



Health Resources in Action  
*Advancing Public Health and Medical Research*



# Pawtucket / Central Falls Accelerator Plan Key Findings Presentation

Friday, April 22, 10:00-12:00

RIDOH and Pawtucket/Central Falls HEZ

# Welcome and Introductions



# Agenda

|                                      |            |                    |
|--------------------------------------|------------|--------------------|
| ➤ Welcome & Introductions            | 15 minutes | <i>10:00-10:15</i> |
| ➤ Key Findings Presentation with Q&A | 65 minutes | <i>10:15-11:20</i> |
| ▪ Overview                           |            |                    |
| ▪ Public Spaces                      |            |                    |
| ▪ Food and Nutrition                 |            |                    |
| ▪ Community/Clinical Linkages        |            |                    |
| ➤ Key Findings Discussions           | 25 minutes | <i>11:20-11:45</i> |
| ➤ Planning Process Overview          | 10 minutes | <i>11:45-11:55</i> |
| ➤ Next Steps                         | 5 minutes  | <i>11:55-12:00</i> |



# Accelerator Plan Background

- Aim is to develop common goals; metrics; and responsibilities for improved health equity in...
  - Public spaces (e.g., parks, sidewalks, streets, etc.)
  - Food and nutrition (e.g., pantries, accessible food, food delivery options, farmers markets, schools, etc.)
  - Doctor/clinic and community interaction (e.g., how clinic connections to programs, resources, family supports can improve overall health, etc.)
- Pawtucket Central Falls Health Equity Zone
- Bring together partners and residents across Pawtucket and Central Falls to address health inequities.
  - Celebrate the successes of residents and partners.
  - This project allows us to collectively identify next steps and measure progress.
- RIDOH and Accelerator Plan
  - Applied through CDC to improve access to healthy foods; create systems-level change to increase health, wellness, and nutrition; and enhance connection to providers
  - Required components of Accelerator Plan



# Objectives



Recognize how Key Findings can inform Accelerator Plan



Learn (and ask clarifying questions) about Key Findings



Discuss Key Findings with colleagues



Understand next steps in planning process



# Introductions and Icebreaker

- Name, pronouns, organization, role
- What is your favorite “healthy” food you enjoy in the warmer months?



# Roadmap to Accelerator Plan



# Accelerator Plan Requirements and Key Findings

- Vision and Mission ✓
- Target Population ✓
- Focus/Priority Areas +
- Goals ✓
- Objectives ✓
- Strategies/Activities ✓
- Evaluation Plan
- Responsible Parties ✓
- Action Planning

+ = Already defined

✓ = Accelerator Plan requirements that the Key Findings can inform





10:15-11:20

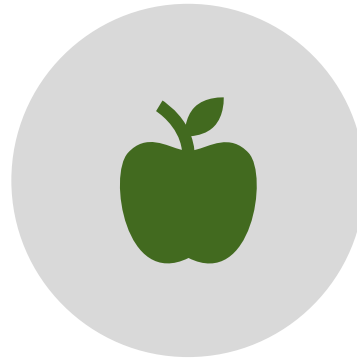
# Key Findings Presentation



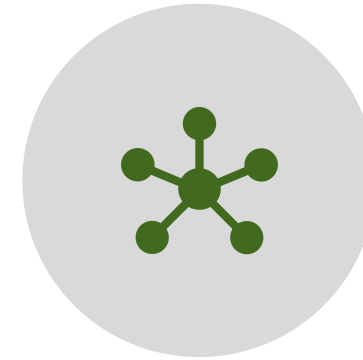
# Pawtucket/Central Falls Accelerator Plan Priority Areas



**PUBLIC SPACES**



**FOOD & NUTRITION**



**COMMUNITY &  
CLINICAL LINKAGES**



# Overview of Data Collection

## ➤ Methods

- Document Review
- Focus Groups (4)
- Interviews (6)
- Stakeholder Survey

## ➤ Questions

- Strengths
- Barriers and Challenges
- Addressing Challenges and Suggestions for Improvement
- Most Impacted Populations
- Potential Partners
- Vision for the Future



# Focus Groups, Interviews, and Stakeholder Survey

## ➤ Focus Groups (52 participants)

- PCF HEZ Resident Meeting
- Pawtucket YMCA
- Progreso Latino
- St. Germain Manor

## ➤ Interviews

- Senior Center
- Housing Authority
- School District
- Healthcare Navigator
- Racial Justice Grassroots Agency
- Harm Reduction and Recovery Support

## ➤ Stakeholder Survey

- 44 respondents representing 31 organizations



# Limitations

- **Community and Stakeholder Perspectives**
  - Non-random
  - Small sample size
  - May not be representative of all points of view



# Pawtucket and Central Falls - Demographics

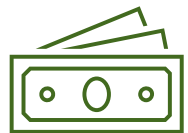


|                                | Pawtucket | Central Falls | Rhode Island |
|--------------------------------|-----------|---------------|--------------|
| <b>Population</b>              |           |               |              |
| -Total Population              | 71,844    | 19,429        | 1,057,231    |
| -Population Per Square Mile    | 8,194.9   | 16,173.6      | 870.9        |
| -Median Age                    | 38        | 30            | 40           |
| <b>Race</b>                    |           |               |              |
| -White                         | 61.6      | 48.5%         | 80.5%        |
| -Black/African American        | 17.6      | 12.7%         | 6.8%         |
| <b>Ethnicity</b>               |           |               |              |
| -Hispanic (of any race)        | 25.3%     | 66.4%         | 15.4%        |
| <b>Language Spoken at Home</b> |           |               |              |
| -Only English                  | 58.0%     | 32.6%         | 77.6%        |
| -Spanish                       | 20.5%     | 56.0%         | 12.3%        |

DATA SOURCE: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2015-2019



# Pawtucket and Central Falls – Social Drivers of Health



|                          | Pawtucket | Central Falls | Rhode Island |
|--------------------------|-----------|---------------|--------------|
| Median Household Income  | \$50,476  | \$32,982      | \$67,167     |
| Poverty Rate             | 15.6%     | 30.2%         | 12.4%        |
| % Owner-Occupied Housing | 45.1%     | 20.2%         | 60.8%        |
| BA Degree or higher      | 21.8%     | 8.1%          | 34.2%        |
| HS Degree or equivalent  | 81.3%     | 64.9%         | 88.8%        |

DATA SOURCE: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2015-2019



# Public Spaces





# Public Spaces - Context

|               | Pawtucket | Central Falls |
|---------------|-----------|---------------|
| Walk Score    | 71/100    | 81/100        |
| Transit Score | 37/100    | 36/100        |
| Bike Score    | 50/100    | 52/100        |

DATA SOURCE: walkscore.com

- Central Falls Complete Streets Ordinance, 2018
- Findings from 2019-2020 HEZ Community Assessment
  - Transportation
  - Street Maintenance
  - Parks and Recreation



# Public Spaces - Strengths

- Beautiful green spaces are available and accessible
- Everything in walking distance
- Community gardens

*“Everything seems very walkable and there is a plethora of sidewalks in most places” – Stakeholder Survey Respondent*



# Public Spaces – Barriers and Challenges

## ➤ Accessibility

- Not easy to get to some parks unless you own a vehicle
- Sidewalks need to accommodate older adults
- Need for clear paths and even pavement

## ➤ Safety

- Substance use activities
- Homelessness
- Need for safe and well-lit areas

## ➤ Other

- Lack of community events; limited playgrounds and park courts
- Need for better maintenance of Public Spaces



# Public Spaces - Barriers



*“When going out late at night, there are many homeless people nearby trying to interact, which makes people feel unsafe.” - Focus Group Participant*



*“There is not enough staffing in the public works department to upkeep the parks. This keeps families, especially young people, away from the park.” - Key Informant*



*“People say they don’t want to go out during the winter because they are scared and feel unsafe because the streets are not cleaned properly.” -Focus Group Participant*



# Public Spaces – Suggestions and Solutions Themes

|                         | Survey | Interviews | Focus Groups |
|-------------------------|--------|------------|--------------|
| Address safety concerns | 13     | 3          | 11           |
| Increase accessibility  | 13     | 4          | 1            |
| Maintenance             | 9      | 2          | 3            |
| More spaces             | 8      | 0          | 4            |
| Improve bikeability     | 7      | 0          | 0            |
| More events             | 4      | 0          | 1            |

Note: each cell represents the frequency each theme was mentioned



# Public Spaces – Additional Solutions (Potential Strategies)

- Invest in maintenance
- Invest in youth-centric amenities
- Enlarge the urban tree canopy
- Neighborhood safety patrol
- Bus stops that are clean and well-lit
- More recreational programs and buildings
- Centrally-located green spaces
- More bike lanes and adapt sidewalks for walking



# Public Spaces - Vision

- A centrally-located place, safe, clean, and accessible to its residents
- Eco-friendly, green and forested
- Organized and well-maintained



# Public Spaces – Impacted Populations & Potential Partners

## ➤ Most Impacted Populations

- Low-income
- BIPOC (Black, Indigenous, and People of Color)
- Disabled
- Older adults
- Immigrants and refugees

## ➤ Potential Partners

- Elected officials
- Community leaders
- Grassroots organizations





# Food and Nutrition



# Food and Nutrition - Context

- Affording adequate food is a challenge for one in six RI households
- Racial and ethnic inequities in food security persist
- COVID-19 Pandemic
- RI Legislative Accomplishments

|                                       | Pawtucket | Central Falls | Rhode Island |
|---------------------------------------|-----------|---------------|--------------|
| # of Farmers Markets                  | 1         | 1             | 32           |
| Farmers Markets per 100,000 residents | 1.4       | 5.1           | 3.0          |
| # of Food Pantries                    | 13        | 2             | 103          |
| Food Pantries per 100,000 residents   | 18.1      | 10.3          | 9.7          |
| SNAP Caseload                         | 10,018    | 3,314         | 89,209       |
| SNAP Caseload per 1,000 residents     | 13.9      | 17.1          | 8.4          |

DATA SOURCES: 2021 Status Report on Hunger in Rhode Island  
Rhode Island SNAP Report, May 2021



# Food and Nutrition - Strengths

- Culturally diverse and culturally-specific food outlets
- Local food pantries and soup kitchens
- Farmers market accepts WIC/SNAP

*"There's even a training program for at-risk youth called Harvest Kitchen. Train them in culinary skills – they opened a little café venue – they're open now for lunch six days/week – all items are prepared by students – really exciting!" - Key Informant*



# Food and Nutrition – Barriers and Challenges

- Food affordability
- Low wages and unemployment
- Lack of garden space
- Food swamp and food deserts
- Lack of regular, reliable transportation to get food
- Nutrition education is needed



# Food and Nutrition - Barriers



*“Happy with the food programs but they are targeted to seniors; disabled and low-income folks are left behind” - Key Informant*



*“Disproportionate barriers to access to healthy food. Takes two buses to get to the closest grocery store. If they are unable to get the food distro boxes then they will need to rely on fast food, low-nutrient foods.” - Key Informant*



*“It's really hard to find things and items in the supermarket because the supermarket is empty - they don't have what you are looking for...the vegetables are damaged/have gone bad in the supermarket.” - Focus Group Participant*



# Food and Nutrition – Suggestions and Solutions Themes

|   | Survey | Interviews | Focus Groups |
|---|--------|------------|--------------|
| Improve affordability   | 46     | 9          | 14           |
| Increase accessibility: food trucks, pantries                   | 43     | 14         | 11           |
| Community garden  | 8      | 3          | 5            |
| Multilingual and general nutrition education                    | 11     | 3          | 2            |
| SNAP benefits improvement (incl. SNAP to undocumented families) | 20     | 1          | 0            |

Note: each cell represents the frequency each theme was mentioned



# Food and Nutrition – Additional Solutions

- More opportunities and more people eligible to use SNAP
- Improve access to healthy foods in "food deserts"
  - Gardens and food pantries and food trucks
  - Continue food delivery services that worked best during COVID
  - Maximize participation in federal meal programs
- Grant funding to address transportation
- Implement more mobile food programs
- Nutrition education in schools



# Food and Nutrition - Solutions



*“We’re all seeing the high cost of food. There is legislation being introduced today to increase the amount of funding in SNAP benefits and cash assistance for rent.” - Key Informant*



*“Since being connected to Progreso Latino, I am able to get access. Otherwise I would be trying to choose between a 99-cent tomato that is spoiled or fresh tomato for \$3” - Focus Group Participant*





# Food and Nutrition - Vision

- Healthy
- Affordable
- Accessible
- Equitable
- Diverse
- Culturally appropriate
- Equal and affordable access to healthy option of food choices
- Year-round community garden (greenhouse) in Central Falls



# Food and Nutrition – Impacted Populations & Potential Partners

## ➤ Most Impacted Populations

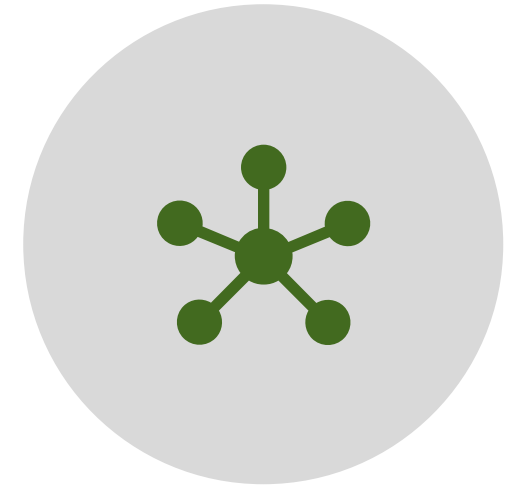
- Immigrants
- BIPOC
- Low income
- Children
- Older adults

## ➤ Potential Partners

- Housing authority
- Local government
- The community
- Progreso Latino



# Community/Clinical Linkages



# Community/Clinical Linkages - Context

|                              | Pawtucket | Central Falls | Rhode Island |
|------------------------------|-----------|---------------|--------------|
| No Health Insurance Coverage | 6.2%      | 17.1%         | 4.5%         |

## ➤ Rhode to Equity – in Pawtucket/Central Falls

- Builds upon RI Diabetes Health Equity Challenge and existing HEZ infrastructure
- Utilizes Pathways to Population Health (P2PH) model
- Increase accessibility of food delivery for PCF residents facing food insecurity

DATA SOURCE: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2015-2019



# Community/Clinical Linkages - Strengths

- Chronic disease prevention and management programs
- Access to local community health centers (CHC) like Blackstone Valley CHC
- Range of specialties available
- Expansion of community health workers



*“Community Ambassadors to connect people to different services and agencies. recent focus has been on COVID and vaccines.” – Key Informant*



# Community/Clinical Linkages – Barriers and Challenges

- Undocumented families do not qualify for healthcare
- Language barriers and stigma of accessing services
- Lack of awareness of existing programs
- Lack of workforce capacity to staff services
- Difficult to connect to a mental health provider
- Difficult to schedule to get the care that the community needs
- Transportation



# Community/Clinical Linkages - Barriers



*“Access to primary care physicians. No one takes new patients.”*  
– Key Informant



*“Mental health is an issue due to the limited number of services provided. There is a shortage of mental health care workers which reduces connection with community.”* – Key Informant



# Community/Clinical Linkages – Suggestions & Solutions Themes

|   | Surveys | Interviews | Focus groups |
|---|---------|------------|--------------|
| Improve transportation                        | 20      | 4          | 4            |
| Increase accessibility of services            | 10      | 7          | 1            |
| Address language barriers and cultural stigma | 8       | 1          | 0            |
| Affordable healthcare                         | 3       | 0          | 0            |



Note: each cell represents the frequency each theme was mentioned





# Community/Clinical Linkages – Additional Solutions

- Increase staff diversity
- Increase access to free clinics
- Increase homeless shelters
- Reduce time to see provider



# Community/Clinical Linkages - Vision

- Collaborative
- Accessible and all-inclusive
- Affordable
- Access to transportation for clinic check-ups
- A family can receive an appointment within a week of calling



# Community/Clinical Linkages – Impacted Populations & Potential Partners

## ➤ Most Impacted Populations

- Older adults
- Low income
- Disabled
- People experiencing homelessness
- Families who do not drive
- Families without insurance
- Non-English speakers especially Creole, Portuguese

## ➤ Potential Partners

- School-based and church-based clinics
- Partnership between health care workers and schools to prevent gaps
- Community Ambassadors to connect people to different services
- Progreso Latino



# Key Themes – Potential Objective Topics

| Priority Area                      | Theme  | Survey | Interviews | Focus Groups |
|------------------------------------|--|--------|------------|--------------|
| <b>Public Spaces</b>               | Safety   | 13     | 3          | 11           |
|                                    | Maintenance & cleanliness                                | 9      | 2          | 4            |
|                                    | Accessibility  | 13     | 4          | 1            |
| <b>Food &amp; Nutrition</b>        | Accessibility  | 43     | 14         | 11           |
|                                    | Affordability  | 46     | 9          | 14           |
|                                    | Nutrition education                                      | 11     | 3          | 2            |
|                                    | Community garden   | 8      | 3          | 5            |
| <b>Community Clinical Linkages</b> | Transportation   | 20     | 4          | 3            |
|                                    | Accessibility of services to low-income and undocumented | 10     | 7          | 1            |
|                                    | Cultural stigma and language barriers                    | 8      | 1          | 0            |
|                                    | Affordable healthcare                                    | 3      | 0          | 0            |



# PCF HEZ and Accelerator Plan

## ➤ HEZ Priorities and Projects

- Task Forces
  - Substance Use & Mental Health
  - Policy – Housing Focus
  - Youth Engagement
  - Resident Engagement
- Additional Facilitation (Rhode to Equity)
  - Food/Nutrition – Focus on Delivery
  - PCF CHW Gathering (coming soon with FSRI)
- Participatory Budgeting

## ➤ Accelerator Plan Priority Areas

- Public Spaces
- Food and Nutrition
- Community/Clinical Linkages



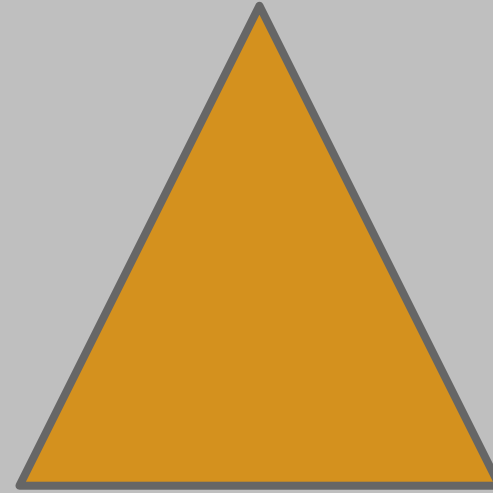
11:20-11:45

## Key Findings Discussion

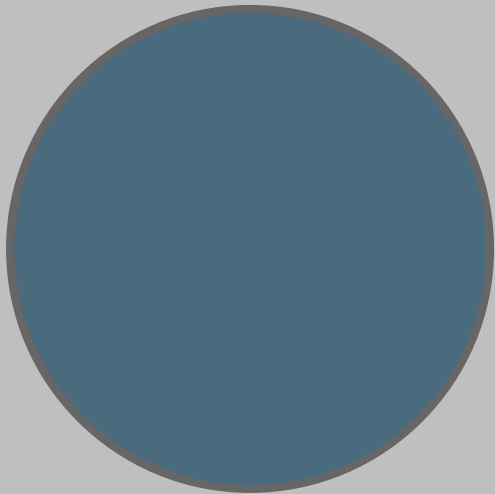




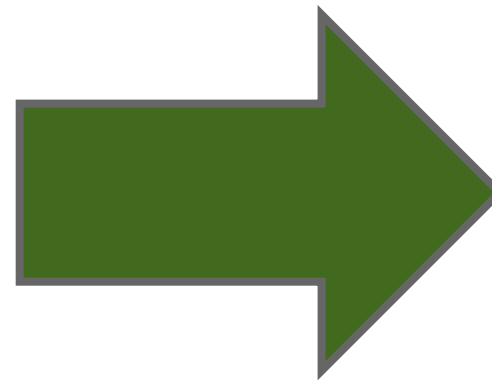
**What is something that “squared” or resonated with what you already thought about Pawtucket and Central Falls?**



**What is one thing that made you look at something from a new angle?**



**What is a thought or question that is still circling around that you would like to explore?**



**What is something we should we keep in mind as we start planning?**

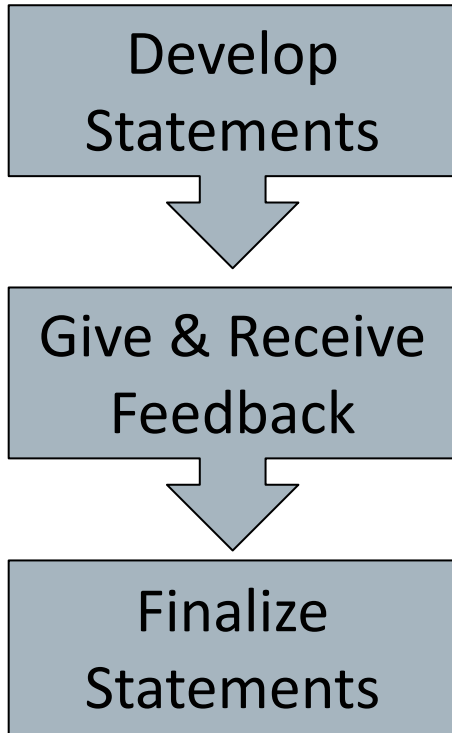
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# Planning Process Overview





# The Planning Process



- Work in small groups to develop draft statements.
- Review the work of other groups and provide feedback in the form of like/change/add.
- Use the feedback provided to revise and finalize statements before moving on to the next step.

***This process provides all participants with the opportunity to have input into all parts of the plan.***



# Strategic Planning Model



# Vision and Mission

- A **Vision Statement** is a description of the preferred future you are trying to create as a result of your work
- A **Mission** is a statement about your central purpose, your reason for being. A mission statement should answer, clearly and succinctly, three key questions:
  - Who do we serve?
  - In what unique ways?
  - For what purpose?

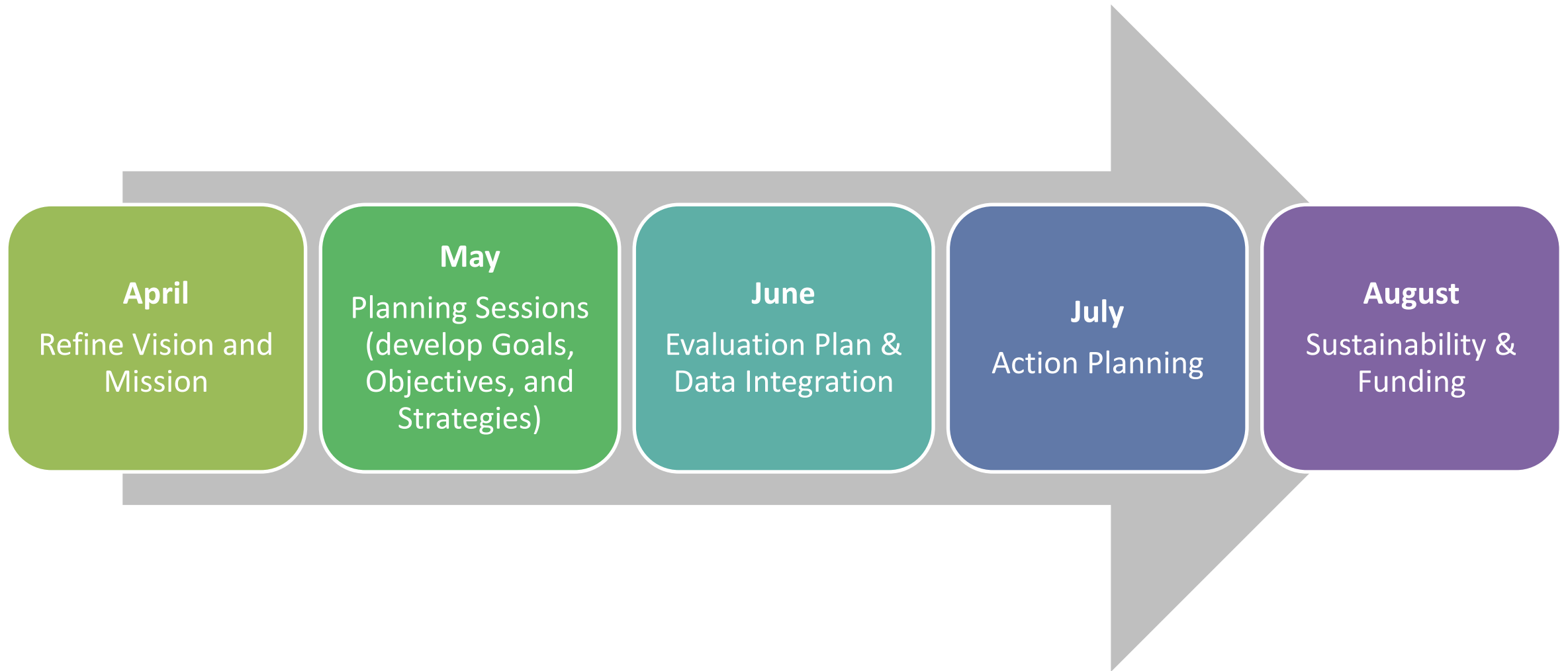


11:55-12:00

## Next Steps



# Next Steps for Planning



A word cloud centered around the English phrase "thank you". The words are in various colors (blue, green, red, orange, yellow) and sizes. Other visible words include: "danke", "спасибо", "謝謝", "ngiyabonga", "tesekkür ederim", "gracias", "tapadh leat", "dziękuję", "sukriya", "kop khun krap", "go raibh maith agat", "arigatō", "dakujem", "merci", "obrigado", "bedankt", "hvala", "mauruuru", "dankie", "dank je", "misaotra", "matondo", "paldies", "grazzi", "maihalo", "xhala", "asante", "manana", "obrigada", "tenki", "chokrane", "murakoze", "taiku", "sulpáy", "djere dieuf", "tau", "dyaquyo", "mamnun", "chnorakaloutioun", "gratias ago", "gracies", "chokranaka", "nana", "ni", "nami", "nandri", "kiitos", "dankie", "dhanyavad", "nami", "nandri", "kiitos", "dankie", "dhanyavad", "nami", "nandri", "kiitos", "dankie", "dhanyavad", "nami", "nandri", "kiitos", "dankie", "dhanyavad", "nami", "nandri", "kiitos", "dankie", "dhanyavad".