

# Health Equity: Recipes for Success

5th Annual MA Healthy Communities Conference

June 21, 2011

## Workshop Descriptions

(All workshops are 2:00- 3:30 pm)

### 1) Community Assessment and Planning: A Page from the Cookbook for Health Equity

**Room: University A**

*Tami Gouveia, Healthy Communities System*

*Pat Milano, East Boston Neighborhood Against Substance Abuse (EBNASA)*

*Aleya Martin, Greater Boston Center for Healthy Communities/Health Resources in Action*

- Learn how health equity principles are interwoven throughout a community-based assessment and strategic planning process.
- Identify models that place health disparities central in the assessment and planning process.
- Learn to apply assessment and planning tools that engage community members in the process.
- Explore the planning activities (data collection and small group projects) deployed by a neighborhood coalition.

### 2) Healthy on the Block: Increasing Access to Healthy Food through a Community-based Approach

**Room: University B**

*Vickey Siggers, Community Organizer*

*Javier Gutierrez, Boston Public Health Commission*

- Explore why food access is important in East Boston and Mattapan through a health equity lens.
- Learn Boston's current strategies for working with small venues.
- Acquire specific tools and a scalable framework for implementing a corner store health initiative project.

### 3) Growing in Franklin (Community Gardening)

**Room: Renaissance**

*Lauren Marciszyn, Hockomock Area YMCA*

*Nicole Harter, New England Chapel*

*Chris Clay, Friend of Franklin Community Gardens, Co-chair Franklin Community Garden Town Committee*

- Learn to engage community members in volunteer opportunities at a giving garden and participate in Plant a Row Programs to increase food access for low income residents, recognizing cost and availability are often barriers to healthy eating.
- Learn how these community garden groups partner with the local food pantry to support healthy eating for all in our community.
- Identify the benefits of establishing a community garden or multiple garden beds throughout communities.
- Learn a step by step process to plan, organize and create a community garden in your community.
- Problem-solve barriers to establish a community garden.

#### **4) Three Agencies, One Goal: Collaboration to Stem Childhood Diabetes and Obesity**

##### **Room: Salon 1**

*Ana Jaramillo, Holyoke Food and Fitness*

*Diego Angarita, Holyoke Food and Fitness*

*Liz Budd, Holyoke Food and Fitness*

- Learn about a model for long-term community collaboration to cut rates of childhood diabetes and obesity.
- Understand how a multi-partner collaboration led to the development of a Community Action Plan focused on food systems, the built environment, and school wellness policy changes.
- Learn about a process of planning and a model for inter-agency collaboration.
- Explore challenges and successes of an inter-agency collaboration.

#### **5) Welcoming Workshops: Building Inclusivity into Workshops and Trainings**

##### **Room: Salon 3**

*Rachel Tanenhaus, Healthy Aging & Disability Unit, MA Department of Public Health*

- Learn how to include and value people with disabilities in workshops and trainings.
- Explore issues of health equity as they apply to people with disabilities.
- Acquire techniques for dealing with barriers to inclusion.
- Provide a venue for asking questions and receiving information and reassurance around inclusion, etiquette and disability issues.
- Receive informational resources for future use.

#### **6) Youth and Adults Together: Creating Change**

##### **Room: Salon 4**

*Laurie Jo Wallace, Health Resources in Action*

*Derrikka Gillenwater, Peer Leader, Health Resources in Action*

- Identify strategies for youth engagement in adult-focused projects.
- Learn 2-3 best practices for youth-adult collaborations in creating healthy communities.
- Explore 2-3 policy change projects ideal for youth engagement and leadership.
- Share participants' best practices for youth-adult collaboration.

#### **7) Creating Systems Change in Revere through Opioid Overdose Prevention**

##### **Room: Salon 5**

*Katie Sugarman, Revere CARES/MGH*

*Erica Clarke, MGH Center for Community Health Improvement*

*Gary Langis, City of Revere*

- Learn how communities can create systems changes through collaboration, education, leadership development, and advocacy.
- Become familiar with how the Revere CARES Opiates Task Force is working to create systems changes on local, state and national levels.
- Be able to bring at least one systems change strategy back to their respective communities.