

Frequently Asked Questions – TTT Refresher Session – 6/1/17

1. How do we better promote trainings?

- Sometimes making the staff aware that this type of training exists may be enough to stimulate interest. However, we understand this is not always the case. These training do require participants to be away from their regular schedule for an extended period of time. To encourage participation, we suggest that you include some type of organizational approved incentives, make the trainings mandatory, or make people aware of the online training courses that can be done from their desks!

2. What is the ideal class size when training?

- The nature of these training is to encourage interaction between participants through the sharing of ideas and personal experiences. We suggest no more than 35 people in a training.

3. What does age-adjusted mean?

- Age adjustment is a mathematical method of weighting the averages of age so that populations can be more fairly compared when the median age of populations are different. This levels the playing field by taking into account that older populations are more at risk for certain illnesses.
- Real life example – by comparing the [crude death rates](#) of Panama and Sweden without adjusting for age, it seems as though living in Sweden increases your risk of death. However, age is a factor associated with mortality (meaning that older people have a higher risk of dying). When we look at the average age of each of these populations, we notice that [Sweden's population is much older](#) as compared to Panama's population. When you adjust for age, or level the playing fields, the comparison becomes more accurate. After using the mathematical formula for age adjustment, we see that the outcomes are actually reversed - being Panamanian is associated with a higher risk of mortality.

4. What contributes to the concentrated areas of deprivation on the map slides?

- An area becomes deprived when the more affluent individuals move away, leaving only the poorer community members behind. These poorer areas tend to

have less access to resources needed to keep a community healthy, like supermarkets and healthcare organizations.

5. Are there any slides on morbidity?

- Morbidity refers to the state of being in ill health, while mortality is the term used to describe deaths in a population. There are no slides on morbidity currently, but they can be added for specific diseases as needed.

6. Why do Hispanics have better health outcomes when compared to others on the slides?

- In general, Hispanics that have recently immigrated to America are less likely to have completely assimilated to the American lifestyle and cuisine. Therefore, they have kept customs and cultural differences that tend to be comparatively healthier than those of Americans'. Unfortunately, these healthy customs are progressively lost generation to generation. (Tavernise, Sabrina. "The Health Toll of Immigration." New York Times. 19 May 2013. Web.
<http://www.nytimes.com/2013/05/19/health/the-health-toll-of-immigration.html>.)

7. How do you handle a participant challenging you as a facilitator?

- We want everyone to feel comfortable during the training and, when appropriate, encourage interaction. However, there may be times when you feel that a participant or participants are obstructing the progress of the training, or worse, making others uncomfortable. We suggest acknowledging them, listening to their points, and explaining your sources for the data. Do this with confidence! For added help, we suggest asking the room for feedback. If all else fails, thank the person for their candidness, remind them that there is much more to go over in the training, and suggest discussing their point after the training, one-on-one.

8. Is there a way to teach presentation skills within the curriculum?

- Facilitation skills tend to improve the more they are used; practice definitely makes perfect! If you are nervous about leading an upcoming training, we suggest practicing some of the sections with a family member or friend. Watching another person facilitate the training may also help build confidence. On the CCHL webpage, you can sign up to shadow a trainer or watch video of a trainer session being taught by Martine Hackett. We also included a "do's and don'ts" list on the CCHL page, www.lihealthcollab.org/cchl.