



Wellness Mapping in Community Engaged Research: A Tool for Investigating Resilience

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Health Resilience among American Indians in Arizona



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Aims

- Investigate **what works** in people's lives that helps them to be healthy
- Assess health care provider understandings of patient resilience
- Disseminate findings to inform policy makers
- **BUILD CAPACITY**



Community-engaged research

- **Bring a group of collaborators together quickly for initial development of research questions and tool selection.**
- **We used a hiring process designed to find community members who would be insightful listeners regardless of employment history.**
- **Four day collaboration session/training.**

The Right Tool For the Job

- ▶ **Semi Structured Interviews**
- ▶ **Focus Groups**
- ▶ **Mapping**
- ▶ **Emergence of Wellness Mapping**

Wellness Mapping Emerges

- Elicit participant narratives**
- Wanted to prioritize multiple forms of expression, visual or otherwise**
- From the beginning wellness mapping was developed as a group to fit the needs of the group.**

Wellness Mapping Concerns

- Wanted to understand the verbage around the use of the term “resilience”**
- Finding unexpected strengths**
- How stressors are indicated**

Wellness Mapping Strengths

- ▶ **Time**
- ▶ **Elicitation**
- ▶ **Participation and recruitment**
- ▶ **Data collection and analysis**
- ▶ **Research Artifacts**

Workshop



Regrouping

- ▶ **What was it like for you to do this?**
- ▶ **What was surprising?**
- ▶ **Was anything uncomfortable?**

Analysis

- ▶ **Patterns**
- ▶ **Coding**
- ▶ **Examples in Health Resilience**
- ▶ **There are multiple layers of analysis available here:**
 - ➔ **Individual Analysis**
 - ➔ **Researcher Analysis**
 - ➔ **Team Analysis**

Other Examples

- Food and Eating in Sunnyside**
- Collaboration between neighborhood associations**
- Food Co-op**
- Undocumented individuals perceptions of safety**

Questions about the tool?

**How would you
use this tool?**

The Tool Itself and Contact Info

- You can find the tool online at
http://nau.edu/CAIR/_Forms/WellnessMapping2014_CES4Health/
- Or just google “Wellness Mapping Hardy”
- For additional concerns or questions please contact:
 - Dr. Lisa J. Hardy, lisa.hardy@nau.edu



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