

**IMPACT OF THE  
HEALTHY COMMUNITIES PARTNERSHIP:  
*EMPOWERING WOMEN'S HEALTH IN  
CONSTANTA, ROMANIA***

**University of Louisville  
The Humana Foundation**

**Jefferson County Health Department**

*Funded by*

*American International Health Alliance*

*in collaboration with*

*United States Agency for International Development*

**IMPACT OF HEALTHY COMMUNITIES:  
WOMEN'S SURVEY IN CONSTANTA,  
ROMANIA**

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# ***ROMANIAN WOMEN'S HEALTH SURVEY***

## **Educational Objectives**

- **Define Healthy Communities (HC) Approach**
- **Discuss the Processes to Address Women's Health in the HC Partnership**
- **Describe the roles for SWOT Analysis, Focus Groups and a Scientific Community Survey**
- **Report Select Results from the Constanta HC Women's Health Survey**
- **Describe Constanta's response to HC**

# *Healthy Communities Approach*



***HC Begins with  
the Societal  
Perspective***

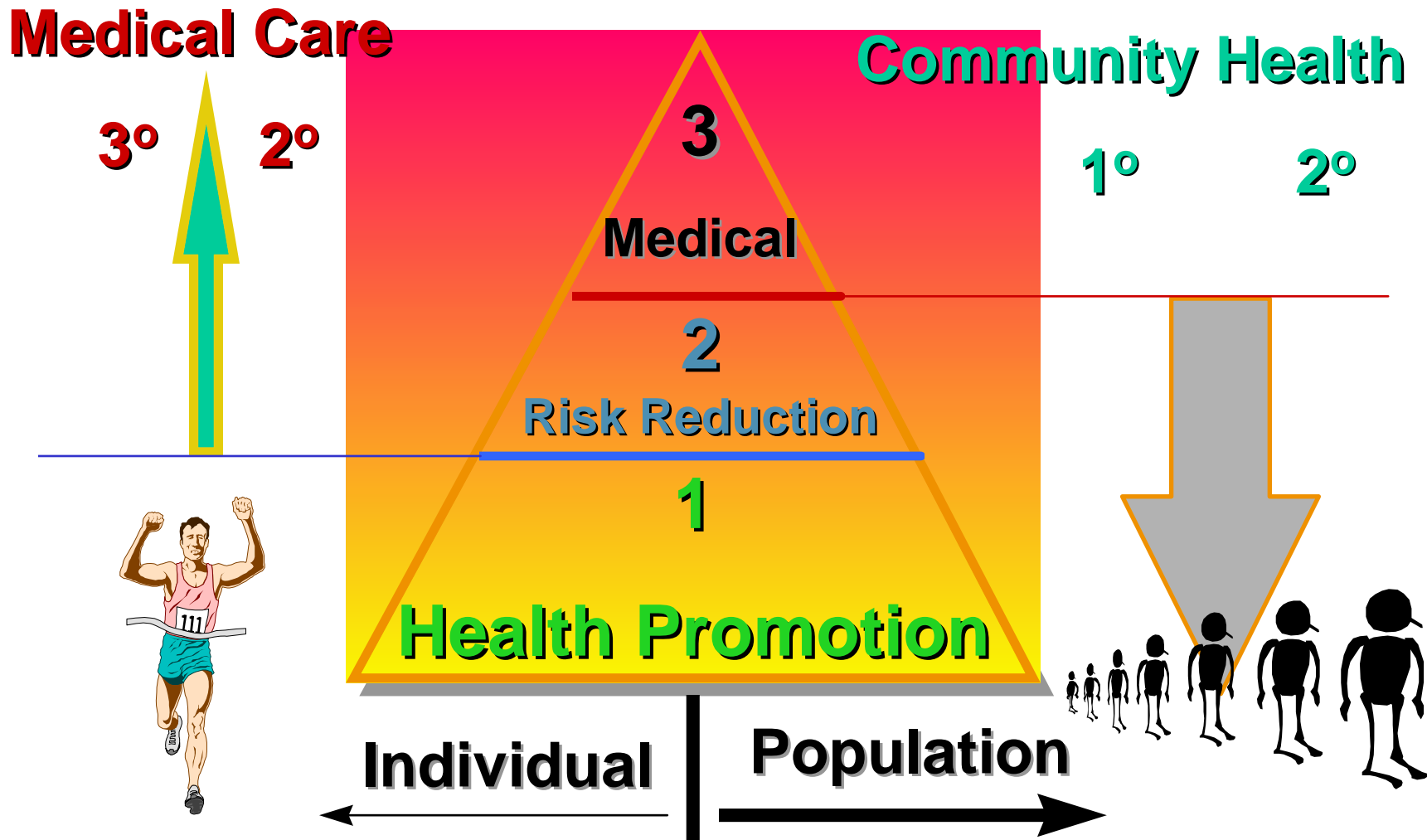


# ***ROMANIAN WOMEN'S HEALTH SURVEY***

## **Background and Aim**

- **Healthy Communities (HC) is a population-based approach to health promotion, that uses social marketing methods.**
- **HC emphasizes active community participation to improve quality of life.**

# *Levels of Disease Prevention and Health Promotion*



# *Comparing Models for Healthy Communities & Medical Care*

*Bio-Psycho-Social*

*Specialty*

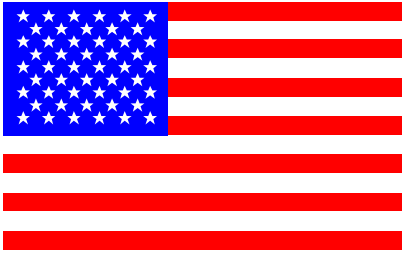
*Person - Centered*

*Family Practice*

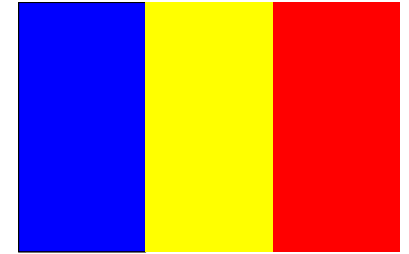
*Healthy Communities Approach*

# **COMMUNITY HEALTH MODELS: *DEVELOPING THE HEALTHY COMMUNITIES PARTNERSHIP***

- **Community Health is Primary Infrastructure for HP/DP**
- **IOM Report 1988: Future of Public Health**
- **IOM Report 1997: Improving Health in Community**
- **PRECEDE-PROCEED for Health Promotion Planning**
- **Health Field Models ( Lalonde; Evans & Stoddard )**
- **Mapping Resources in the Community**
- **Empowering Positive Health and Health Enhancement**



# Partnering to Improve Community Health



## United States

**American International Health Alliance (AIHA)**

**United States Agency for International Development (USAID)**

**University of Louisville**

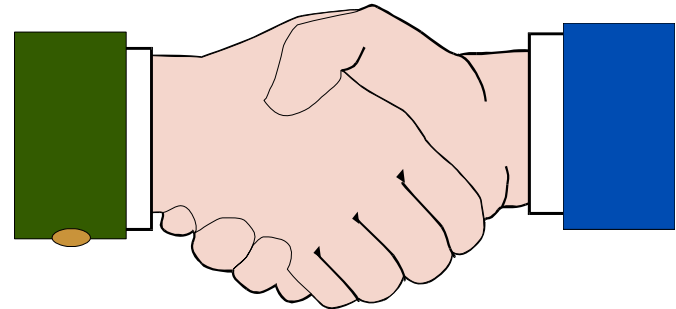
**Humana Foundation**

## Romania

**Constanta City Hall**

**Constanta Public Health Authority**

**Constanta Medical School “Ovidius” University**





# COMMUNITY HEALTH IMPROVEMENT PROCESS

## CHIP Cycle 1:

**Problem Identification**

**Setting Priorities**

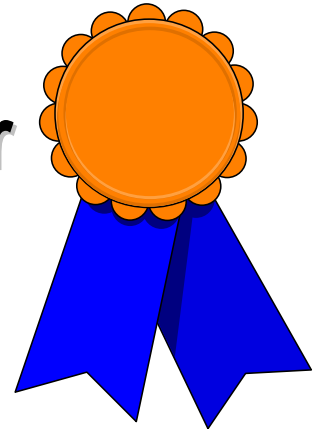
## CHIP Cycle 2:

**Analysis**

**Implementation**

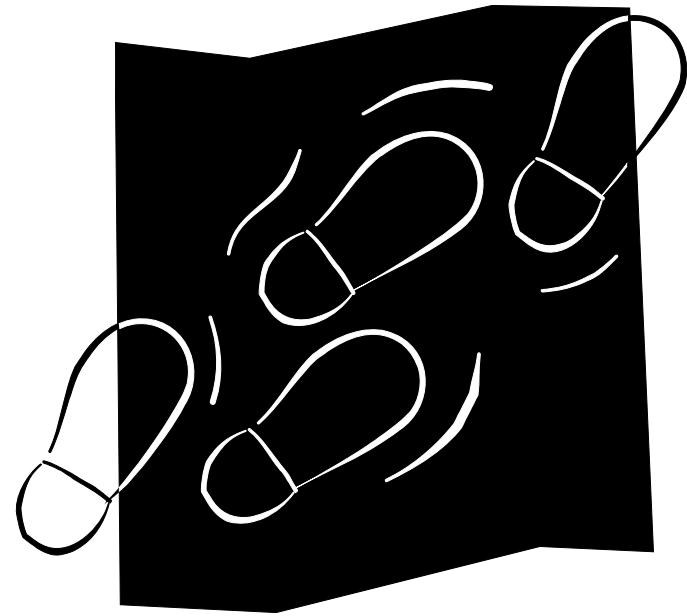
# Goals of the Louisville-Constanta Partnership

- **Mobilize community leaders to participate in the Healthy Communities process**
- **Empower women to care for their health**
- **Serve as a pilot project for replication in other communities in Romania.**



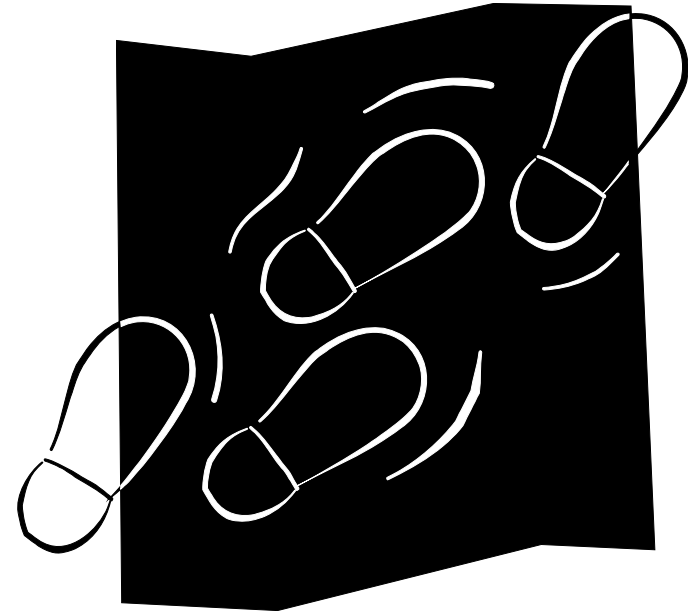
# Partnership Steps

- **Mobilizing the community for change**
- **Assess community health problems by community representatives**
- **Select the top health priorities by community representatives**
- **Develop and implement a health program for the selected health issue**



# Specific Partnership Steps

- **SWOT Analysis**
- **Focus Groups**
- **Scientific Community Survey**



# SWOT Analysis

- **INTERNAL ASSESSMENT:**  
**Strengths - Weaknesses**
- **EXTERNAL ASSESSMENT:**  
**Opportunities - Threats**
- **Participation by  
Community Leaders,  
Stakeholders & Women  
from the Community**



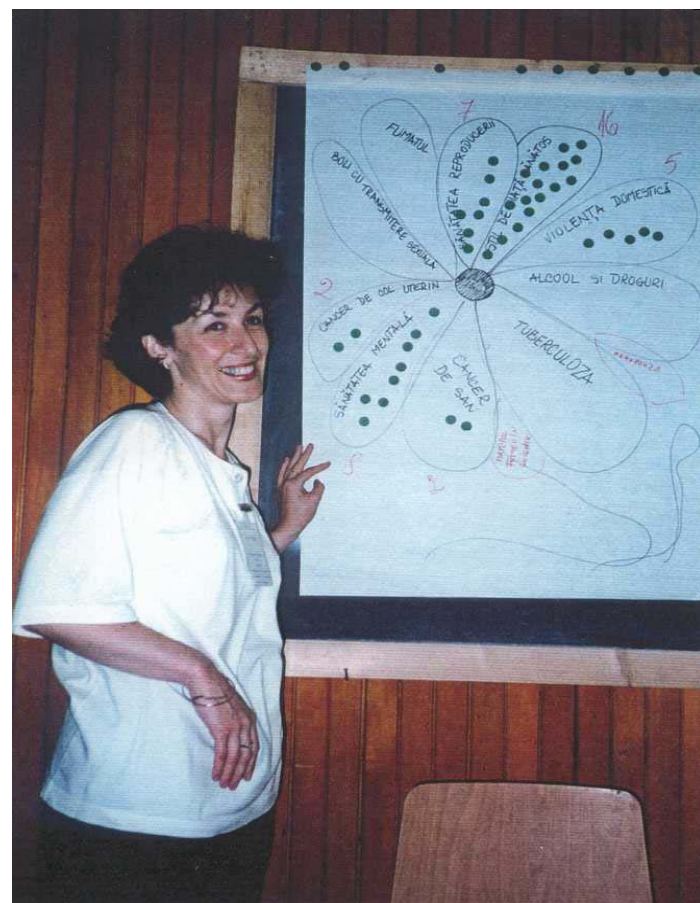
**Focus on the Positive!**

# Focus Groups

- **Working Women**
- **High School and College Students**
- **Unemployed Women**
- **Elderly Women**
- **Women from Ethnic Minority Groups**

# Focus Groups Select Priority Community Health Concerns

- Conducted by Two Health Promotion Teams (USA & Romanian)
- Women from Various Parts of the Community as Participants
- Overview of the Community Health Problems
- Selection of the Health Priorities by Voting

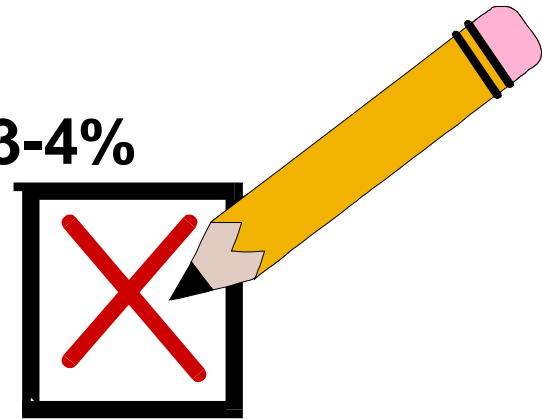


# Kicking Off the Project: School-Based Logo Contest



# Community Scientific Survey

- Results from Focus Groups used to create the survey instrument with 125 items.
- Random sample of women residents 16 - 90 years of age
- Sampling frame with 130,799 women
- Simple sampling 1% to attain range  $CI_{(95)}$ : 3-4%
- Medical students & local dispensary personnel conducted in-home interviews.
- Number of Survey Respondents: 1136 - 1,370
- Response Rate: 83 - 96%



# ***ROMANIAN WOMEN'S HEALTH SURVEY***

## **R-PQOL Reliability Coefficients**

**Perceived Quality of Life Scale**

**Romanian PQOL-11; N Cases = 1178**

***Coefficient Alpha = 0.8***

**Center for Epidemiologic Studies -**

**Depression Short Form - 10 items**

**Romanian CESD-10; N Cases = 1118**

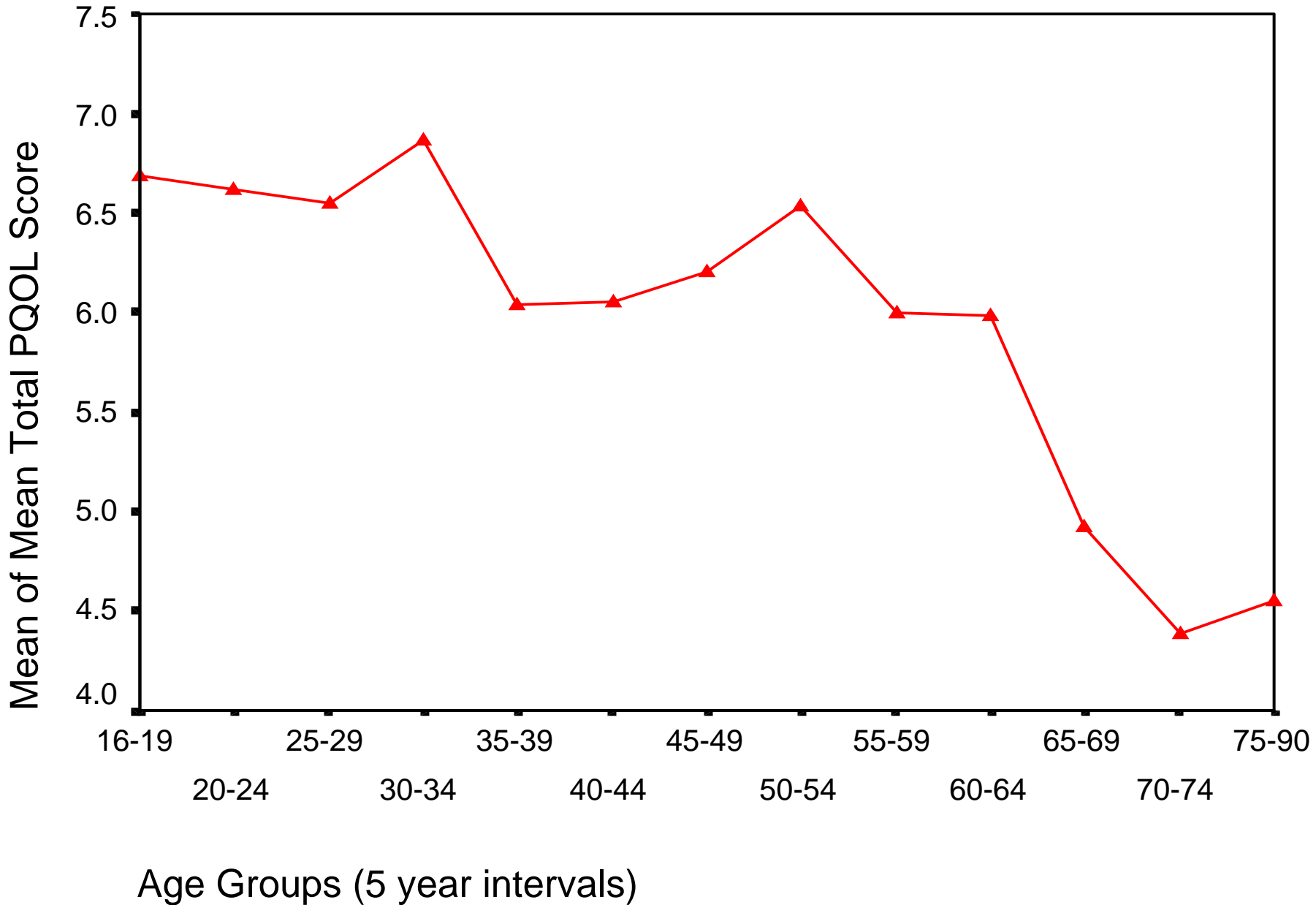
***Coefficient Alpha = 0.7***

# ***ROMANIAN WOMEN'S HEALTH SURVEY***

## **Results:**

- **The survey showed high prevalence of social health concerns - depressive symptoms, abuse and worries about necessities for living.**
- **Quality of life assessments were very low among Constanta women. R-PQOL scores decline with advancing age, especially after age forty.**

# Mean Total PQOL Scores by Age Group



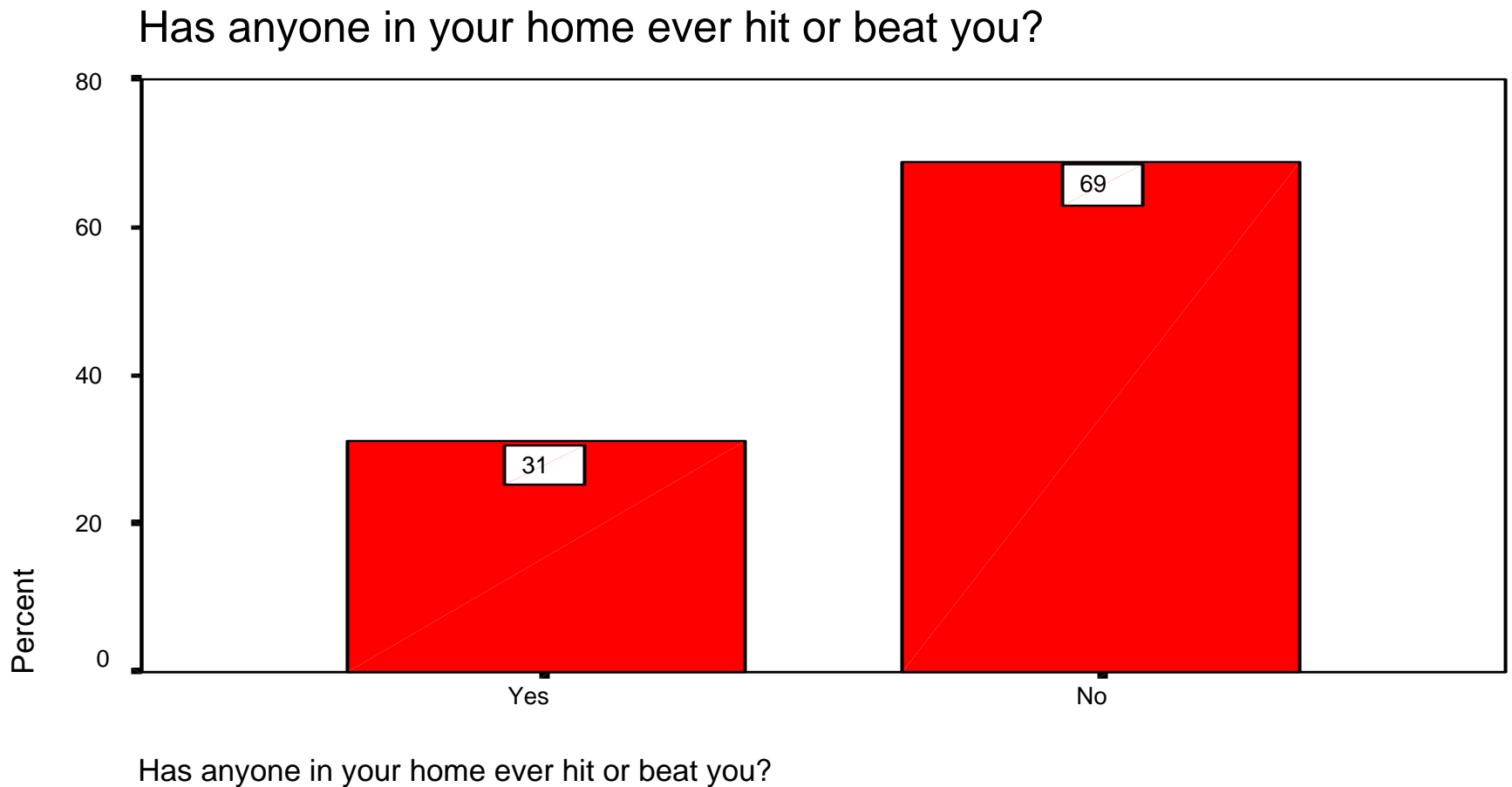
# ***ROMANIAN WOMEN'S HEALTH SURVEY***

## **Results:**

- **R-PQOL average scores among elderly women in Constanta were similar to scores reported by homeless men in USA.**
- **Multivariate analyses identified priority health concerns in association with R-PQOL:**
  - ***Low Self-Efficacy for Self-care***
  - ***Social Isolation***
  - ***Depressive Symptoms***
  - ***Aging***
  - ***Domestic Violence (DV)***

# Constanta Women's Health Survey 1999

n=1311



# ***ROMANIAN WOMEN'S HEALTH SURVEY***

## ***Mental Health Among Romanian Women***

- **Nearly 2/3<sup>rds</sup> (63.4%) of the women respondents in the sample survey (n=1118) had CESD-10 scores ( $\geq 10$ ). This score is compatible with major depression by US standards.**
- **More than 3/4<sup>ths</sup> (77%) show CESD-10 scores ( $\geq 8$ ) that may indicate dysthymia.**

# *Core Functions of Public Health*

*Institute of Medicine Report, 1988*



# Priorities Selected through the Community-Engagement Process

- ↑ Domestic Violence**
- ↑ Sexually Transmitted Infections**
- ↑ Family Planning Issue**
- ↑ Smoking Cessation**
- ↑ Cervical and Breast Cancer**
- ↑ Health and Safety at Work  
Place**

# **Domestic Violence Awareness Campaign**



**Thank you ...**