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A young girl with long brown hair, wearing a bright yellow raincoat and yellow boots, is splashing in water. She is looking down and smiling slightly. The background is a teal gradient with a white dotted pattern on the left side.

A Community Development Approach:

Participatory Action Research with Six English-Speaking Communities in Quebec

Mary Richardson, INSPQ

Presentation Objectives

- To define the community development initiative
- To describe the community profiles underway
- To define the project's objectives and desired outcomes



Community Development

What does community development mean in terms of Quebec's health care network?

*“... a voluntary cooperative process of **mutual assistance** and of building **social ties** between **local residents and institutions**, with the goal being to improve physical, social, and economic **living conditions**.”*

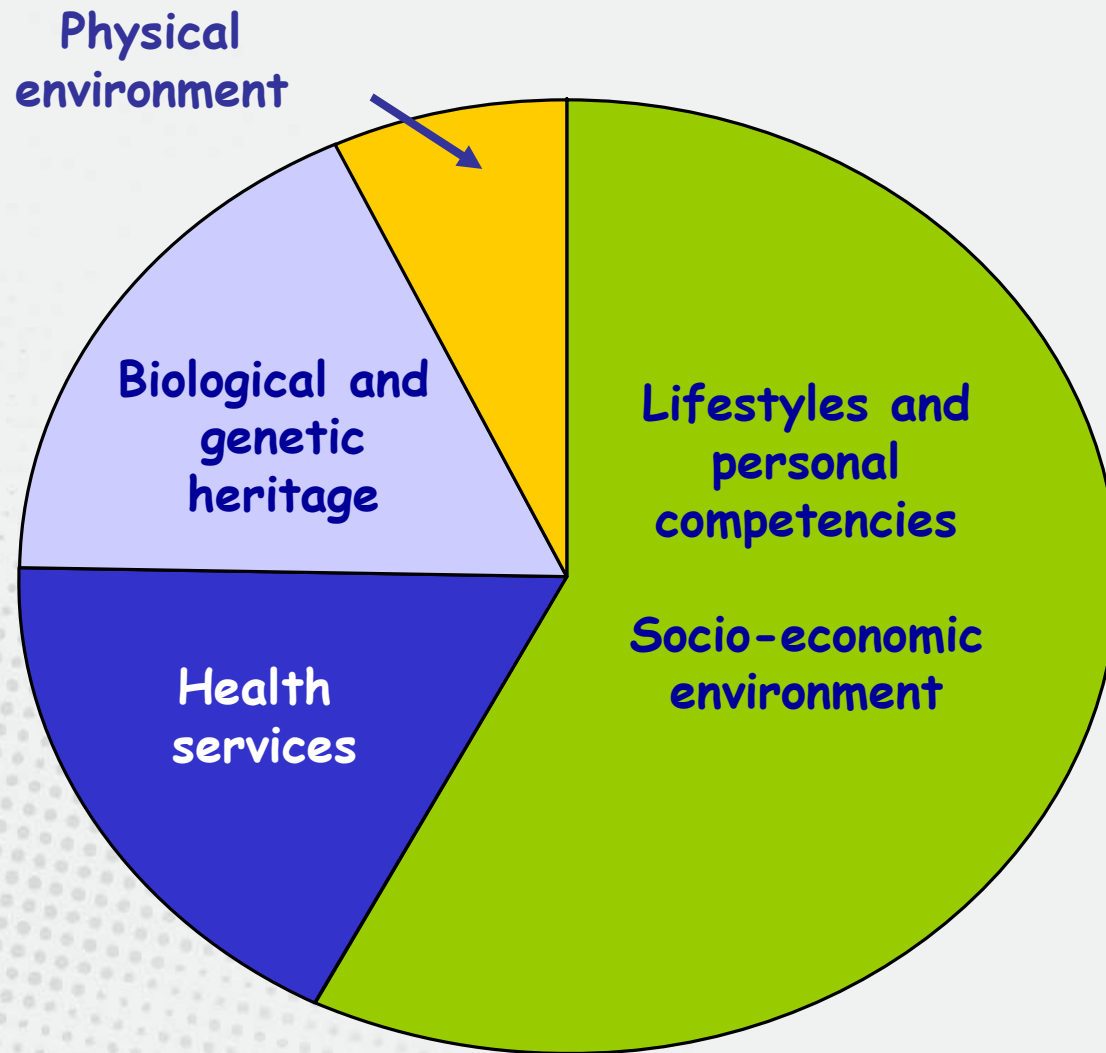
INSPQ and MSSS, 2002

Community Development

Why is the public health sector concerned with community development?

- Physical and social environments are among the main determinants of health
- There are major differences between communities in terms of health, well-being, and quality of life
- Individuals and communities can help to reduce inequalities
- INSPQ carries out research and projects in order to better understand how changes can be made and communities developed

Action on Health Determinants



The Three Priorities of Knowledge Improvement Projects (INSPQ)

Three phases:

- 1. Develop a better understanding of English-speaking communities in Quebec**
2. Develop tools for engaging English-speaking communities
3. Support English-speaking communities in applying community development initiatives

Interviews with 18 CHSSN Networks

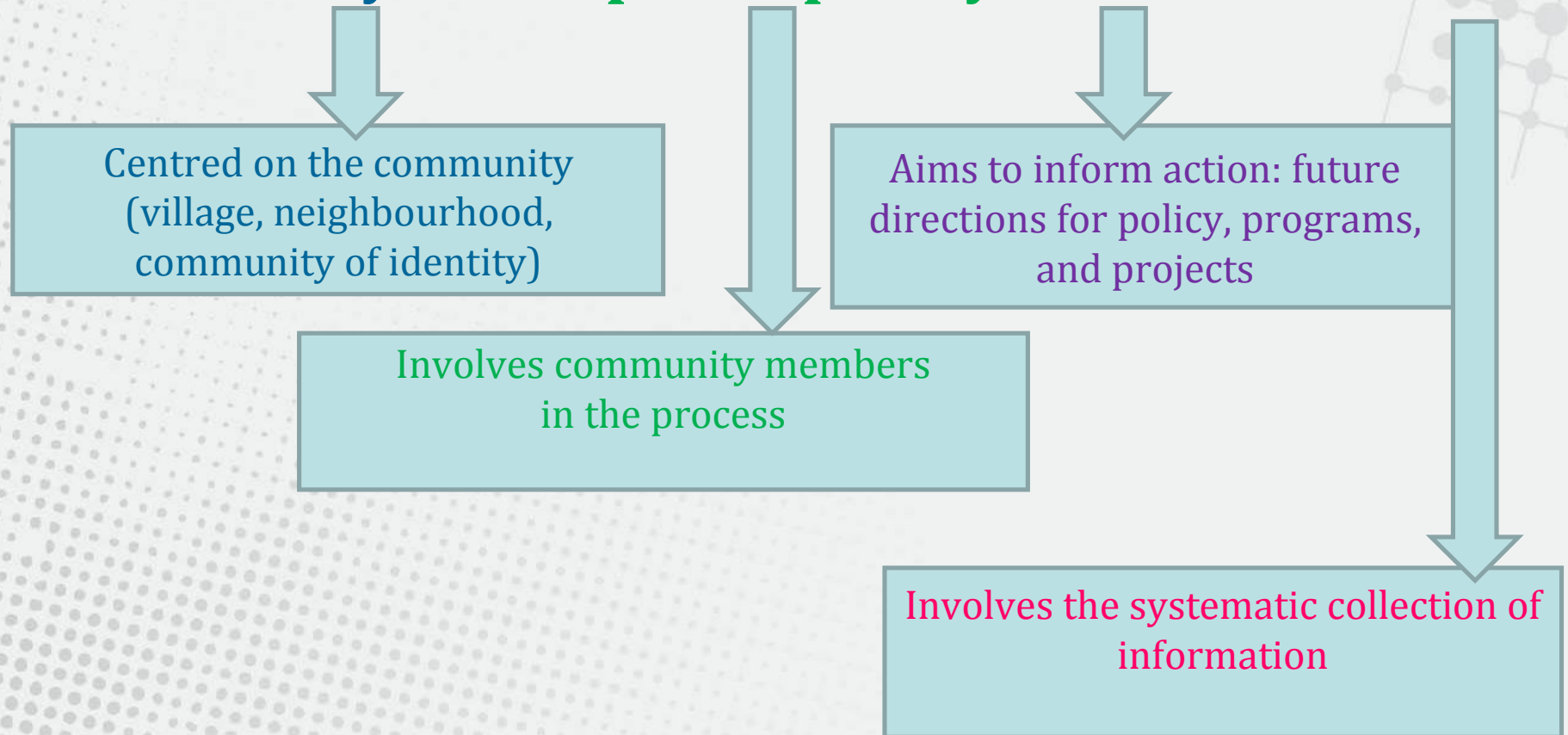
Topics:

- Organization of networks
- Citizen participation
- Leadership
- Identity and belonging
- View of health
- Associations, partnerships, and governance
- Capabilities
- Issues

Deliverable: an information document on English-speaking communities in Quebec aimed at French-speaking partners.

The Approach

Community-based participatory action research



Community

Premises

- The community is the expert on itself
- Participants develop knowledge, the ability to think critically, and a culture of learning
- Communities develop and identify local solutions
- This approach supports the empowerment of individuals and communities

Objectives of Profiles

For research

- To develop an in-depth understanding of several English-speaking communities in Quebec

For the community

- To identify the key issues for the community
- To determine the interests of the various stakeholders
- To find an idea that will bring people together (engagement)
- To form a working group
- To develop relevant local projects

Choice of Communities

Principle of diversity

- Urban/rural/remote
- Higher/lower proportions of anglophones
- Older/more recent networks
- Thriving/experiencing difficulties



The Six Communities

1. *Montréal-Est* (Townshippers' Association): Sutton
2. *Montréal-Est* (REISA): St-Leonard
3. *Laval* (AGAPE): Chomedey
4. *Gaspésie* (CASA): New Carlisle
5. *Côte-Nord* (NSCA): Sept-Îles
6. *Basse-Côte-Nord* (Coasters Association): ?



Profile Method

Looking for models

- Healthy cities and towns
- Leaders in community development
- Municipal/RCM initiatives in Quebec (NISKA)



Proposed basic framework

DETAILED RESULTS OF REPSONDENTS' ASSESSMENTS			
THEMES	POINTS RAISED	THEMES	POINTS RAISED
The Environment		Social and Community Life	
Assessment of the natural environment		Assessment of social and community life	
Assessment of the built environment		Resources and activities that promote health and well-being	
Resources and activities that promote health and well-being		Issues (strengths and challenges) related to social and community life	
Issues (strengths and challenges) related to the environment			
The Economy		Policies	
Assessment of economic factors		Assessment of policies	
Resources and activities that promote health and well-being		Resources and activities that promote health and well-being	
Issues (strengths and challenges) related to the economy		Issues (strengths and challenges) related to politics and policies	

Profile Process

- Engage local stakeholders with respect to the profile (various sectors, organizations, citizens)
- Collect quantitative data (statistics)
- Obtain qualitative data via a **citizens forum** including discussion of:
 - Community history
 - Social life
 - Economy
 - Politics
 - Environment
 - Health and well-being

Profile Follow-Up

Supporting the six communities with actions

- Research projects to better understand a specific issue
- Development of a local project
- Action plan
- Continuing the conversation between members of the community
- And more...

Engagement and Support Tools

Deliverables:

- Participatory evaluation guide
- *L'obsession du citoyen = Committing to Our Communities*
- Guide on sustainable community development and work on health determinants
- Tool box including files on activities, organization techniques, and research techniques
- Training
- Support with community development initiatives

Thank you!

