The GLEAN Research Study 2015-2017
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Goodness of Life for Every Alaska Native

- **Background & Significance**
  - QOL has been predominantly represented by Western concepts
  - Wellness and QOL are correlated to physical and mental health
  - AN/AI peoples smoke at higher rates than almost all other racially ethnic minorities
    - Greater risk for cardiovascular disease (CVD)
  - Smoking prevalence is 41% among AN adults
Specific Aims

- Identify themes associated with QOL that could inform wellness of AN peoples who experience cardiovascular risks within the Norton Sound and Bering Strait regions of Alaska
- Target multiple risks in Alaska Native smokers for CVD prevention
- Examine subjective health domains in understanding AN access to both Western and indigenous resources
Methods

- Participants
  - 15 Alaska Native adults (9 female, 6 male)
  - Mean age 56 (40-66)
  - 5 focus groups
- Recruitment
  - HEALTHH Study participants
  - Via flier
  - $20 gift card and healthy meal

Greetings!

Please join us for an afternoon of fun and learning. We are looking for interested Alaska Native Peoples who are enrolled in the HEALTHH Study for a focus group to discuss what you think makes your life good. The purpose of this two hour focus group is to find out how Alaska Native Peoples define quality of life.

A healthy meal will be provided, and you will receive a $20 gift card for your participation.

Let your study team member know if you are interested in learning more at your next follow-up appointment.

Goodness of Life for Every Alaska Native (GLEAN) Research Study

Alaska Area IRB # 2015-00-000
Methods

• Focus Group Procedure
  • Food and welcome
  • Consenting
  • Recording
  • Warm-up Activity
  • Sticky Note Activity
Data Analyses

- Thematic analysis by participants
  - Participants grouped sticky notes into themes
- Qualitative analysis on NVIVO
  - Themes were examined for clarity, relevance, and congruence
Findings

- Participants identified 28 QOL themes
- Researchers identified an additional 7 themes
- These 35 QOL themes were reduced to 9 overarching themes
Knowing that Everything is Safe

Healing
- Healthy Lifestyle
- Spiritual
- Family Together Time
- Strong Family Values
- Religion
- Work for Family

Providing
- Outside: Enjoy the Environment
- Native Lifestyle
- Adventure
- Traditional Foods
- Traveling
- Responsibility

Subsistence
- Free from Drugs and Alcohol
- Teaching
- Staying Sober
- Avoid Indulgences/Free from Addiction

Enjoy Life
- Being Active
- Education: Growing and Learning

Family Lifestyle
- Acts of Self
- Creature Comforts
- Hard Work

Traditional Values
“Our elders used to always say life is going to be Harder after we live our lives and we get older. They said we better get back to our older ways.”

"Apply to life now what I learned from the past."

"I did really good for a while, and then we had some deaths in the village. And we were so sad. I didn't have to smoke that cigarette, I could have done something else, but I chose that cigarette instead of turning it around. So I'm working on it. It's hard, but I'm working on it."

"When we were growing up we hardly had many choices. When food comes, we eat it. Nowadays, they go to the store and get anything they want to eat."
Overarching QOL Themes

1. Family
2. Subsistence
3. **Access to Resources**
4. Health and Happiness
5. Traditional Knowledge and Values
6. Acts of Self
7. Providing
8. Sobriety
9. Healing
Dissemination

- Met with each participant and shared and discussed the findings
- Gave each GLEAN and HEALTHH participant a pamphlet
- Findings were shared with the RERB
- Continued dissemination planned for region
Future Research

- QOL is a determinant of overall health and wellness
- Community-Based Participatory Research
  - Decolonizing strategy
  - Culturally congruent
- QOL
- Development of a QOL measure for AN adults
Thank you!

- **Mentors:**
  - Judith J. Prochaska, PhD, MPH, Stanford University
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  - Neal L. Benowitz, MD, UC-San Francisco
References