

Health and Wellness Study of Black Washingtonians

| Washington State Commission on African American Affairs (CAAA)

OVERVIEW

Halcyon Northwest performed primary and secondary research and developed a report on the health and wellness of African American Washingtonians. Using the social determinants of health, Halcyon compared the outcomes of African American Washingtonians to other ethnic/racial groups within the state, looking for disparities and inequities. The analysis used the five social determinants of health:

1. Population Health and Healthcare
2. Education and Child Welfare
3. Economic Stability: Employment, Housing and Wealth
4. Environmental Justice
5. Justice, Civil Rights, and Safety



KEY ELEMENTS

CONTRACT DATES: Jun 2022 – Jan 2024

CONTRACT VALUE: \$470,000

OWNER/AGENCY: Washington Commission on African American Affairs (CAAA)

CONTACT: Charlotte Kerney
CAAA Project Manager
charlotte.kerney@caaa.wa.gov
206.528.7295

FACING OUR HEALTH AND WELLNESS WITH COURAGE AND FORTITUDE



WORK SCOPE

- **Project Management.** Halcyon used project management best practices to create a charter, a stakeholder register, a timeline, and an iterative risk register and issues register.
- **Secondary Research.** Halcyon used data from the Centers for Disease Control and Prevention (CDC), the Washington State Department of Health (DOH), and other national and state sources to try to understand the state of the health and wellness of African American Washingtonians.
Halcyon looked across a ten-year year horizon for the progression or regression of health and wellness for African American Washingtonians across 50 measures as well as disparities and inequities.
- **Primary Research.** Halcyon performed an extensive primary research phase which included a survey, a series of focus groups, and expert informant interviews. Halcyon partnered with Equity Leadership Collaborative (<https://equityleadershipcollaborative.com>) to develop the primary research:
 1. *Survey.* The goal for the survey sample size was 435 people. We ended up having 495 respondents, which exceeded our goal.
 2. *Focus Groups.* Halcyon held 42 focus groups, recruiting participants from the survey respondents. The focus groups elicited a more nuanced of understanding of African American Washingtonians' experiences to get a better understanding of the patterns present in the secondary data.
Focus groups followed best practices and included a facilitator, an observer, and a chat monitor. Participants were given pseudonyms, allowing them to be honest while maintaining their privacy around health, financial situation, and other personal details.
 3. *Expert interviews.* After the close of the survey and focus groups, HNW turned to experts in the health and wellness of African American

Washingtonians in an effort to understand the underlying patterns revealed in the data.

- **Analysis.** The final analysis combined the secondary and primary research and formed the basis of the technical report.
- **Final Report.** The Halcyon team wrote, edited, copyedited, formatted and designed the Final Report which was published in January 2024.

ADDITIONAL SCOPE

- **Map of African American based Washington State Non-Profits.** An additional component of the project was to develop a map that identifies African American-based nonprofits in Washington State. The purpose of the map is to identify community resources and create a directory for government agencies to access.

Halcyon conducted an extensive campaign to reach out to African American-based community organizations such as advocacy, educational, and community development organizations; resource and service providers; churches; and daycares.

We developed a formal process to onboard these nonprofits, capturing key details and briefing participants on how the map will operate, so when the map returns to CAAA, the agency can easily renew members on a regular basis.