is the VA model effective for me who has only had a total of 6 ½ years of coverage in my adult life</li> <li>• The goal is to be healthy not to have health access/coverage/insurance</li> <li>• Access to exercise, safety, parks (other social determinants)</li> <li>• Don't focus on affordability but focus on healthy outcomes</li> <li>• what is society promoting watching television instead of outdoor activities</li> <li>• Process: the way we ask influences answers done quickly and well with limited resources</li> <li>• Relationship building with commissioner too, wasn't just magic</li> <li>• As a Doctor...this was a doc friendly video (not enough insurance, not enough pills) vs. exercise prescription, library card, parks, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• There is power in/ of a story to build a sense of responsibility - to be engaged - to respond with action and empathy.</li> <li>• Our health is not primarily dependent on institutions – we need to support the community's capacity/the community's role</li> <li>• How do we do this?</li> </ul>

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			<p>There are misconceptions/fear of health medical office by new Americans even when free preventive care offers, 50% failure          Involvement rate/ role of family can determine how well encounter with provider is this is an important role          Food allergies of individual is challenging for the entire family          Doctors are only useful about half the time          Health care access = are the streets plowed can someone talk to me in my language not just health insurance</p> <p>Commonalities across diversity</p>	
<p><b>What would be different in our community if we had a focus on _____?</b></p> <p><b>What would/should we do differently now as people? As professionals?</b></p>	<ul style="list-style-type: none"> <li>• Spiritual health more social groups cultural identity- celebration a common good</li> <li>• The catalyst to making change is/are parental expectations</li> <li>• Young men/boys African-American didn't have much voice</li> <li>• There is a belief, when they are youth that they will not reach adulthood or older</li> <li>• It was Interesting to see in the DVD how much was spoken about health from the holistic perspective</li> <li>• Today's kids don't have the same freedom as perhaps we did. e.g freedom to play outside safely, to walk to school, to walk to the park</li> <li>• People in the DVD talk about feeling/being isolated from others, the community they experience a lack of interaction</li> <li>• There appears to be a lack of community concern for the health of youth Now individuals are raising their kids and it used to be that the community helped raise your kids</li> <li>• How do we go about re-building community? Does public health have a role? Do public schools have a role?</li> <li>• People need to be/feel responsible for</li> </ul>	<ul style="list-style-type: none"> <li>• We need to connect to people on a person to person basis</li> <li>• We need to stop and understand the cultural perspectives that we engage one another with</li> <li>• Where you are from and what your culture is about, is not necessarily the same thing</li> <li>• In rural Brazil, people used goat's dung as tea to treat whooping cough</li> <li>• People do not always have access to medical care, but still have effective local remedies that cure disease Some methods are 500-600 years old or older</li> <li>• How do we deal with these methods related to cooking and nutrition? How do we get kids to connect to moms?</li> <li>• What about spiritual references? What should we do differently? You don't have to see a spirit to believe in it.</li> <li>• In Native American tradition, spirits are prayed over for 7 generations</li> <li>• There is a relationship between good mental health and weight gain</li> <li>• Specific cultural foods are related to healing values</li> <li>• Try and hear everything people are</li> </ul>	<ul style="list-style-type: none"> <li>• Public health nurses have one foot in medicine and one foot in the community</li> <li>• Community health workers they live in their communities</li> <li>• Doctors/providers need to live in the communities also</li> <li>• The individual vs. the community events Flu-shot effort at U of M mad the Guinness Book of World Records</li> <li>• Health is a community issue</li> <li>• Let's change the paradigm</li> <li>• Health programs need to be enjoyable and fun</li> <li>• Family day at the doctor too</li> <li>• party re: contraception</li> <li>• lose this with protection of individual privacy</li> <li>• Community work is conducive to system change</li> </ul>	

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<p><b>(Continued)</b></p> <p><b>What would be different in our community if we had a focus on _____?</b></p> <p><b>What would/should we do differently now as people? As professionals?</b></p>	<p>building community.</p> <ul style="list-style-type: none"> <li>• People are behaving too singularly (extreme individualism) the current generation lack social skills to even great one another on the street or adults on the street</li> <li>• Storytelling has the power to create community and to bring people together around a common passion.</li> <li>• We need more social groups more social networking</li> </ul> <p>We need to increase/improve spiritual health, we need to increase/ improve cultural identity, and we need to increase/improve the parent-youth connections</p> <ul style="list-style-type: none"> <li>• When there is healthy youth development</li> </ul> <p>Families would have what they need to be successful</p> <p>Neighbors would be doing for each other for the benefit of all/cooperating to get life done</p> <p>People would know each other and their circumstances and therefore know their children</p> <p>Maybe then, kids wouldn't be having kids</p> <p>Parental expectations would be known and magnified and have the impact they should</p>	<p>saying you may have to work with interpreters to understand peoples values</p> <ul style="list-style-type: none"> <li>• You need to learn to trust interpretation because the pace of the conversations is different than speaking directly to a person</li> <li>• Sometimes people tell stories to explain health or the concept of good health</li> <li>• All herbs in cultural foods are believed to have some healing benefits</li> <li>• Certain teas are used for healing purposes</li> <li>• The first clinic is the kitchen because the knowledge about traditional remedies is often shared in the kitchen around the subject of food</li> <li>• How do we exchange this wisdom? Listening and self</li> <li>• There are different models of "health" the concept of health</li> <li>• Gender roles in the DVD</li> <li>• We should work with and through women because they connect through social networks</li> <li>• Using respect, connection to elders but deal with the fact that there is a generation gap</li> <li>• Grow own food and pick own herbs</li> <li>• Lengthy food prep – how do we come to the middle group with today's fast paced life</li> <li>• Mom's preparing food cultivated in our environment</li> <li>• East African Women's Center is doing some unique work that increases vegetable consumption and is also trying to incorporate healthier methods in preparing traditional foods</li> <li>• Listening with heart to understand these differences</li> </ul>		
<p><b>The first steps for change . . .</b></p>	<ul style="list-style-type: none"> <li>• There is now less community oversight of youth than there traditionally has been in the past generations</li> </ul>	<ul style="list-style-type: none"> <li>• There is a spiritual component to healthy eating - a recent study says there is a connection between</li> </ul>	<ul style="list-style-type: none"> <li>• We thought about access to healthcare in a non-traditional way</li> <li>• Looking for a broader access from the</li> </ul>	

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	<ul style="list-style-type: none"> <li>Steps to take to increase healthy youth development– spiritual health, increase cultural identity, common good as a motivator, more social groups/contacts</li> <li>View “listening” as an opportunity to engage people</li> <li>Leveraging our influence and resources towards changing our systems and communities</li> <li>To learn more in the direction of the wisdom we were given a glimpse of in the DVD</li> <li>Communities are built on the foundation of - habit commitment long-term relationships</li> <li>Healthy youth development a notion of common good We have fallen away from a past time and place where there was a notion of common good.</li> <li>We need to develop community and habits of commitment, to long-term commitment and relationships</li> <li>We steps do we take to be more spiritual and supportive of youth?</li> </ul>	<p>depression and weight gain</p> <ul style="list-style-type: none"> <li>Our kitchen is our first clinic</li> <li>Importance of listening</li> <li>There are cultural eating habits. However, people have individual values and make individual choices</li> <li>Time - everyone is always short on time</li> </ul>	<p>community standpoint</p> <ul style="list-style-type: none"> <li>Where families go to the Dr together so they can learn how to care for each other</li> <li>What should we do? What are the steps?</li> <li>Change how access is considered more public health oriented with more clinics in the communities</li> <li>More diversity with the providers – race, culture, within your community</li> <li>Look to the U of M to address the shortage of community health workers from diverse backgrounds</li> </ul>	
<b>(Continued)</b>		<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>More towards “wellness” as a goal and move away from just treating illness(es)</li> <li>Look for a healthy community rather than just an insured community</li> <li>Before individuals and communities can focus on family especially for cultural groups</li> <li>Family helps when they accompany persons to a dr appointment(s)</li> <li>What does system reward? We need to change that.</li> <li>We have limited knowledge on how to help family from different culture (i.e. different foods) Need to increase diversity of health care staff – help community members go to nursing school, public health, etc. nursing assistant, physicians</li> <li>There is often a cultural disconnect between providers and patients</li> <li>There is a limited number of students of color right now because of the cost of higher education</li> <li>University of Minnesota ---We need to sit down</li> </ul>	<ul style="list-style-type: none"> <li>Boyton Health Service says good health has to be fun. We are competing against video games, MTV, movies, culture, etc.</li> <li>Calorie labeling, trans fat are interesting topics the topics are visible to providers, educators, public</li> <li>We need to increase the primary prevention focus. public health has lost the community focus when it started to provide direct services AND the message is secondary</li> </ul>

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			<ul style="list-style-type: none"> <li>and problem solve the diversity shortage</li> <li>• UofM is the largest urban university in the country and trains health professionals</li> <li>• We need to create jobs/develop a pipeline especially front end not just back end</li> <li>• U of M needs to meet with community clinics to increase pace of diversifying workforce Somali K-12 Charter Ubah Medical Academy</li> </ul>	
<p><b>Summary</b></p>		<ul style="list-style-type: none"> <li>• Importance of food to tradition, to culture and to family</li> <li>• Use social networks to disseminate new (traditional) ideas and behaviors</li> <li>• Acknowledge there is a powerful mental and spiritual component to healthy eating</li> <li>• Kitchen as the first clinic</li> <li>• Importance of food in tradition, culture and in building a sense of family and community</li> </ul>	<ul style="list-style-type: none"> <li>• The goal should be “to be healthy” - The goal is not just to get access to services</li> <li>• We should have more success Incorporating - fun, family, and community</li> <li>• Change how health care access/outreach looks – more diversity and closer to communities</li> <li>• Our health does not come from institutions What creates health is relationship with family and community</li> <li>• As government, how will we use resources, programs, finances?</li> <li>• Develop more capacity building and put less emphasis on “fixing the system”</li> <li>• We have a system based/focused on illness not on wellness vs. personal/individual</li> <li>• The health care model in America really doesn't work for ANYBODY!</li> <li>• We are trying to fix what we know rather than re-inventing the system</li> <li>• When it is Health vs. Profit, profit wins too often health care costs are so high alternatives are being looked at and the data is important</li> <li>• Communities are built on habit and commitment vs. the notion of personal responsibility which is so prevalent in our society</li> <li>• There is a desire for holism, spiritualism is a major component to good health</li> <li>• The current public health model is “disease-focused” rather than on how communities view health</li> <li>• Let's design a new model around the video and our dialogue where families share their health, sickness and wellness when sick they go to the Mosque or Dr together</li> </ul>	<ul style="list-style-type: none"> <li>• What happens when we change bad cultural values and the dominant social gathering example – smokers</li> <li>• Fast food issues will be push-pull with the community</li> <li>• I feel like I'm in a commune when I attend these public health meetings, however, there is something lost between what is being said tonight and the political realities over at the Capital.</li> <li>• We need to talk to more people at the Capitol using this public health approach</li> <li>• an example – better public transportation equates to more walking 4 blocks to the bus. There is a connection between public transportation and a healthy lifestyle</li> <li>• A social network creates power when people think, feel, say “there are a lot of folks like me” “Backyard Project” by Allina asks what is health? It's connections/being connected</li> <li>• There are not enough people of wide diversity participating in these conversations people are too isolated</li> <li>• There is a major disconnect with the broader community, with policy makers (Capitol)</li> <li>• We want you (CHSAC members) to be a permanent fixture in this long-term (year-long) conversation Leverage a/any sector, pick one issue i.e. transportation</li> </ul>

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<p><b>Overarching Themes (Notes by Emily)</b></p> <ol style="list-style-type: none"> <li>1. The power of a story surpasses the power of data in building relationships, the experience of listening and talking to people makes for deeper understanding</li> <li>2. Health is not dependent on institutions but family and community...so how do we help to rebuild the strengths of the community? the strengths of the family?</li> <li>3. We need to create more community capacity and spend less effort "fixing" institutions</li> <li>4. Food is central to culture and community. How do we incorporate and acknowledge this in programming?</li> </ol>				