



AFRICAN ALLIANCE OF RHODE ISLAND

“The Voice of the Local African Community”

WHAT WE HAVE

DONE IN 2010



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COMMUNITY GARDEN





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SHED WITH RAIN BARRELS



aari AFRICAN ALLIANCE OF RHODE ISLAND
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BRYANT UNIVERSITY STUDENT INTERNS





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READY FOR NEXT SEASON





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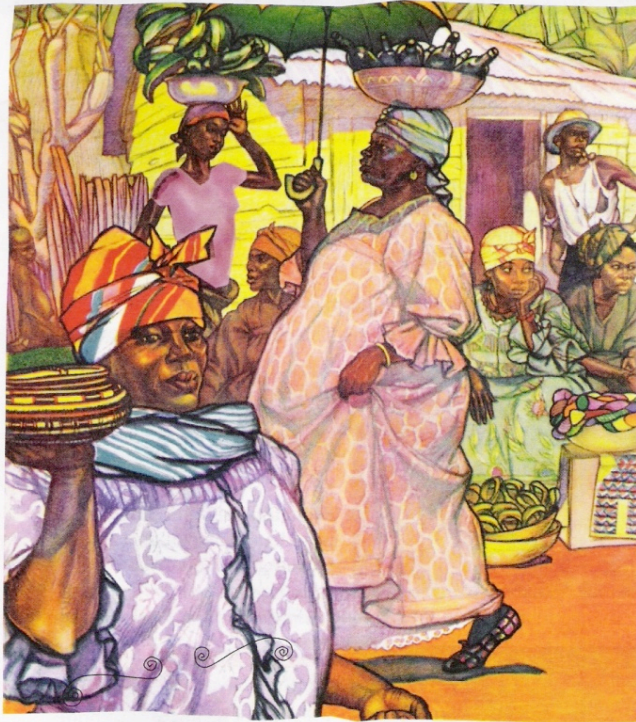
FLU SHOT IMMUNIZATION (FROM FOCUS GROUPS)



AFRICAN STUDIES WORKSHOP

Fourth Annual

African Studies Workshop



November 6, 2010
Providence Public Library



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AFRICAN REFUGEE FAMILIES ON THANKSGIVING BASKET DAY





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PREVENTION BLOCK GRANT

COMMUNITY FORUM

PRESENTATION



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HEALTH

The African Alliance worked with the Department of Health and the Rhode Island Public Health Institute on a Neighborhood Health Check.





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WHY DID WE DO THIS?

To determine the factors that contribute to why people of lower economic classes seem to have worse health than those of higher economic classes.



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WHAT ARE THE REASONS?

Income

- Puts constraints on where you can live, where you can shop, how you can get from one place to another.
- Healthcare is not always affordable, healthy choices are not always easily attainable.



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WHAT ARE THE REASONS?

Environment

- Is your neighborhood safe for you to walk through, play in, and get exercise in?
- Does your neighborhood have a grocery store with healthy choices
- Is there a health care facility nearby, which can be easily accessed in case of an emergency?

WHAT DID WE FIND?

Racial Discrimination

- Lower paying jobs
- Being forced to live in poorer neighborhoods, with limited access to health care
- Causes added stress



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STRESS

Poorer neighborhoods cause higher levels of stress, which people are less able to deal with

Continuous stress is toxic for your body as it can cause:

Anxiety

Depression

Heart attack

Stroke

Substance abuse

& Several other, sometimes irreversible, effects

The World Health Organization Says:

“Poorer people live shorter lives and are more often ill than the rich. This disparity has drawn attention to the remarkable sensitivity of health to the social environment.”



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WHAT DOES THIS MEAN?

You will be a healthier person if you can...

- Afford a better place to live
- Afford better food
- Afford to see a doctor regularly for health screenings
- Spend less time worrying about finances and more time exercising



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NEIGHBORHOOD HEALTH CHECK

332 people on the Southside of Providence answered the following questions regarding their health and their neighborhood:

- What do you eat?
- How much physical activity do you get?
- Do you smoke or chew tobacco?
- Do you get regular health check-ups?
- Is your neighborhood safe?
- Are there places to exercise in your neighborhood?



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THE RESULTS

76% eat less than 5 servings of fruits & vegetables per day

63% said the neighborhood is not safe from traffic

58% said the neighborhood is not safe from crime

72% of the neighborhoods have no parks, sports fields, or basketball courts

54% of the streets had litter or broken glass



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THE RESULTS - CONTINUED

53% of people make less than \$25,000 per year

28% did not finish high school

42% are employed

14% are unemployed

17% are unable to work



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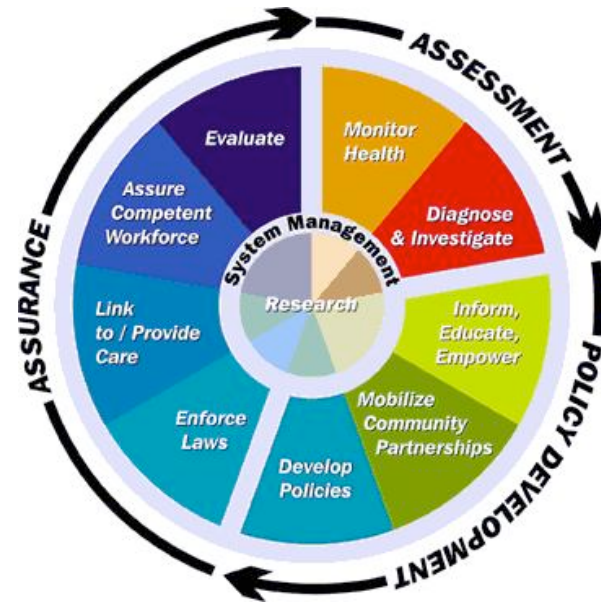
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WHAT’S NEXT?

Our community is developing an action plan to make it safer and healthier for everyone.



http://www.sciadvantage.com/rm_tools/loss_control.html



<http://www.jonescountyhealth.com/>



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NEXT STEPS

*Identifying Priorities

*Mobilizing our Community