



Ubuntu 2024 Workshop

Title:

Bridging Health Equity Gaps in Rural Colombia: A Participatory Approach to Transformative Health Care

Facilitators:



Francisco Lamus Lemus

MD.MPH

Pediatrician with a master's degree in public health. Francisco has lead various works relating health and social development projects with civil society organizations and the public health sector in Colombia in early childhood development and rural health.

Synopsis

- **Background:**
 - In the municipalities of Icononzo and Chaparral, Colombia, the "Rural Health for Health in Colombia" project is pioneering a health revolution. Leveraging a community-based, participatory action research approach, this initiative aims to mitigate health inequities by fostering collaboration among rural communities, health institutions, and academic partners, including the Universities of La Sabana, Tolima, and the Arctic University of Tromso, Norway. Through innovative solutions for self-care, primary health care, and access to complex health services, the project addresses critical needs and contextual social determinants of health. This approach not only empowers individuals and communities to take control of their health but also enhances the well-being of the entire community by improving health outcomes, affordability, satisfaction, and professional commitment.

- **Objectives:**
 - Our workshop seeks to:
 - Showcase the collaborative and participatory methodologies that have underpinned the success of health equity advancements in rural Colombia.
 - Foster an interactive dialogue to exchange global insights on overcoming challenges in health service delivery across varying levels of complexity in rural settings.
 - Identify scalable strategies and best practices for community engagement, self-care, and health promotion that can be adapted to diverse rural contexts

Learning Outcomes

Participants will leave the workshop with:

- A deeper understanding of the complexities and innovative solutions for enhancing health equity in rural settings.
- A toolkit of adaptable strategies for improving health service delivery and engaging communities in health promotion.
- Connections with a global network of practitioners committed to advancing rural health equity.

Workshop Outline

Time	Activities
5 minutes	Welcome comments Ubuntu 2024 Moderator
3 minutes	Welcome remarks by Francisco Lamus
7 minutes	<ul style="list-style-type: none"> • Introduction: A brief presentation of the "Rural Health for Health in Colombia" project, highlighting key achievements and the impact of a participatory action research approach on health equity.
15 minutes	<ul style="list-style-type: none"> • World Café: Participants will engage in rotating small group discussions, focusing on specific aspects of health service delivery challenges and solutions in rural areas. This format encourages sharing experiences, strategies, and insights from various global contexts.
10 minutes	<ul style="list-style-type: none"> • Group Synthesis: Each group will summarize their discussions, identifying common themes, innovative strategies, and actionable insights for building health equity in rural areas.
10 minutes	<ul style="list-style-type: none"> • Plenary Session: A facilitated discussion to consolidate learnings, explore potential collaborations, and discuss the application of identified strategies in participants' respective contexts.
5 minutes	Wrap-Up by Francisco Lamus
5 minutes	Closing comments Ubuntu 2024 Moderator