



What is Photovoice?

- Key tool in conducting Community Based Participatory Research (Wang, 1994; 1997).
- Places cameras directly in the hands of community members rather than outside agents
- Promotes discussion of participant's photographs and the themes they represent
- Provides power to reflect issues facing their community to others, including policy makers.

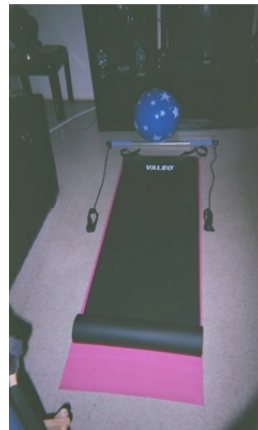
Using Photovoice in BHA Public Housing Communities

- Residents from 4 housing communities documented their neighborhood, work and home environments
- Participants included residents of centrally located communities and those of communities more isolated from resources
- Participants took photographs based on 3 prompts:
 1. What does being healthy mean to you?
 2. What makes it difficult to be healthy?
 3. What motivates you to be healthy?
- Community group discussions spurred in-depth dialogue on the factors affecting obesity
- Photovoice helps identify the multi-level social contextual factors that promote obesity
- Findings from this Photovoice project can help design behavioral obesity interventions that are better targeted to residents of public housing

What does being healthy mean to you?



"There are several store that provide foods that may be or may not be healthy, you have to be aware of how much you take in to maintain a healthy lifestyle. Being mindful of what you take in helps you keep the exact amount of nutrients, vitamins, and calories at a particular level for healthy living."



"What I feel is depicted is a culmination of challenge and resistences vs commitment and perserverance. The photo is taken at home in my living room. It shows my workout palates mat, strengthening/resistance bar and exercise ball... Taking whatever control you do have over how you live/exist can have a greater positive effect not only physically but mentally healthy but for overall quality of life. What I can do to strengthen is to share my knowledge of resources. Encourage those who may find themselves in similar situations, I lead by example."

What makes it difficult to stay healthy?



"The store near me, Tedeschi, has a lot of frozen food. When you enter the store you can see ice cream (several flavors) and "food" – but everything is frozen. And the kids only want this food...They don't like vegetables and only eat fruit once every one or two weeks."



"I didn't have time to eat. It affects me because when I don't eat before leaving the house I tend not to feel well... The side effects are not very good, lack of energy, tired. Lack of money, not enough money and time throughout the day... I fell like if I was organized, I wouldn't be eating like this."

What would motivate you to stay healthy?



"Motivation to have a healthy life and healthy weight eat healthy My motivation for good health if we do not learn to "eat" well I know and understand. Sooner or later. We will end up with complications if we do not "sleep" well. The nervous system can end up out of control. If we do not "exercise" our body disables itself. The "mind" is the control for all. We need all of this to not enter into depression. 1) Eat well 2) Sleep well 3) Exercise. Healthy mind. Healthy body."



"Biking can be a great way to stay healthy along with exercising daily. Having a set plan to do what motivates you to push to achieve that goal(s). Group activities can be motivating especially if you'll eat and exercise together as a group."