



HEALTH EQUITY ZONE (HEZ)

PAWTUCKET AND CENTRAL FALLS – CITYWIDE

LOCAL INITIATIVES SUPPORT CORPORATION (LISC)



A community driven initiative focusing on adolescent and behavioral health while supporting culturally competent health services.

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: MIRNA RIVERA



Mirna Rivera

When it comes to changing your life, a little knowledge can go a long way. Mirna Rivera was motivated to live healthier, but it took the **Diabetes Prevention Program (DPP)** to guide the way. She's now eating three healthy meals a day, exercising, and working with her health provider to change her medication. Mirna is feeling better, and her blood sugar levels have improved. Mirna says she's happy that her new lifestyle has helped her lose a lot of weight, and takes pride in what she's accomplished.

BACKGROUND INFO

Pawtucket and Central Falls HEZ focuses on;

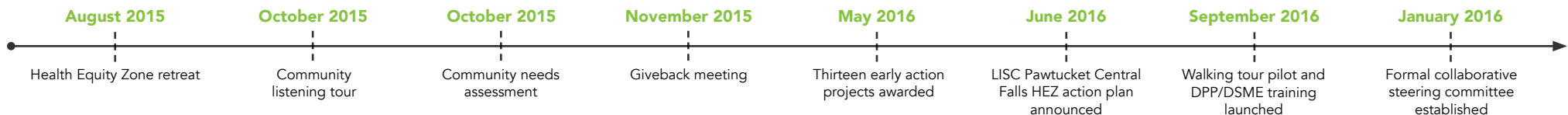
- Increasing access to healthy affordable food;
- Improving housing opportunities for residents;
- Connecting residents to the **Diabetes Prevention Program (DPP)**;
- Built a community kitchen;
- Working to improve transportation efficiency;
- Providing connections to job training;
- Establishing youth coalitions.

Success has been a result of building on the trust that already existed between LISC and the community, and by utilizing the HEZ resources to offer even more programs and support for their residents in need.



“You have to take care of yourself, you only have one life!”
-Mirna Rivera

TIMELINE OF EVENTS:



SPOTLIGHT PROGRAM: FOOD ON THE MOVE



The **Food on the Move** program offers mobile and pop-up farmers markets that travel to those areas in Pawtucket and Central Falls where access to fresh, healthy food is a challenge. The market accepts Electronic Benefit Transfer (EBT) for Supplemental Nutrition Assistance (SNAP), Women Infants and Children (WIC) beneficiaries, and offers matching food credits. For every dollar spent, the shopper gets a \$1 credit towards their next visit to a **Food on the Move** market. The program responds to resident concerns about the availability and cost of fresh fruits and vegetables.

“The Food on the Move program is convenient, affordable, and has helped hundreds of residents gain access to healthy foods.”

-Carrie Zaslow

WHERE WE ARE AND WHERE WE ARE GOING

During Year One, the Providence and Central Falls HEZ conducted a “Listening Tour” and dove deep into the community as part of a needs assessment. The assessment asked residents about their neighborhoods, and their strengths, weaknesses, opportunities, and threats. A community action plan followed. Three highlights stand out to HEZ Coordinator Carrie Zaslow: there are now 76 **Community Garden** plots at public housing sites, about 200 people have participated in the **Diabetes Prevention Program (DPP)**, and organizations are finally working together towards one common goal.

“This works because it’s place-based, everyone works to their unique strengths, and toward one mission. We have exceeded every one of our own expectations.”

-Carrie Zaslow



Carrie Zaslow

VISIT US ONLINE! ➤
RILISC.ORG/HEZ



BACKBONE AGENCY

Local Initiatives Support Corporation (LISC)

HEZ COORDINATORS

Carrie Zaslow
401-519-5698
czaslow@lisc.org

Pauline Bellavance
401-519-5608
pbellavance@lisc.org

RHODE ISLAND DEPARTMENT OF HEALTH (RIDOH) PROJECT OFFICER

Mia Patriarca, MA
401-222-1225
mia.patriarca@health.ri.gov

EVALUATOR

Elise George, MPH
401-222-2030
elise.george@health.ri.gov

Shared public health strategic priorities working with partners statewide.

3/28/2017

- 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

This project was funded by the Centers for Disease Control and Prevention (CDC) through cooperative agreement with the Rhode Island Department of Health (RIDOH). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC, Department of Health and Human Services (HHS), or RIDOH.