

Article: Using photovoice with people with intellectual disability to illuminate definitions of health and factors influencing participation in health promotion

Authors: St John, B., Gray, M., Malzacher, A., Hladik, L., Lurie, S., & Ausderau, K.

<p><b><u>Key Points:</u></b></p> <ul style="list-style-type: none"><li>- Barriers to health-promoting activities/access to health-care services result in more physical and mental health conditions for individuals with intellectual disability (ID)</li><li>- Photovoice research methods can be accessible and inclusive. Photovoice allows people with a variety of ability levels to participate, with or without verbal use of communication</li><li>- Health disparity advocacy work must rely on the knowledge of people with ID and their experiences</li></ul>	<p><b><u>Glossary:</u></b></p> <p><b>Photovoice:</b> a research method allowing participants to use photographs to answer a research question, can be supplemented with narratives</p> <p><b>Holistic:</b> thinking about the whole person, not just parts</p> <p><b>Health promotion:</b> tasks or activities that improve health or make it easier to be healthy</p>
<p><b><u>Why this article matters:</u></b></p> <p>Individuals with ID often face many more challenges to access quality health care. This article questions how participants with intellectual disabilities understand and gain access to the healthcare field. Using this information, researchers were able to understand if and what types of experience barriers there are to health promotion.</p>	
<p><b><u>Description of the Study:</u></b></p> <p>This study used photovoice, a research method where participants used photographs they took to talk about their participation and barriers to health-promoting activities in the community. There were ten participants in the study with intellectual disability. Photos and narratives were analyzed and coded by the research team.</p>	

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**Research Questions:**

How can Photovoice collect data from people with intellectual disability pertaining to their participation and access to health promotion?

**Important Results:**

Four primary themes emerged from the individuals that provided a complex definition of health:

- (1) Health Is Who We Are – Participants identified themselves as embodiments of healthy people
- (2) Health is What We Do – Participants emphasized that one of the most important factors in health was participating in health-positive activities
- (3) Health is Our Body, Mind, and Place – Participants communicated that healthiness is related to their physical health, their mental health, and their physical environment
- (4) Barriers and Facilitators – Participants communicated with researchers what makes it easier and harder to be healthy

**How the results will be used:**

This study showed that individuals of all abilities can identify and describe their activity and access to health participation with Photovoice. This study can be used to show that there are alternative methods to studying individuals with disabilities. Additionally, this study shows there are still disparities among individuals with disabilities when it comes to health.