Community Based Participatory Research
Assess Community Understanding of ‘Āi pono

Proper, wholesome, moral, righteous, correct
Sustenance, nourishment, food

a) Healthy nutrition for mother and child,
b) Family roles and responsibilities,
c) How community supports or hinders
Building the Beloved Community
Puanani Burgess

- Small group circle
- Native Hawaiian protocol
- Indigenous story telling
1. *We make the road by walking*

- Joined hands as strangers in a circle
- Called upon akua, ancestors, descendants
- Shared the meaning of our Hawaiian names
- Sat in communion over healthy foods
- Explored our first formative experiences over meals
- Shared our deepest fears and aspirations
- Renewed connections to community
2. *If we kāhea (call) will they come?*

- Identify as Native Hawaiian
- Two different generations in the same family
- Ages 21 (born 1993) to 85 (born 1929)
- Four group sessions in both communities
- 40 individuals
3. **It takes time to get to the absolute truth (ʻoiā ʻiʻo)**
How do you get from point A to point B?
4. Food has tremendous power to build community

- relational
- sensational
- evocative

Welina! Hele mai ‘āi. Welcome! Come eat.
5. Each generation has a food legacy

“We had a good diet, very nourishing. Poi was the staple. Dried ʻōpelu (fish) was a treat!”

Pat Namaka Bacon

Solomon Enos
“We stretched food as baked beans and hot dog, spam with cabbage”

Supplemented with what was caught or gathered

No waste, eat all your food
ERA II: 1960 – 1980
Statehood
Political Resistance / Cultural Renaissance
ERA III: 1990 – 2010
Self sufficiency
Traditional foods

“We grow our own veggies, fish and use herbal medicine.”

“We grow our own veggies, fish and use herbal medicine.”

“Organic, unprocessed, vegan, Farm to table, local grown, Fruit and vegetable servings”
6. *We have the power to feed ourselves*

Community Mapping of existing food systems:

- the ocean and uplands,
- our backyards and neighbor’s yards,
- farmer’s markets,
- grocery stores
“Aha” moments

“We would draw a map and a woman could see the accessibility of improving her own health, the health of her family. They set goals in their lives and it was really valuable.”
Systems Level Changes are needed:

“No matter how much we talk about . . .

“It’s societal,” we don’t do anything at that level, we just keep zeroing in on individuals . . . to make healthier choices.”

Rachelle Enos
Why did I say ‘Yes’?

Puanani Burgess
“I saw something sacred and deep about Hawaiian women in my community . . .

They opened their lives to us . . . I was privileged to hear their experiences, their struggles, and to see the resilience of these women . . . The community became more visible because of it.”

Mabel Ho‘oipo DeCambra
Mahalo nui loa
Philàuŋyayapi
Miigwech
Thank you

Waiʻanae

Waimānalo

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We make the road by walking

“Those of us who begin to walk
One step after another,
Make a pathway.
Whether we intended to be on that pathway or not,
When we have a certain intention and we walk,
We make a pathway for other people to follow.
We have been making different pathways.
And so the people who follow us,
They will have the markers we leave.”

Puanani Burgess