Appalachian Research Day is a unique forum that demonstrates that successful community-based research:

• Begins at the local level.
• Is built upon the foundation of relationships among individuals, neighbors, and groups who have common questions and concerns.
• Benefits from partnerships between communities and researchers.
• Requires strategies for successful recruitment and retention of special populations that can be difficult to reach.
• Offers opportunities for local research dissemination and implementation.

Rural Appalachian communities in eastern Kentucky suffer from some of the Nation’s most concerning health disparities. Community-based research can be an effective way to address health disparities by identifying problems and sharing innovative solutions. However, challenges exist in recruiting and retaining research participants in rural populations that can often be difficult to reach. Partnerships between researchers and communities are essential to the success of the research process, particularly translation of findings back into the community.

Methods

Appalachian Research Day is a one-day annual event that offers a unique forum for university-based researchers to disseminate health disparities research findings directly into the community where the research was conducted. Research participants, healthcare providers and community stakeholders attend the event to learn the outcomes of community-based studies focused on diabetes, stroke, heart disease and cancer.

Outcomes

Over 100 people attended
News Coverage by local CBS Affiliate and National Public Radio
Select Results of Post-event Survey Questions

Conclusion

Appalachian Research Day is a unique forum that demonstrates that successful community-based research:

• Begins at the local level.
• Is built upon the foundation of relationships among individuals, neighbors, and groups who have common questions and concerns.
• Benefits from partnerships between communities and researchers.
• Requires strategies for successful recruitment and retention of special populations that can be difficult to reach.
• Offers opportunities for local research dissemination and implementation.

Recognition

The project described was supported by the National Center for Advancing Translational Sciences, National Institutes of Health, through grant number UL1TR000117. This content is solely the responsibility of the authors and does not necessarily represent the official views of the NIH.