Informatics Tools to Highlight Community Strengths and Resilience: An Approach using MyStrengthsMyHealth App and Community Engagement

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What might the attendee be able to do after being in your session?
Attendees will learn about the identifying community strengths using MyStrengths MyHealth™ (MSMH)[1], a mobile app to self-identify strengths, challenges, and needs (S-C-N) and use in a Minneapolis community engagement project.
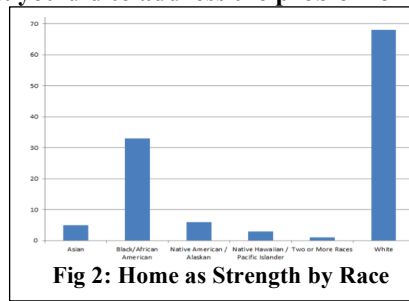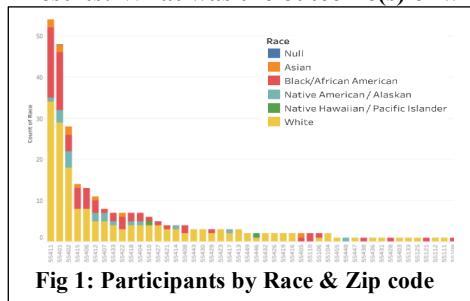
Description of the Problem or Gap
Health inequities in communities are viewed as problems to be addressed. Informatics solutions present an opportunity to address health inequities[2] and offer holistic view that includes strengths and wellbeing[3]. MSMH app is a validated tool to collect data on social determinants of health (SDOH) and emphasizes strengths and whole-person perspective.

Methods: What did you do to address the problem or gap?
This project was an academic-community collaboration led by Hue-Man partnership[3] along with several community organizations. Several Zoom sessions were facilitated to customize the MSMH app to highlight domains of strength of value to the community resulting in 13 S-C-N topics in domains of Living, Mind & Networks, Body and Self-Care.

Results: What was the outcome(s) of what you did to address the problem or gap?

Fig 1: Participants by Race & Zip code

Fig 2: Home as Strength by Race

Community engagement with informatics tool was successful (n=400) within 6 weeks and with 30% responses from African-Americans (Fig#1). Initial analysis shows that "home" is identified as a domain of strength by one-third of Black participants (Fig#2). Residents in 55411 zip code identified "home" to be a community strength as well. The domain of "connecting" was identified as not a strength and could be a focus for building resilience. Preliminary findings were presented in three different online community venues (Hawthorne Huddle, Facebook event, radio show) to share data and solicit input in shaping the narrative.

Discussion of Results
MSMH app based informatics approach offers a novel perspective to understand community strengths along with providing community with valuable data for action. Concepts such as connecting, relationships, spirituality/faith offer potential to highlight life dimensions of value to the community and can be built upon for resilience.

Conclusion
Informatics tools with community engagement is a powerful strategy for strength-focused approach to health equity.

Attendee's Take-away Tool
MyStrengthsMyHealth (MSMH) app and its potential to collect strengths/whole-person oriented data will be shared.

References

1. MyStrengths MyHealth™. Self Identify Strengths, Challenges and Needs. Available at www.myhealthmystrengths.com
2. Veinot T, Ancker J, Bakken S, Health informatics and health equity: improving our reach and impact, *JAMIA.* 26 (9), Sep 2019.
3. Monsen, K. A., Peters, J., Schlesner, S., Vanderboom, C. E., & Holland, D. E. (2015). The gap in Big Data: Getting to wellbeing, strengths, and a whole person perspective. *Global Advances, 4*, 3, 31-39.