

Introduction

In order for us to be successful agents in improving the health of Frio County, we have found that we must connect with interested UTHSCSA researchers about the health priorities that are the biggest concern of the community and our capacity to conduct research.

Our group, the Frio Translational Advisory Board (TAB), learned that to attain the attention of researchers for our rural community, we need to provide data and the Institute for Integration of Medicine and Science (IIMS) has been a tremendous partner by putting forth the resources needed to assist us with the data collection.

In addition to IIMS, our collaboration with the School of Public Health- San Antonio Regional Campus and the South Central Area Health Education Center (AHEC) have provided us with a successful partnership in Community-Based Participatory Research (CBPR).

“We have also found that the process of data gathering is much more successful when the researchers come to us, a concept we never thought was possible before.”
-Jaime Lopez, Agri-Life Extension Agent



Significance

The Frio County TAB was formed in 2009 and has enjoyed successful partnerships with UTHSCSA researchers through the years.

Our projects through they years have been:

- Dr. Nedal Arar- Family Health History
- Dr. Chris Frei- MRSA
- Dr. Sandra Burge- Family Violence
- Dr. Michael Parchman- Diabetes Prevention & Management
- Dr. Deb Parra-Medina- HPV Immunizations
- Dr. Erin Finley- Veterans Resilience Project
- Dr. Barbara Turner- Chronic Non-Cancer Pain
- Dr. Melissa Valerio- Environmental Health

This summer 2016, we will be working with Dr. Dan Hale to conduct a focus group with the Great Plains Collaborative on “Antibiotics and Pediatric Obesity.”

Materials and Methods

We have several methodology for gathering data in our county.

To begin, we asses the health priorities of the community by a wall survey collected at our annual Frio County Health Fair. Students from the School of Public Health assists us by gathering the data and analyzing it.

Following the analyzed data, we share our findings with the community leadership as well as the IIMS Community Engagement leadership to disseminate to researchers.

Other means of gathering data includes:

- Conducting focus groups with the help of the School of Public Health.
- Recruit participants to studies and act as advisors to researchers on best methods for the project to be a success in our county.

All of the TAB members have access to the data and use it as needed. Our partners like Agri-Life Extension will use it to generate their own programs based on our community needs assessment and also for their quarterly reports. All of the data collected also helps us engage with our target audiences and identify the resources needed to improve the health of our community.



Findings

Through our methodology process we have been able to identify:

- Areas of health topic interest of our community (Table 1)
- Different way to engage with our community
- Generate ways to engage between the researchers and our community
- How to disseminate evidence-based research to the public
- Ways to provide awareness for different projects

Health Issues	Total Votes per Health Issue		
	2011	2014	2016
Diabetes	22.8% (44)	18.2% (27)	26.4% (73)
Substance Abuse	17.1% (33)	16.2% (24)	18.4% (51)
High Blood Pressure	14% (27)	9.5% (14)	16.3% (45)
Depression	6.7% (13)	6.8% (10)	2.1% (6)
Obesity	*	20.3% (30)	18.4% (51)
Teen Pregnancy	18.7% (36)	10.1% (15)	12.6% (35)
Oral Health	3.1% (6)	4.7% (7)	1.8% (5)
Domestic Violence	*	10.1% (15)	3.2% (9)
Air & Water Quality	7.8% (15)	4.1% (6)	0.00% (1)
Availability FFV	6.7% (13)	*	*
Asthma	3.1% (6)	*	*
Totals	100% (193)	100% (49)	100% (276)

Conclusion

In the future, we plan to target programs that are based on evidence gained through our community assessment. Our dissemination plan to share our evidence-based research to the public include:

- Monthly newsletter to the community
- Social media
- At other health fairs/events
- Distribute materials through the church
- Share on websites
- Brochures

We will continue to provide presentations in the community of our findings and promote presentations by researchers in our community. We will strive to measure the economic impact of health education in our community.

We will continue gathering data in our community at events and other community forums. We will continue to build different projects into our current working groups through the infrastructure and the relationships we have already created within our community.