



## Townhall Studio #1 Report

### *Community-lead Research Priorities in Chronic Health Issues*

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## *Introduction*

The first *Community Town Hall* on the west side of Chicago focused on understanding chronic health issues from the community perspective. Approximately 30 people attended the town hall. This report compiles the highlights of the discussions among community members at each table and the top priorities as concluded.

The next step will be to organize a follow-up Town Hall to report on the results of the data analysis of the first town hall data. The next town hall will also enable joint ideation opportunities with chronic health conditions researchers to create potential research projects.



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## Method

The first *Community Town Hall* on the west side of Chicago used a human-centered design approach for community engagement. The town hall was conducted as a Co-Design Studio instead of a traditional town hall with PowerPoint presentations.

*Co-Design Studio* was used as a collaborative and participatory approach to group discussions, about issues in the community. The co-design studio approach helped the process to be intentionally inclusive and involve the community members and leaders. The co-design method enabled *belonging* and *equitable voice*, which are the project's primary goals.



# Overall discussion

All the notes from the discussions at each table were converted to post-it notes. Thematic analysis of qualitative data was conducted. The following slides show the themes discovered.



# Results: Priorities of Chronic Health Issues

The priorities in chronic health issues from the community perspective ...

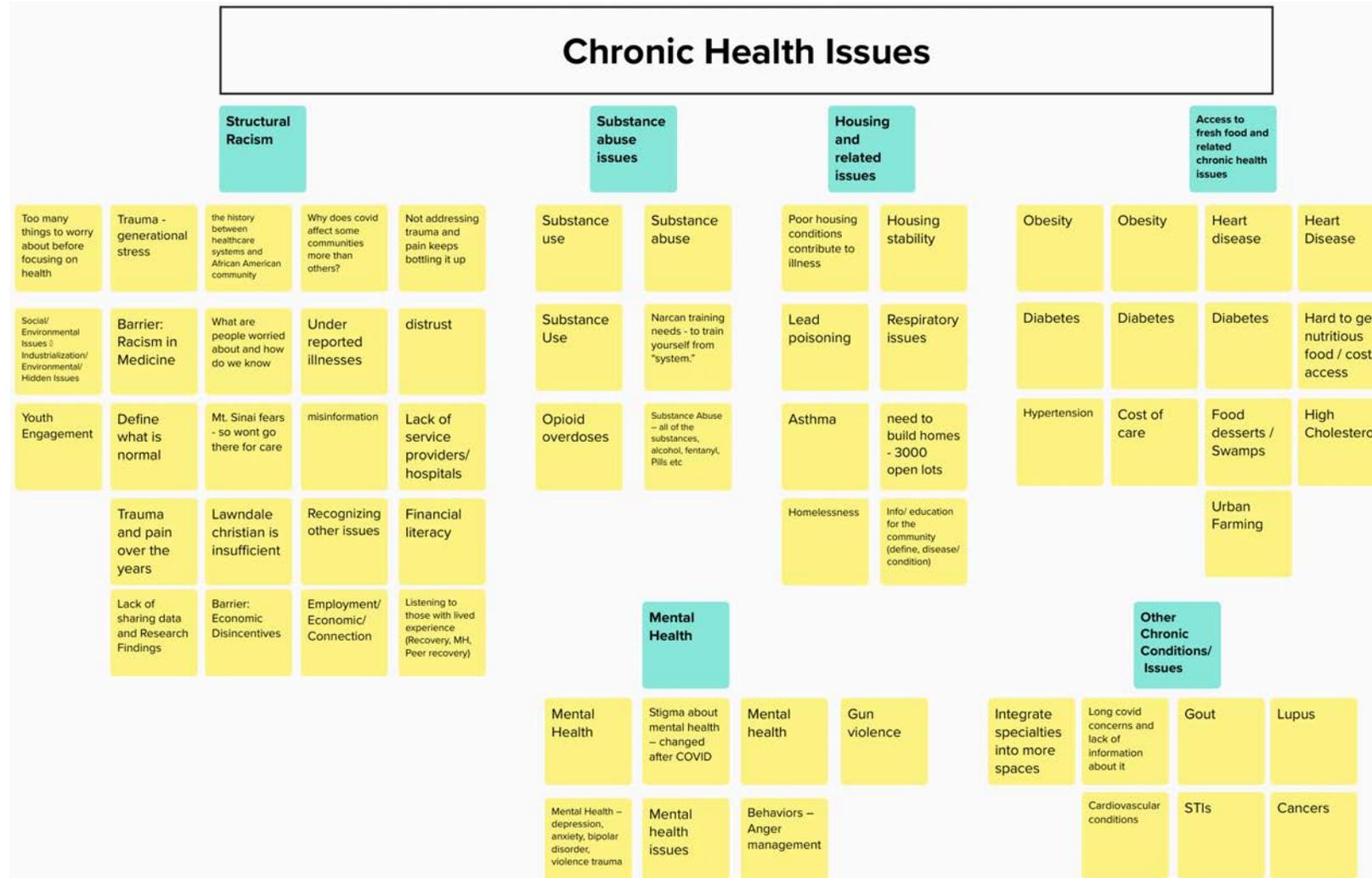
1. Mental health
2. Housing
3. Discrimination and community input in solutions
4. Access to fresh food
5. Chronic health issues like hypertension, diabetes, and Cardio-vascular disease



# Themes of discussion on Chronic Health Issues

Themes from chronic health issues discussion, from the community perspective

- ❖ Structural racism
- ❖ Substance abuse issues
- ❖ Housing and related issues
- ❖ Access to fresh food and related chronic health issues
- ❖ Mental health needs
- ❖ Other chronic conditions/ issues



# Theme: Generational Trauma and Structural Racism

The main theme discussed was about understanding the history between health care systems and African American community. Overall, the feeling was about having too many things to worry about before focusing on personal health as an individual.

The recommendation was to build trust and create mutual respect. Not addressing these fundamental issues will hinder any collaborative research between health systems and community



# Themes: Housing related issues & Substance abuse

Housing availability and issues arising from lack of it were overwhelmingly discussed. Community members were concerned that the poor housing conditions must be addressed as a fundamental chronic issue affecting their health. Chronic conditions like Asthma, respiratory issues, and lead poisoning were discussed.

Substance abuse also was brought into the discussion as another important concern. The need for mental health services associated with substance abuse was discussed along with Narcan training and awareness programming.



# Themes: Access to fresh food and related illness

Inequitable access to fresh food, due to the area being a food desert, was also brought up.

Lack of fresh and nutritious food was seen as a problem that leads to chronic health issues such as diabetes, high cholesterol, and heart/ cardiovascular diseases.

Urban farming and nutrition awareness were discussed as some of the solutions that could be tried.

Access to fresh food and related chronic health issues

Obesity

Obesity

Heart disease

Heart Disease

Diabetes

Diabetes

Diabetes

Hard to get nutritious food / cost/ access

Hypertension

Cost of care

Food deserts / Swamps

High Cholesterol

Urban Farming

# Themes: Mental Health and other chronic conditions

Mental health needs that are a result of generational trauma, gun violence, substance abuse, stress, and anger also need to be addressed by research being done by or at the health systems.

Other chronic conditions discussed include long-covid and how there is a systemic lack of information about it. Also, Gout, lupus, STIs, cancers, and cardiovascular diseases were brought up during the discussion.



# Visualizations of the discussion by the community members



## **Contacts**

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**For any comments or feedback**

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