

Participatory Research for Chronic Disease Prevention in Inuit Communities

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Objective: To develop a community-based chronic disease prevention program for Inuit in Nunavut, Canada. **Methods:** Stakeholders contributed to intervention development through formative research (in-depth interviews (n=45), dietary recalls (n=42)), community workshops, group feedback and implementation training. **Results:** Key cultural themes included the perceived healthiness of country foods, food sharing, and importance of family. During community workshops, key problem foods for interven-

tion were identified as well as healthier culturally and economically acceptable alternatives for these foods. Behaviors for promotion were identified and prioritized. **Conclusions:** This approach resulted in project acceptance, stakeholder collaboration, and a culturally appropriate program in stores, worksites, and other community venues.

Key words: formative research, community participation, food store intervention, chronic disease, Inuit

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