

Empowering Communities as Analytical Partners: A Participatory Model to Uncover Barriers to NHS Health Checks



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INTRODUCTION AND AIM

Limitations of Top-Down Analysis

Traditional health analyses often miss cultural nuances and perpetuate mistrust among seldom-heard communities.

Need for Participatory Methods

Innovative, participatory approaches prioritise inclusivity and trust-building to better address health inequalities.

Aim of the PAR Model

Developing and evaluating a model empowering community organisations as analytical partners to generate authentic insights.

Benefits of Participatory Approach

Strengthens relationships, builds local analytical capacity, and ensures culturally relevant, ethical findings.

"If someone from our own community explained it, we would trust it more."

Community-Led Data Collection

METHODS

Participatory Action Research

A novel PAR approach was developed to include community voices in the research process for richer insights.

Training Focus Group Providers

Ten FGPs received extensive training in ethics, facilitation, and data collection to lead focus groups effectively.

Framework Analysis Method

Framework Analysis was used to systematically identify themes and patterns while preserving community narratives.

Dual Objectives

The methods empowered local actors and created sustainable research resources through data collection and capacity building.



Framework Analysis

RESULTS, IMPACT, AND LESSONS LEARNED

Building Trust and Access

The PAR model-built trust in communities, enabling access to seldom-heard groups and authentic qualitative insights.

Enhancing Community Capacity

Project enhanced skills and confidence of community FGPs, fostering local ownership of health initiatives.

Policy Impact and Replicable Model

The work influenced policy and practice, providing a replicable model for equitable health research.

Lessons on Standardisation and Authenticity

Challenges included standardising data collection while maintaining cultural authenticity and richness.

"If information was in our language, more people would attend."

"The system feels complicated — we need clearer guidance on how to access Health Checks."

Policy Insights



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