

I Know Because I've Lived It

Co-created by participants in the Building Trust in Health Science Action Collaborative Virtual Roundtable September 17, 2025

Co-creation of health *with* community is counter-culture
What happens when lived experience addresses the root causes?
Communities are not monolithic entities
And nobody likes when *they* are telling stories about *us*

Lean into community voice
The messenger is as important as the message
Who is missing?

Prioritizing lived experience, that is what my career has been about
Research must benefit and be useful to communities
We have to be humble and be clear, not too absolute
Recognizing when we've been wrong in the past
Meeting community members where they are
Each voice, given and received in a respectful way

Inclusivity
Community voice
Transparency
Moving equity from principle to practice

Trustworthiness is the engine of community engagement and partnership
Central to a process of health justice
Necessary to achieve health equity and for all communities to thrive

What does rebuilding trust look like in practice?
Building trust is very important to providing care to American Indians
It is the beginning of relationship, relationship is our culture
This collaborative offers representation

Trust is what makes health science usable
Trust is earned
Every voice matters
Every perspective has value
Listening is important - but showing how what you've heard has meaningfully changed and evolved the work is even more important

Listening deeply, engaging honestly, and acting collectively
Willing to challenge assumptions

Willing to pause
Science moves forward, the new replacing the old

At the heart and intent of science is truth
Bi-directional communication is essential
Understanding history
Being accountable for what we say and do
How are we righting the wrongs?

I know because I've lived it
Communities know what they are talking about, can set their own priorities No one has all the answers
Coming together is where we find true answers
Continuing to show up
Lifting up what's already working

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Thank you for listening to me