

EXPLORING THE IMPACT OF  
INTERPERSONAL TRUST ON HEALTH  
OUTCOMES IN RAPIDLY  
GENTRIFYING NEIGHBORHOODS IN  
PORTLAND, OREGON.

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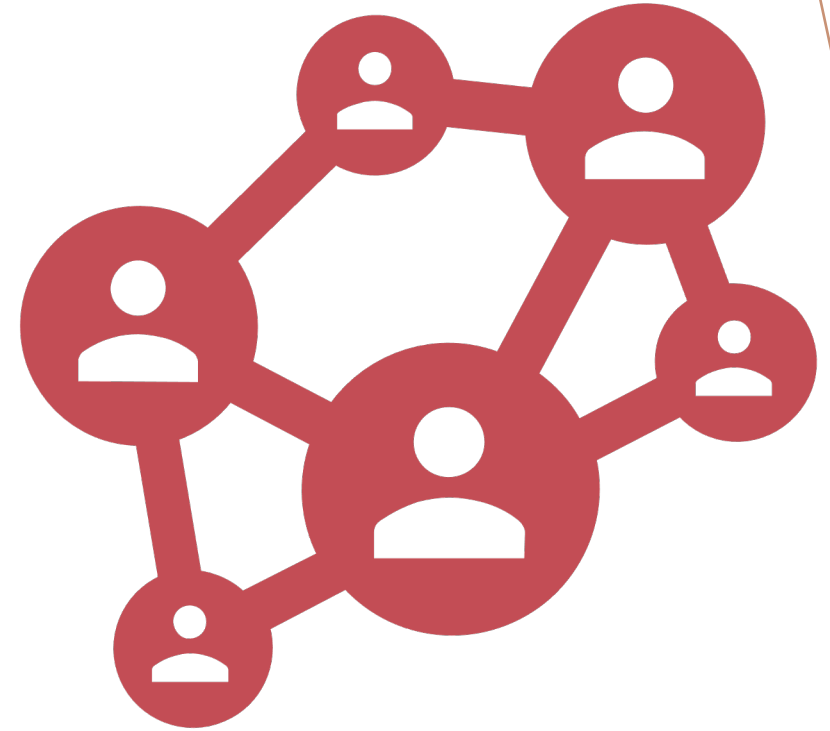
*THIS STUDY IS AN EXAMPLE OF*

- Importance of social determinants and interpersonal trust
- Mental and physical wellness is more than just the biological notion
- Relatively new concept that needs further study



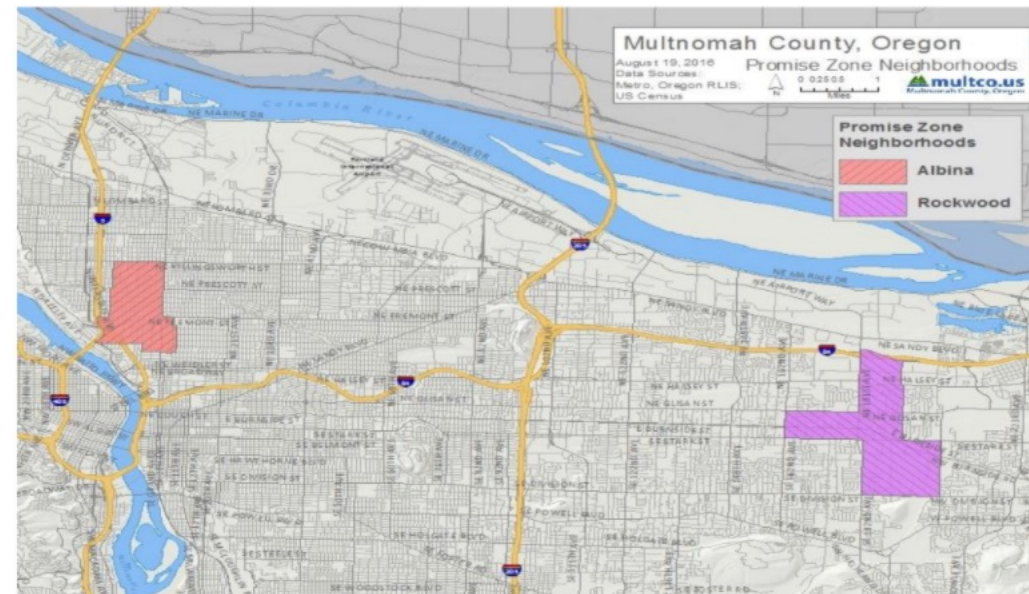
*WHAT IS TRUST?*

Trust is a belief in integrity and reliability that requires a sense of reciprocity between individuals who coexists in the same space at the same time.



# *ALBINA-ROCKWOOD NEIGHBORHOOD, PORTLAND, OR*

- Albina and Rockwood neighborhoods are two non-contiguous communities in Multnomah County
- The two neighborhoods have been greatly affected by gentrification
- Gentrification has superseded the Albina neighborhood, leaving African Americans/Hispanic families in economical struggles and pockets of poverty
- Rockwood seeing an influx in immigrants and people of color
- The displacement of people of color in these neighborhoods have led to the separation of families and fragmented communities



## *NEIGHBORHOOD TRUST, SOCIAL COHESION, & COLLECTIVE EFFICACY*

- Social cohesion effective instrumental mental support in a neighborhood that includes
  - Level of trust between individuals
  - The strength of social bonds
  - Willingness to reciprocate
- Collective efficacy
  - Combination of social control and social cohesion
  - Reflecting the willingness of community members to look out for each other when there are problems that arise
- High levels of social cohesion and collective efficacy = strengthen relationships, social participation, and collective attachment → enhancement to individual's well-being

# *GENTRIFICATION*

- Low socioeconomic status (S.E.S)/working-class neighborhoods experience an influx of new residents from the high S.E.S/middle-upper class
- Endorses racial discrimination → unequal opportunities
- Institutional racism has led to trauma and mistrust
- Heightened perceptions of socioeconomic discrimination have been considered as a form of stressor that contributes to physical and mental health outcomes





# *MENTAL AND PHYSICAL WELLNESS*

- Comprehensively examined the interrelation between trust and individuals' mental health
  - **Insubstantial number of studies regarding physical health**
- Diseases associated to lack of social cohesion and collective efficacy
  - Cardiovascular diseases
  - Diabetes
  - Obesity
- Gentrification has led to denial of health benefits
  - Inequal access to healthcare
  - Prevent access to adequate basic medical care

## *RESEARCH QUESTIONS*



How can the level of interpersonal trust present between neighbors impact the mental and physical wellness?



What are the roles of social determinants and what difference does it make when considering confounding variables?

## *METHODS*

Using quantitative survey from the Albina-Rockwood Promise Neighborhood Initiative reported by Self Enhancement Inc. (SEI)

Whole School Model

Accurate based estimate

Stratified random sample

Regression analysis

Develop scale for Cronbach's alpha

## *STUDY POPULATION AND DESIGN*

- Compiled a list of parents in both neighborhoods
- Sample drawn from completed list to complete survey
- Six different languages on the survey
- \$40 gift card as incentives
- Results from this year will be compared to results from last year
- Organizations will continue to track the changes in estimate every year to provide resources to help improve communities.

# *INDEPENDENT AND DEPENDENT VARIABLE*

- Independent variable → Interpersonal trust
  - High, medium, or low level of trust
  - People in my neighborhood are willing to help each other & People in my neighborhood can be trusted (California Health Interview Survey)
  - I often meet or talk with family or friends & If I were sick, I could easily find someone to help me with my daily chores.
- Dependent variable → Mental and physical wellness
  - Would you say your health, in general, is excellent, very good, good, fair, or poor?
  - Over the last 7 days, how often have you been bothered by the following problems- feeling nervous, anxious, or on edge? Would you say not at all, several days, more than half the days, or nearly every day? (Generalized Anxiety Disorder-2 and GAD-7 scale )

## ANTICIPATED RESULTS

Greater trust = higher score for self-rated health, less anxiety and better mental health

Low trust = Lower score for self-rated health, more anxiety and worse mental health

Higher overall score will indicate good overall health

Compare this year's result to last year to identify changes that have occurred in both neighborhoods

## *WHY IS IT IMPORTANT?*

- How displacements and gentrification are causing more detrimental health effects among low-income/BIPOC communities
- There is more to the biological and medical needs
- Advocate for better access to resources
- Improve efforts/initiatives in these communities
- Establish better connections and relationships between individuals



THANK YOU



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