

## Defining and Analyzing a Health Problem

Per Chapter 17, section 3

### Kansas University Community Toolbox

<http://ctb.ku.edu/en;default.aspx>

#### **Materials needed:**

- PPT Projector
- 40 PPT handouts w/ notes
- Post- It Easel Pads & Easels
- Colored markers
- 40 Packets of NM County-specific alcohol use data

#### **Exercise Instructions**

This is an exercise with which to practice the Assessment Process for the problem of Excessive Drinking (alcohol) for your county.

You will work in groups of five persons. You may each be from different counties

The problem of excessive drinking has been identified by some (not all) communities as a serious health problem that begs further examination of the alcohol data to move the problem toward prioritization and strategic action for positive change.

A problem statement has been supplied you to frame the issue of excessive drinking for your community.

**Your task is to brainstorm with your group the answers to question 1, finding the “root cause” of the problem.**

**For questions 2 -5, each group member uses the data packet to independently answer questions 2-5 for his/her own community (county). Each group member keeps own notes on answers to questions 2-5.**

***YOU WILL HAVE 40 MINUTES FOR THIS EXERCISE***

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## What is the problem?

**Problem Statement:** This county has a serious problem with excessive drinking (of alcohol) by adults and teens. Every day we hear about another tragic premature loss of resident lives from motor vehicle crashes, acts of violence, injuries, chronic diseases, and accidental poisonings that were attributable to excessive alcohol use.

### 1. WHY DOES THE PROBLEM OF EXCESSIVE DRINKING EXIST IN YOUR COMMUNITY?

Use the *“but why?”* technique: Answer the question, i.e. *excessive drinking exists because of (fill in the blank)*. Then ask, *“But why?”* Now answer the *“But why?”* question, and keep asking *“but why?”* until the group agrees on why excessive drinking exists. People need to agree about the source of the excessive drinking problem before an effective solution can be found. Upon agreement of the root cause, draft a definition.

### 2. HOW MANY RESIDENTS OF YOUR COMMUNITY ARE AFFECTED BY EXCESSIVE DRINKING? (frequency in a year, or for multiple years)

### 3. HOW SERIOUS ARE THE OUTCOMES AND CONSEQUENCES OF EXCESSIVE DRINKING IN YOUR COMMUNITY? (Compare county rates or % of morbidity (diseases, injuries, accidents) & mortality (deaths) to NM rates or %)

### 4. IN WHAT WAYS ARE YOUR COMMUNITY MEMBERS AFFECTED BY EXCESSIVE DRINKING? (morbidity (disease, injury, disability) mortality (deaths, fatal injuries)

### 5. OLD OR A NEW PROBLEM? HOW ENTRENCHED A PROBLEM IS EXCESSIVE DRINKING IN THIS COUNTY? (look at trend data over time for disease mortality deaths, accidents/injuries/fatalities)

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**Summarize the exercise : 20 minutes for Summarization**

Ask for volunteers to answer the following questions.

6. DID ANYONE'S PERCEPTIONS OF THE EXCESSIVE DRINKING PROBLEM CHANGE DURING THE GROUP "But Why?" PROCESS?
7. IF YOUR HEALTH COUNCIL WANTED TO REDUCE OR ELIMINATE EXCESSIVE DRINKING IN THEIR COUNTY, TRIBE, OR PUEBLO, WHAT KINDS OF FORCES MIGHT RESTRAIN AGAINST THEM /OR DRIVE THEM TOWARD POSITIVE CHANGE?
8. WAS EXCESSIVE DRINKING IS A SIGNIFICANT ENOUGH ISSUE TO PROCEED TO THE NEXT STEPS OF PRIORITIZATION AND ACTION?
9. WHERE WOULD YOU LOOK FOR COMMUNITY DATA ON EXCESSIVE DRINKING?
10. WHAT OTHER ALCOHOL -RELATED DATA WOULD YOU WANT TO EXAMINE TO BETTER UNDERSTAND EXCESSIVE DRINKING AND HELP TO PRIORITIZE THE PROBLEM?