



HEALTH EQUITY ZONE (HEZ)

NEWPORT – CITYWIDE WOMEN'S RESOURCE CENTER



A diverse coalition bringing about positive change in the areas of Physical and Emotional Health, Education, Economic Opportunity and Innovation, Food Access, Open Space, Arts and Culture, and Transportation. Distinguished by a focus on breaking down barriers and uplifting residents.

Health Equity Zones are geographical areas designed to achieve health equity by eliminating health disparities using place-based (where you live) strategies to promote healthy communities. Healthy communities are places where people live, work, play, and learn. These are neighborhoods consisting of social and physical environments that support healthy choices and safe living.

STORY SPOTLIGHT: JESSICA COULTER



Jessica Coulter

Jessica Coulter knows a thing or two about taking action to service others. She's a devoted single mom, a tireless community advocate, and the yoga instructor behind the Newport Health Equity Zone's free youth yoga **Chalk In** program. At the **Chalk In**, Jessica leads an outdoor yoga class, followed by helping the kids write and draw positive affirmations in chalk on a nearby sidewalk. Seeing Jessica in action, you'd be hard pressed to see her as a disabled veteran who has had some challenges returning to community life and finding the kind of economic opportunity that can sustain a family. It can be an uphill battle at times, which Jessica offsets with a positive attitude, and dedicating her life to giving back to her community.

"The reason I do what I do is because I care about people. I'm raising kids in this community. And, I was in the military, so I believe in a life of service and looking out for others."

-Jessica Coulter

Her Newport Health Equity Zone community means a lot to Jessica, and she wants to stay. However, like many Newport HEZ residents, the cost of living, lack of jobs and transportation pose challenges. However, Jessica sees a large part of the solution coming from inside the community. She's a big supporter of the Newport HEZ program as a vital partner with her and other residents. "I love that the HEZ has my back and supports me... the power is within the community, we know what we need to change, and we can do it", says Jessica.

BACKGROUND INFO

The Newport HEZ mobilizes the residents and resources of the Broadway and North End neighborhoods to create a place where everyone has the opportunity to thrive. Newport HEZ envisions a community where:

- Structural, financial, and environmental barriers to health and well-being are eliminated;
- Public policy fosters the good health of all residents;
- Residents feel empowered to control the health of their families and community.

Collaborative working groups focus on six areas of community life: **Physical and Emotional Health, Education, Economic Opportunity and Innovation, Food Access, Open Space, Arts and Culture, and Transportation.** Each working group is supported by a local partner agency. The Women's Resource Center serves as the backbone agency, complemented by several other technical partners.



TIMELINE OF EVENTS:



SPOTLIGHT PROGRAM: HEZ HUBS



Newport **HEZ Hub** creates and hosts events and programs promoting physical and emotional well-being. The Hub has space at the Florence Gray Center in the North End, and the Dr. Martin Luther King, Jr. Community Center in the Broadway neighborhood. The Hub is active on social media and will soon have a new website. **HEZ Hub** activities include a **Diabetes Prevention Program**, yoga classes, **Fitness Fridays**, cooking classes, family game night, and more. All are free and everyone is welcome. Residents are encouraged to suggest program ideas and become instructors.

VISIT US ONLINE! 
NEWPORthealthequity.com



BACKBONE AGENCY
Women's Resource Center

HEZ COORDINATORS
Olivia Kachingwe, MPH
401-236-8344
okachingwe@wrcnbc.org

Jessica Walsh
401-846-5263
walsh@wrcnbc.org

EVALUATOR
Cynthia Roberts, PhD
401-467-9940
cynthia@ricadv.org

RHODE ISLAND DEPARTMENT OF HEALTH (RIDOH) PROJECT OFFICER
Erin Bertoldi, M.Ed
401-222-7635
erin.bertoldi@health.ri.gov

EVALUATOR
Kristi Paiva, MPH
401-222-1250
kristi.paiva@health.ri.gov

WHERE WE ARE AND WHERE WE ARE GOING

This health equity zone project provides a unique opportunity to mitigate health disparities through a holistic framework. We are assessing and addressing multiple drivers of poor health outcomes varying from individual behavior and decision-making all the way to community-level social and political stressors. To HEZ Coordinator, Olivia Kachingwe, MPH, this grant means breaking down silos, identifying shared agendas, and leveraging resources. A diverse group of organizations, non-profits, and community groups all recognize that health is a shared concern, and it requires a collective effort because all hold a unique piece to the puzzle.

"I believe this project has the potential to re-define how we do public health, and if carried forth correctly, we will see a sustained impact."

-Olivia Kachingwe, MPH



Olivia Kachingwe, MPH

This is not your usual grant funded initiative that provides a "temporary fix." It is tailored to community needs, responsive to changes over time, and it is very much driven by the residents themselves.

Shared public health strategic priorities working with partners statewide.

- Addressing the social and environmental determinants of health
- Eliminating the disparities of health and promote health equity
- Ensuring access to quality health services including vulnerable populations.

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Rhode Island Department of Health | 3 Capitol Hill, Providence, RI 02908 | Health Information Line: 401-222-5960 | RI Relay 711, www.health.ri.gov

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