



Scholar: Betty T. Izumi

Program competencies

1. Knowledge of and skills in applying the principles of CBPR to research (planning/implementing/evaluating projects) and teaching.
2. Ability to balance tasks in academia (research/teaching/service/grant writing) posing special challenges to those engaged in CBPR.
3. Understanding of the policy implications of CBPR and ability to work with communities in translating the process and findings of CBPR into policy.
4. Knowledge of community-based teaching and learning approaches.
5. Ability to write grants expressing CBPR principles.
6. Ability to negotiate across community-academic groups.
7. Ability to transfer skills to the community, thereby enhancing community capacity, and ability to share CBPR skills with other faculty.

Advisory team members: academic mentors: Amy Schulz, Barbara Israel, Richard Lichtenstein (University of Michigan School of Public Health) and community mentor Angela Reyes (Detroit Hispanic Development Corporation)

Primary project: Healthy Environments Partnership (HEP)

HEP is an on-going CBPR project designed to examine and address aspects of the social and built environments that contribute to disparities in risk of CVD in three communities in Detroit. The HEP steering committee (SC) is involved in all aspects of HEP. I am working on two multilevel CBPR studies: Lean and Green in Motown and Community Approaches to Cardiovascular Health: Pathways to Heart Health.

Lean and Green in Motown is a CBPR project designed to assess how changes over time in aspects of the built environment influence health related behaviors and obesity. This study builds upon data collected by the HEP in 2002.

- Assisted in training community members to conduct food store audits in Detroit
- Work with academic and community partners to analyze food store and health assessment data and translate/disseminate findings
- Products produced: one-pagers for diverse audiences, manuscripts

Community Approaches to Cardiovascular Health: Pathways to Heart Health is a CBPR project designed to increase active living and improve heart health. One component of this project is Walk Your Heart to Health, an 8-month long walking group program that is led by community health promoters (CHP).

- Evaluate the role of CHP on walking group participants' adherence to WYHH
- Conduct process and impact evaluations of the CHP training program
- Products produced: CHP leadership scale, evaluation tools (observation forms, surveys, certification exam), one-pagers for diverse audiences, manuscripts

Lessons learned (so far)

- Aim for maximum lead time for producing products
- Maintain a high degree of flexibility and open lines of communication

Healthy Environments Partnership

Brightmoor Community Center, Detroit Department of Health and Wellness Promotion,
Detroit Hispanic Development Corporation, Friends of Parkside, Henry Ford Health System, Rebuilding
Communities, Inc., University of Michigan School of Public Health