

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.



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.



Policy Insights