



CREATING VALUES & PRINCIPLES

All partnerships are guided by a set of underlying values and principles even if they aren't articulated. Each partnership should develop a clear set of principles by which they work. The [HPW Visioning tool](#) is one approach to develop a common vision guided by principles. An additional approach is to brainstorm a set of values and principles that guide your partnership and draft a brief document or oral recording to articulate them. These should be viewed as dynamic and changing as the partnership grows.

To help you think about some principles, the download includes a list of commonly accepted, general principles guiding community-based participatory research (CBPR). CBPR is an approach that is consistent with the HPW framework and in fact, HPW borrowed some of the work from the CBPR literature. This is available to be downloaded below.

CBPR Principles

These principles come from Israel et al 2018 and are directly quoted (pp. 32-34). The descriptions are paraphrased from the same source.

1. CBPR recognizes community as a unit of identity

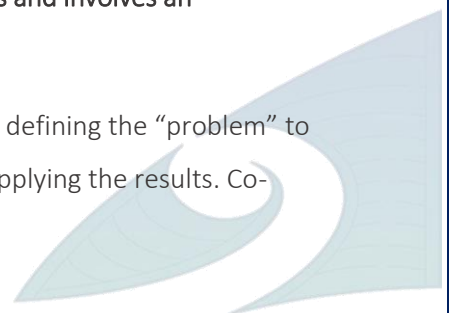
Community is a key aspect of collective and individual identity. Communities develop a sense of belonging and boundaries that are relevant for its members and how they see themselves as unique and connected to others. Exploring how communities define themselves and what is important to them is a key focus on CBPR.

2. CBPR builds on strength and resources within the community

CBPR takes a strengths-based approach rather than a deficit approach. That is, researchers working from this perspective identify and build on the strengths and resources of the community to address health and social issues. These include individual skills, social relationships and commitments to the community.

3. CBPR facilitates cooperative, equitable partnership and all research phases and involves an empowering and power sharing process that attends to social inequalities

CBPR is about partnering during the entire stage of a research project from defining the "problem" to developing the research approach, collecting data, interpreting data, and applying the results. Co-





design is a popular approach although CBPR suggests that it is not only co-design, but also co-implementation and co-evaluation and co-everything. The knowledge and expertise of the community members is key throughout this process.

4. CBPR promotes co-learning and capacity building among all partners

CBPR involves co-learning and mutual sharing among all partners. Academic and community researchers bring different expertise that is used in a project. The team develops further by all members benefiting from these various perspectives. Increasing capacity can help all members work on the specific project and also in other endeavours.

5. CBPR integrates and achieves a balance between research and action for the mutual benefit of all partners

CBPR is not just about researching something to better understand it. This understanding is important although CBPR emphasises an action-oriented approach. Research knowledge needs to be actively applied to address health and social wellbeing issues that matter to the community. CBPR strives to achieve social change intended to eliminate health inequities.

6. CBPR emphasizes public health problems of local relevance and ecological perspectives that attend to the multiple determinants of health and disease

CBPR addresses health problems that matter for the community. The community should determine and guide the choice of issues. In addition, the definition of the health problems should be focused on multi-level determinants—that is, there should be focus on individual choices, family relationship, community structures and social systems as they impact a holistic view of health.

7. CBPR involves systems development through a cyclical and iterative process

CBPR emphasises a systems perspectives that examines multi-level issues over a period of time. This process allows a health issue to be placed in the context of the larger social system. This process also emphasises a dynamic approach to address the system.

8. CBPR disseminates findings and knowledge gained to all partners and involves all partners in the dissemination process

From the CBPR perspective, it is important to share findings from the project with all partners involve to ensure that the community learns about what was found out. Further, this information should be shared in an ongoing process of getting feedback to better interpret and use the findings for social action. Community partners should be actively involved in this dissemination.





9. CBPR requires a long-term process and commitment to sustainability

Many of the health and social problems that exist today have developed over long periods of time and have created high levels of mistrust in social institutions. Thus, CPBR needs to make a long-term commitment to change and seek ways to make the research and outcomes sustainable.

10. CBPR addresses issues of race, ethnicity, racism and social class and embraces cultural humility

CBPR tends to be used with community partners from historically marginalised groups and 'outside' researchers and other institutional partners from more privileged backgrounds. CBPR partners need to strive to directly address and consider hard issues around ethnicity, racism and social class to combat historical wrongdoings. Cultural humility is being humble about this learning and show a willingness to grow and adapt. It is a commitment to self-reflect and examines one's own biases.

Source

Israel BA, Schulz AJ, Parker EA, Becker AB, Becker AB, Allen AJ et al. Critical issues in developing and following CBPR principles. In: Wallerstein N, Duran B, Oetzel JG, & Minkler M. editors. Community-based participatory research for health: advancing social and health equity, 3rd edition. San Francisco: Jossey-Bass; 2018. p. 31-46.

