



# HEALTH EQUITY ZONE (HEZ)

## WOONSOCKET THUNDERMIST HEALTH CENTER

Health  
Equity  
Zone  
Woonsocket

Woonsocket HEZ enhances community life, from healthy eating and physical activity for all, to helping those in recovery and who have survived trauma.

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: HANNAH, DEVON, SAMUEL, AND ZOE

Hannah, Devon, Samuel, and Zoe know a thing or two about expressing themselves. After learning about their city's extremely high unintended teen pregnancy rates, these teens decided to do something about it! As participants in Riverzedge Arts DesignWorks studio, a partner of the Woonsocket HEZ, they developed a youth-driven campaign to educate their peers and community about healthy choices and birth control. The teens loved being a part of the program - they see their own ideas come to life and feel pride in contributing to improvements in their city.

**"A child that you're not prepared for isn't just affecting your life, but it affects the child's life too."**

-Zoe



Hannah



Samuel



Zoe



Devon

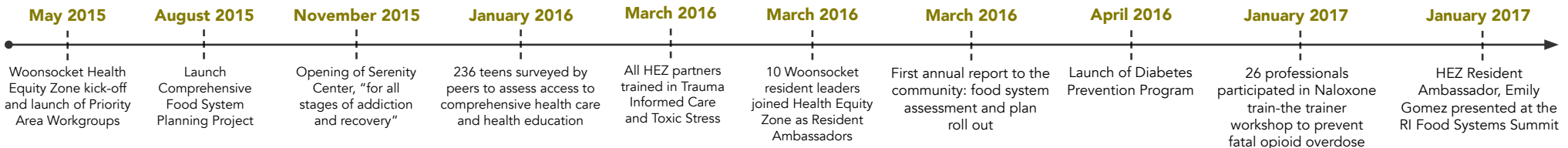
### BACKGROUND INFO

Woonsocket HEZ collaborative engages more than 20 local cross sector organizations and 10 resident leaders focusing on:

- Improving access to healthy affordable fresh food by sponsoring year-round weekly farmer's markets;
- Reducing high rates of substance use and overdose through rescue, treatment, and recovery strategies, which includes launching **The Serenity Center**, a new recovery community center.
- Improving teen health and decreasing unplanned teen pregnancy by increasing access to comprehensive healthcare, health and family life education, and amplifying teen voice and leadership;
- Increasing trauma awareness and building a trauma informed community.



### TIMELINE OF EVENTS:



## SPOTLIGHT PROGRAM: DIABETES PREVENTION PROGRAM



Felix Colon

The **Diabetes Prevention Program (DPP)** has been a healing process for Felix Colon. He's a DPP Lifestyle Coach for Woonsocket HEZ. Felix's grandfather passed away from diabetes. He has made it his mission to help others gain and maintain a healthy lifestyle.

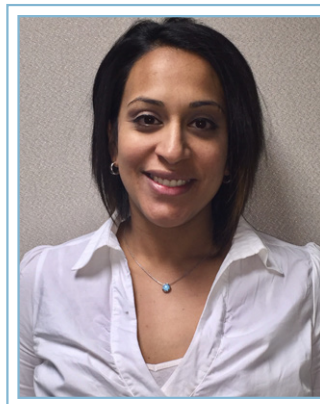
**"I have a family history of Type 2 Diabetes. I have seen firsthand the challenges and negative impact it has on people's lives."**

-Felix Colon

To be an effective coach, Felix completed the six week program and lost 12 pounds. So far, 19 people are participating in his first class and are being helped to live healthier lifestyles.

## WHERE WE ARE AND WHERE WE ARE GOING

Ckarla Agudelo, Woonsocket HEZ Coordinator, makes sure that residents have a say in what is happening in their community. She is especially proud of how the collaborative has embraced and empowered residents in all facets of the HEZ Initiative. The HEZ resident ambassadors are looked upon as experts when it comes to navigating and utilizing the different systems such as the education, food, and transportation systems in the community. The HEZ resident ambassadors have been encouraged to voice their opinions and initiate changes that they believe will best impact their community.



Ckarla Agudelo

**"It's really exciting and moving to see how the residents have been empowered through this process. To witness how their lived experiences, knowledge and passion for this community has informed and changed the landscape of our collaborative and the strategies identified improve the community's health outcomes, is really inspiring."**

-Ckarla Agudelo

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**Shared public health strategic priorities working with partners statewide.**

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- 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.

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

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