

# Benefits of long-term health partnerships

## Realist review and long-term partnership with Kahnawake

### What is participatory research?

Participatory research democratizes research by involving community members, health professionals or other stakeholders as co-investigators.

This collaborative, coeducational approach to academic non-academic partnerships holds promise of generating research results that are more effective, relevant and useful to end-users.



Students in Kahnawake participating in physical activity

### Kahnawake Schools Diabetes Prevention Project (KSDPP)

- Partnership with Mohawk community of Kahnawake, Quebec, ongoing since 1994
- Promoting healthy lifestyles throughout the community
- School policies for nutrition & physical activity.

*Current projects include:*

- Evaluating impact of physical activity policy
- School active transportation initiatives
- Healthy sleep in young children
- Building family gardens.



### Participatory research realist review

Seven major areas of benefit:

1. Creating culturally and logistically appropriate research.
2. Generating recruitment capacity.
3. Generating capacity of all stakeholders.
4. Producing productive conflict and negotiation.
5. Increasing the quality of outputs and outcomes over time.
6. Generating systemic changes and new unanticipated projects and activity.
7. Creating capacity to sustain project goals beyond funded timeframes and during gaps in external funding.



A community advisory board meeting for the Kahnawake Schools Diabetes Prevention Project

7167 citations pulled from literature



594 full-test articles retained using an identification tool



83 partnerships (sets of documents) retained for appraisal using selection tool



23 partnerships (276 articles) retained for synthesis

Identification, selection and appraisal in realist review



Participatory Research at McGill

**CIET** Building the community voice into planning

For more information:

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