

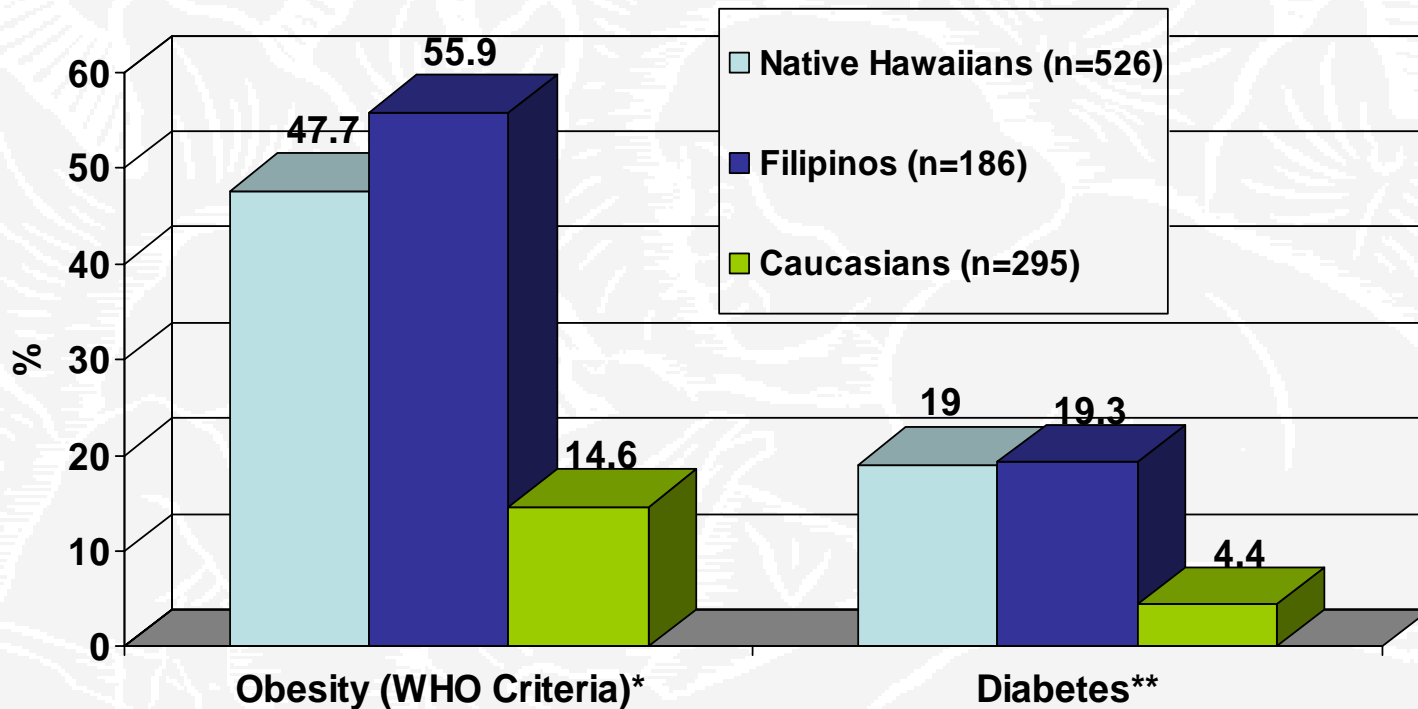
**The PILI 'Ohana Project:
A Model for Community-
Based Research with Native
and Pacific Communities**

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The Burden of Obesity and Diabetes in Hawai'i



*Data from the Native Hawaiian Health Project funded by the National Center for Research Resources, National Institutes of Health (RR 03061)

WHO criteria for Asians = recommended cut-offs for overweight is BMI > 23 and for obesity is BMI > 25

**Grandinetti, A., Kaholokula, J.K., Theriault, A.G., Mor, J.M. Chang, H.K., & Waslien, C. (2007). Prevalence of diabetes and glucose intolerance in an ethnically diverse rural community of Hawaii. *Ethnicity and Disease*, 17, 250-255.

Partnership for Improving Lifestyle Intervention (PILI) 'Ohana Project

- A community-based participatory research (CBPR) project aimed at eliminating obesity disparities in Hawai'i
 - National Center on Minority Health and Health Disparities funded (R24 MD001660)



Community-Based Participatory Research (CBPR)

A collaborative approach to research:

- Research topic of importance to the community
- Best of community and academic wisdom and knowledge
- Goal of promoting **social change** to improve community health and reduce disparities
- An **orientation to research**
- Balance between research and community empowerment
- **Equal partnership** between academics and community members at all stages of the research process
- Community members and researchers as **co-equal partners**
- Heightens the effectiveness of practices, program, and policies derived from research results



Partnership for Improving Lifestyle Intervention

Community
Co-Director
Donna Palakiko



Academic
Co-Director
Keawe Kaholokula



Community
Advisory
Board

Project Steering Committee

Kula no Nā Po'e
Community PI:
Puni Kekauoha



Kokua Kalihi Valley
Community PI:
Sheryl Yoshimura



Ke Ola Mamo
Community PI:
Donna Palakiko



Hawai'i Maoli
Community PI:
Charlie Rose &
Henry Gomes



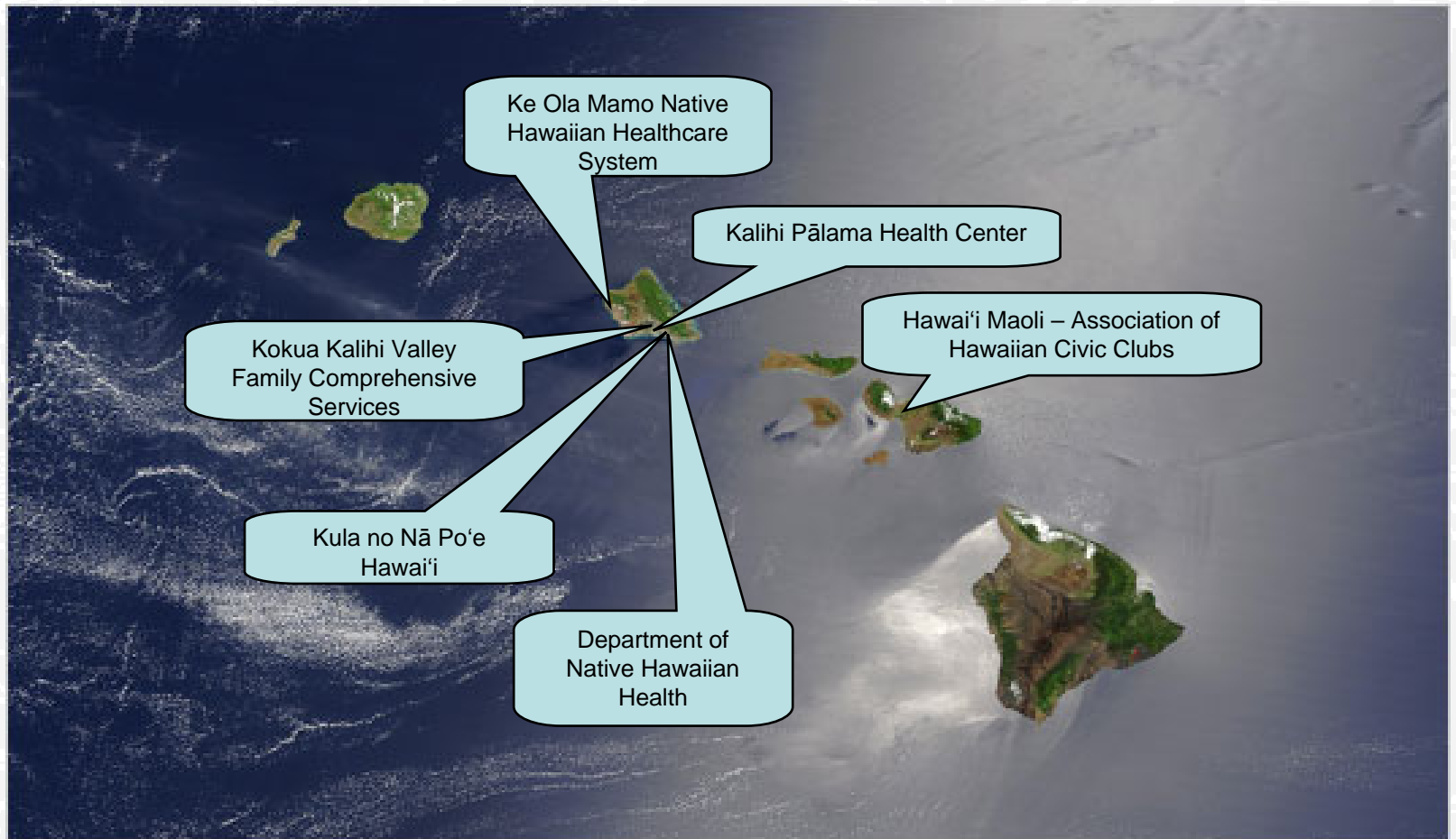
Native Hawaiian
Health
Academic PI: K. Kaholokula
& Marjorie Mau



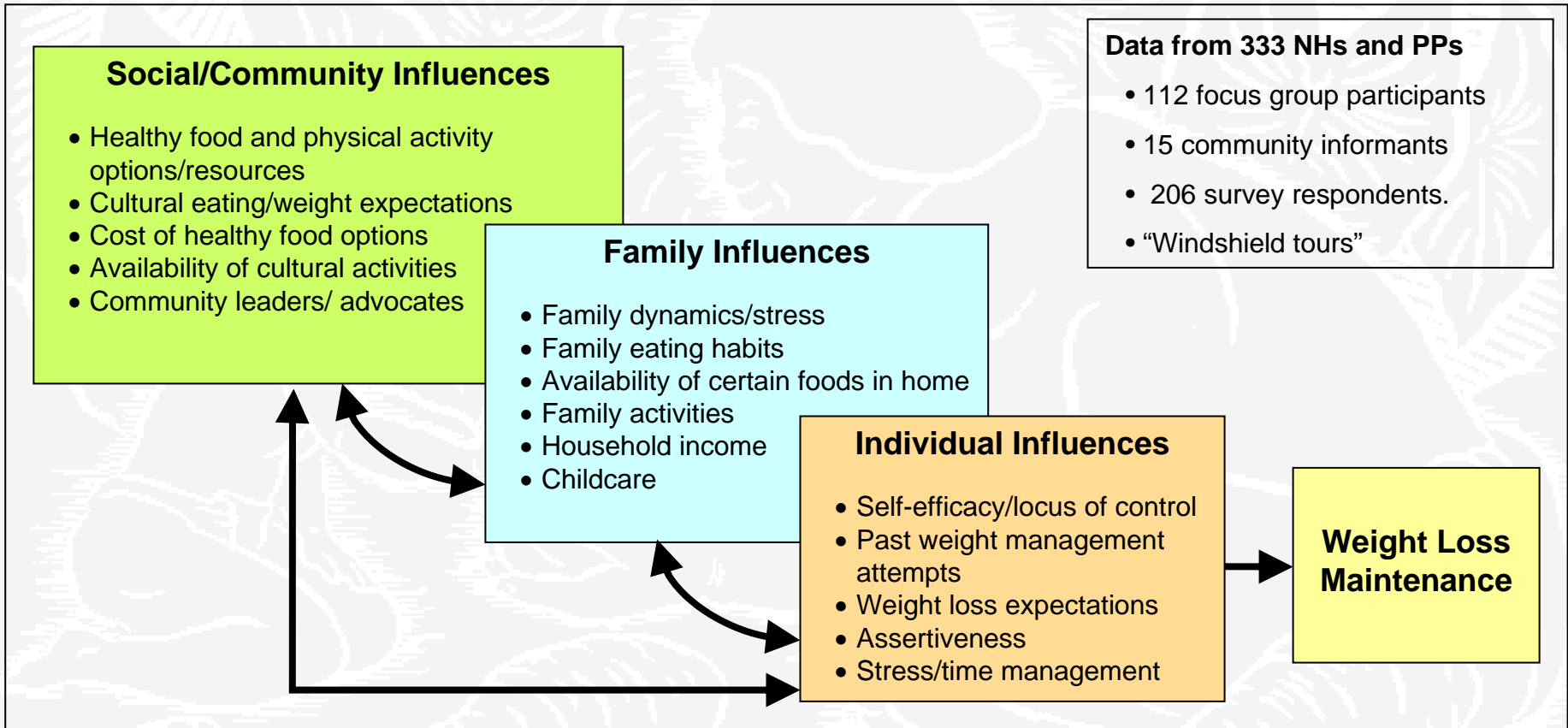
Project
Coordinator
Claire Townsend



Our Communities in Hawai'i



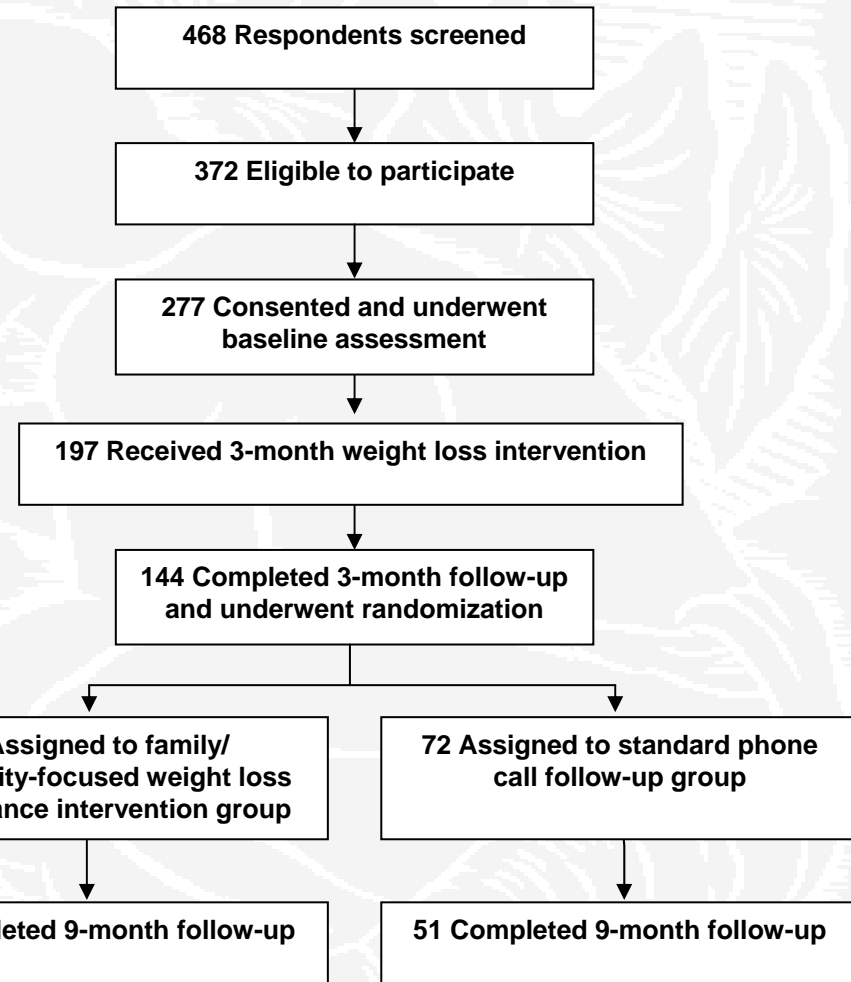
Conceptual Model of Weight Loss Maintenance for Pacific Peoples



Ewart CK. Social action theory for a public health psychology. *Am Psychol.* 1991 Sep; 46(9):931-46.

PILI 'Ohana Lifestyle Intervention

- Pilot intervention study
 - 2-Arm randomized controlled trial (RCT)



Lessons from the PILI 'Ohana Project

- Native Hawaiians and other Pacific Peoples live in *obesogenic* environments
 - Linked to socio-economic disparities
- Family and community strategies can help to improve weight loss maintenance
- Communities can deliver an effective obesity intervention that is not only community-based but community-led
- CBPR can bridge science and practice



Rethinking Science

- **Efficacy vs. effectiveness intervention studies**
 - What should be the “gold standard” in CBPR involving intervention testing?
- **Scientist as consultant vs. primary investigator**
- **Expanding scientific paradigms to fit the socio-economic and socio-cultural realities of health disparate populations**
 - Social disparities → health disparities



Redefining Community



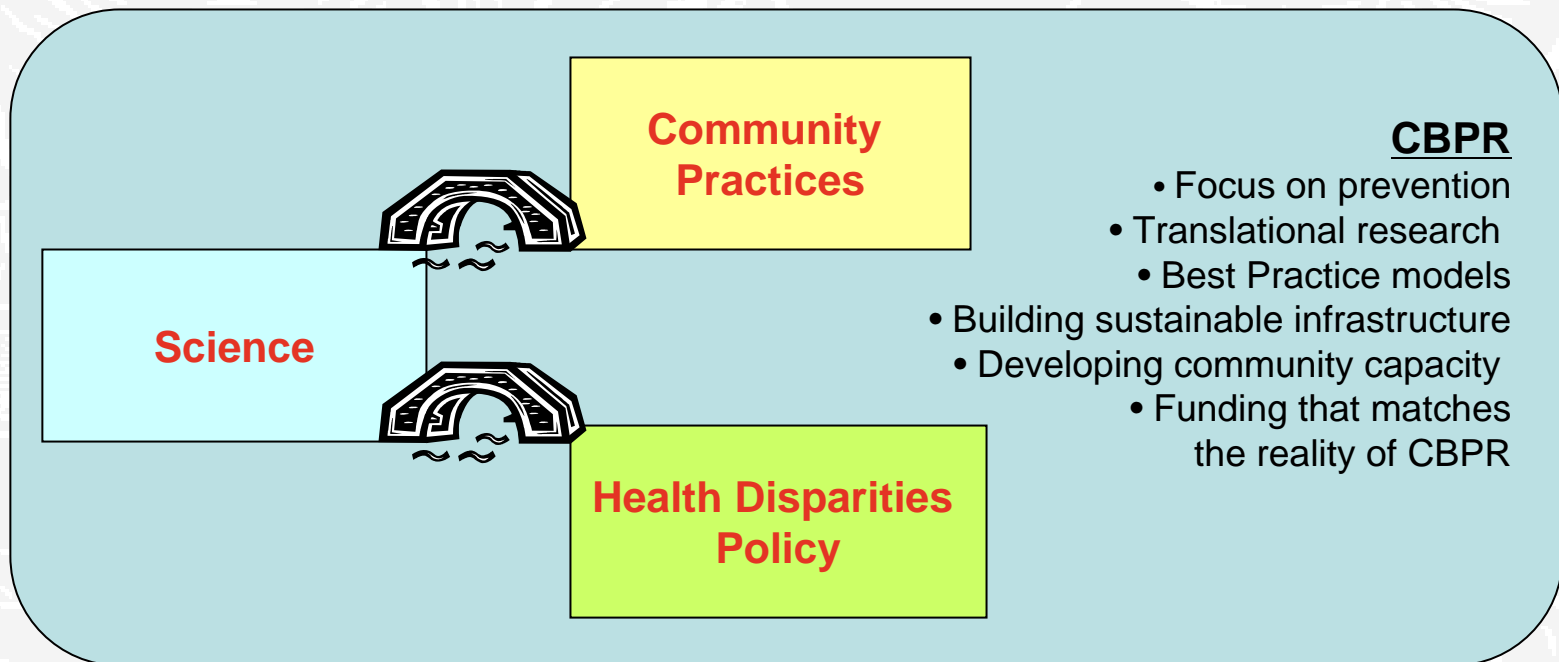
- **Communities are dynamic, heterogeneous entities**
 - Challenges the one-size fits all public health paradigm
- **Community leaders as investigators vs. informants**
- **Building community infrastructure from the inside out**
 - Prevention is community-based and -led
- **Community partnerships make science practical and real**
 - Voice of science for policy change

What is the role of community-campus partnerships in eliminating health disparities?

- The role is to (re)think and (re)define traditional roles & paradigms.
 - Science is not merely about experimentations but also real-world applications
 - Community partners are not passive beneficiaries of science but active contributors
 - Science doesn't inform policy, people do



How do we bridge the advances in science with community practice and promotion of health disparities policy?



Achieving Social Justice





Mahalo nui (Thank you)

- **National Center on Minority Health and Health Disparities**
- **Community partners**
 - Hawai'i Maoli – Association of Hawaiian Civic Clubs (PIs: Henry Gomes, Charlie Rose)
 - Kalihi-Palama Health Center (PI: Anne Leake)
 - Ke Ola Mamo, Native Hawaiian Health Care System (PI: Donna Palakiko)
 - Kokua Kalihi Valley Comprehensive Family Services (PI: Sheryl Yoshimura)
 - Kula O Nā Po'e Hawai'i (PI: Puni Kekauoha)