



# Healthy Wey / Mass in Motion



# TODAY'S AGENDA

- I. Settling In & Introductions
- II. Overview
  - Mass in Motion
  - Healthy Wey
- III. Identifying Root Causes:  
Tree Exercise
- IV. Community Conversations  
& Next Steps

# Introductions

- Name
- Any identities relevant to you in this moment
- Organization, role and background in this work
- Favorite vacation spot





# Overview

## - Mass in Motion



# MASS IN MOTION MISSION STATEMENT

The Mass in Motion Municipal Wellness and Leadership Initiative is a movement to lower the risk of chronic disease by addressing root causes that impact opportunities for active living and access to healthy and affordable foods in cities and towns throughout Massachusetts. Working with a diverse network of partners, Mass in Motion Communities implement proven policies and practices to create environments that support healthy living.

# MASS IN MOTION GOALS

**Goal 1:** Increase and align local spending to improve community conditions.

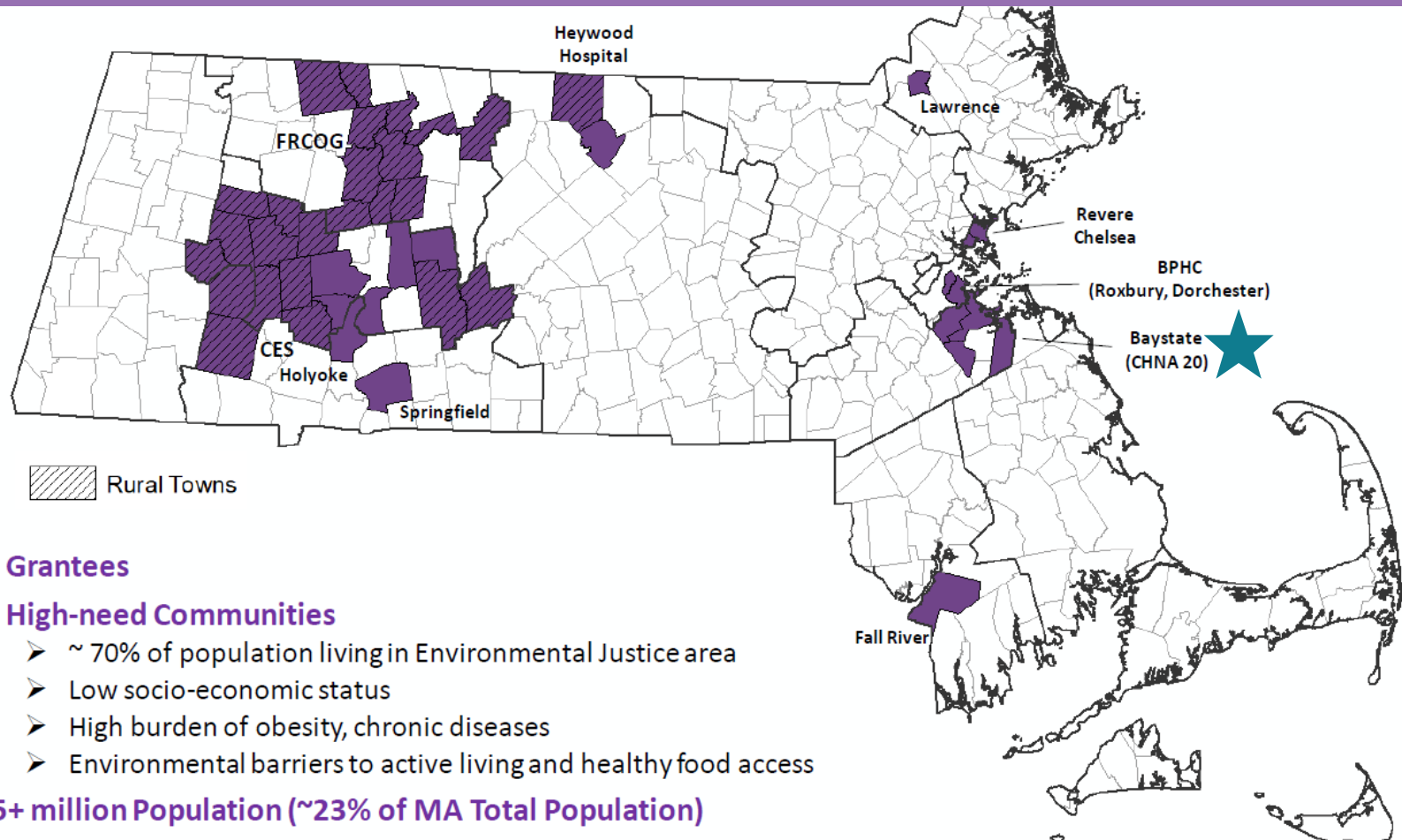
**Goal 2:** Expand on Social Determinants of Health like housing, economic development, crime and safety.

**Goal 3:** Address structural racism and other root cause barriers to good health.

**Goal 4:** Deeper community engagement, specifically those with lived experience.

**Goal 5:** Ensure everyone has access to healthy foods and safe physical activity.

# MASS IN MOTION COMMUNITIES



**10 Grantees**

**42 High-need Communities**

- ~ 70% of population living in Environmental Justice area
- Low socio-economic status
- High burden of obesity, chronic diseases
- Environmental barriers to active living and healthy food access

**1.5+ million Population (~23% of MA Total Population)**

# MIM MUNICIPAL

TERYN  
HERMENAU  
Weymouth Health  
Department

CHRISTINE  
TANGISHAKA  
Randolph Planning  
Department

RINA  
DENNEHY  
Milton Health  
Department

TINA  
HO  
Quincy Asian  
Resources, Inc.



# COORDINATORS



# MASS IN MOTION PRACTICES



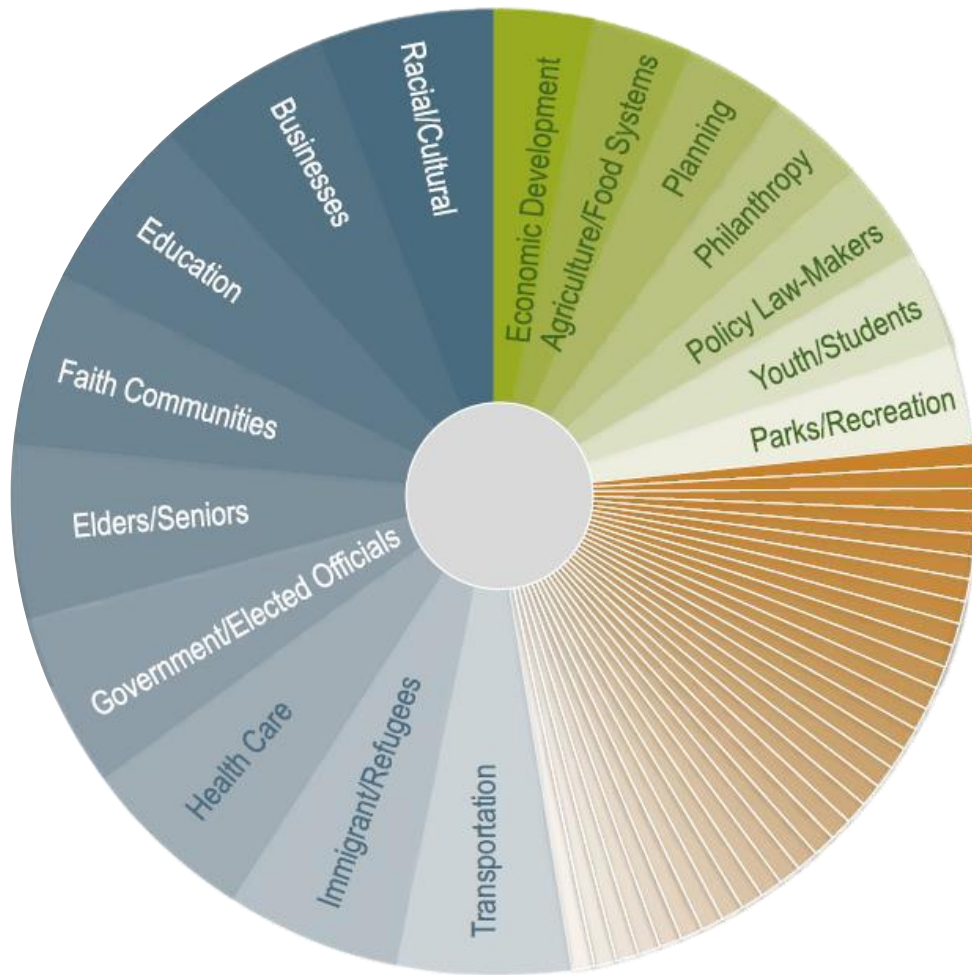
Multi-sector  
Partnerships



PSE  
Change



Community  
Engagement



# MULTI-SECTOR PARTNERSHIPS

# POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE) CHANGE

A Programs Approach

VS.

A PSE Change Approach



Hosting a community bike ride



Implementing a Complete Streets Policy to ensure community roads are designed to be safe and accessible for all users



Opening and maintaining a community garden



Passing a municipal urban agriculture ordinance or policy which allows residents to use space for community gardens



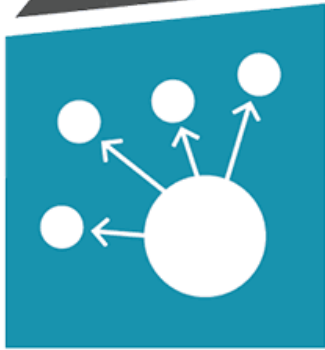
# MIM PSE STRATEGIES

Active Transportation Planning  
Community Economic Development  
Food Planning  
Housing  
Park and Open Space Planning  
School District Policy



# COMMUNITY ENGAGEMENT

DEGREE OF DIFFICULTY AND PUBLIC IMPACT



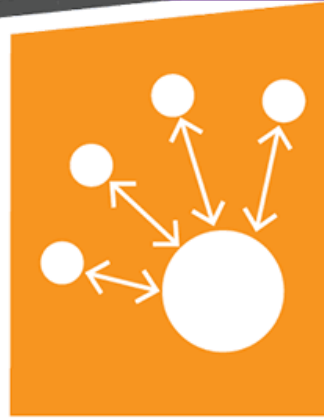
## INFORM

provide balanced, objective info that the public should know and act on



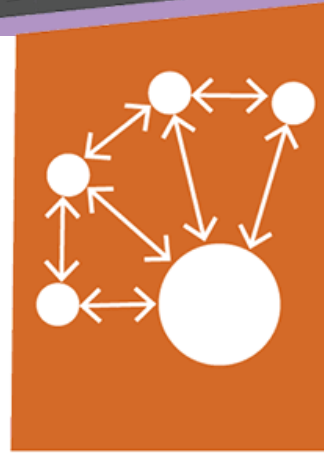
## CONSULT

obtain and consider feedback or input on issues, ideas, and decisions



## INVOLVE

work with the public to understand the issues and problems and include in identifying options for moving forward



## COLLABORATE

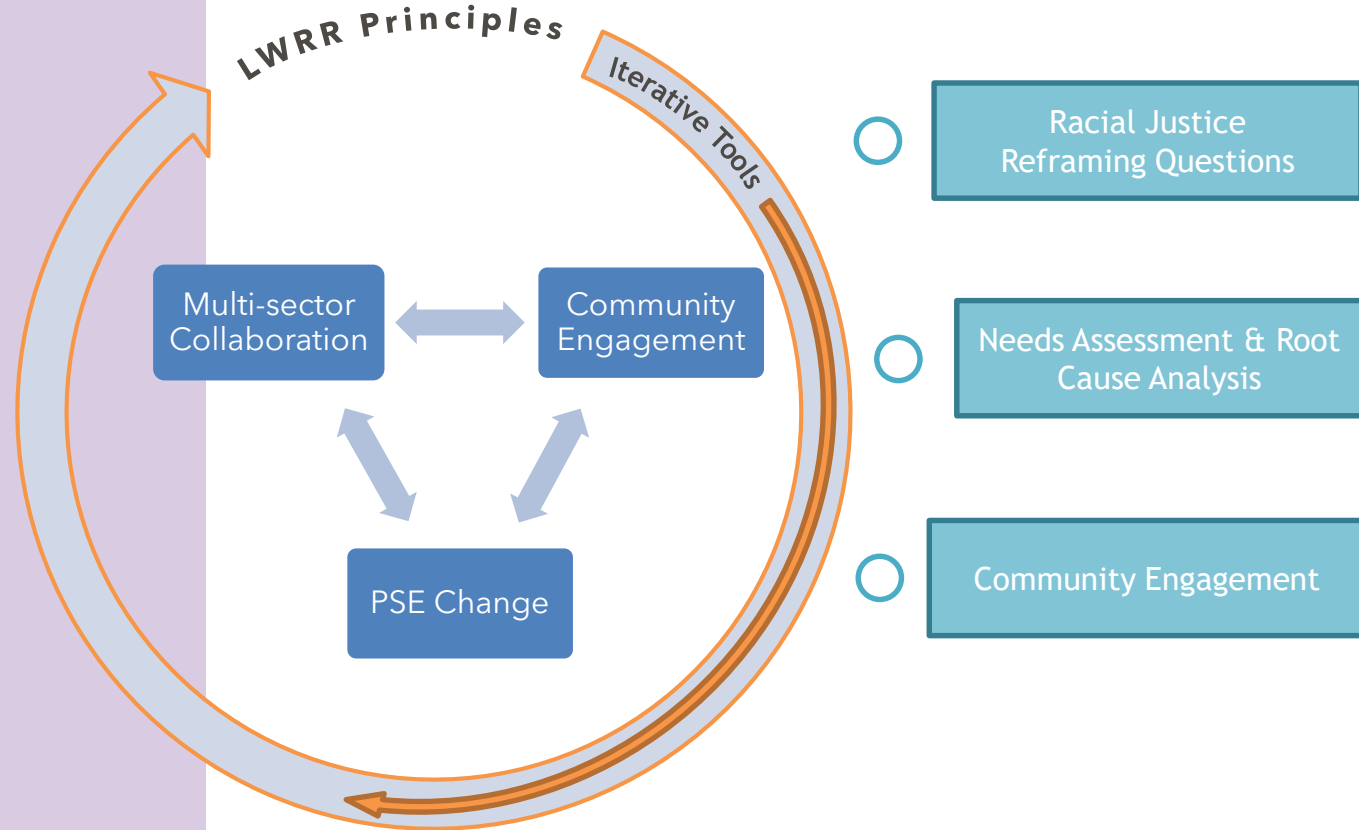
partner with the public, seeking advice and innovations that become embedded as much as possible in decisions made



## EMPOWER

final decisions are made by the public and are one of the players implementing them

# MIM PRINCIPLES & PRACTICE



# LEADING WITH RACE & RACISM FRAMEWORK

**Principle 1:** Address structural racism in addition to other forms of oppression.

**Principle 2:** Center people with lived experience of inequities and share decision-making power.

**Principle 3:** Identify and address the root causes of health to create equitable solutions.

**Principle 4:** Be aware and address that our work may have unintended consequences that make inequities worse.

# RACIAL JUSTICE REFRAMING QUESTIONS

Who benefits?

Who is harmed?

Who influences?

Who decides?

What are the  
unintended  
consequences?



# Overview - Healthy Wey

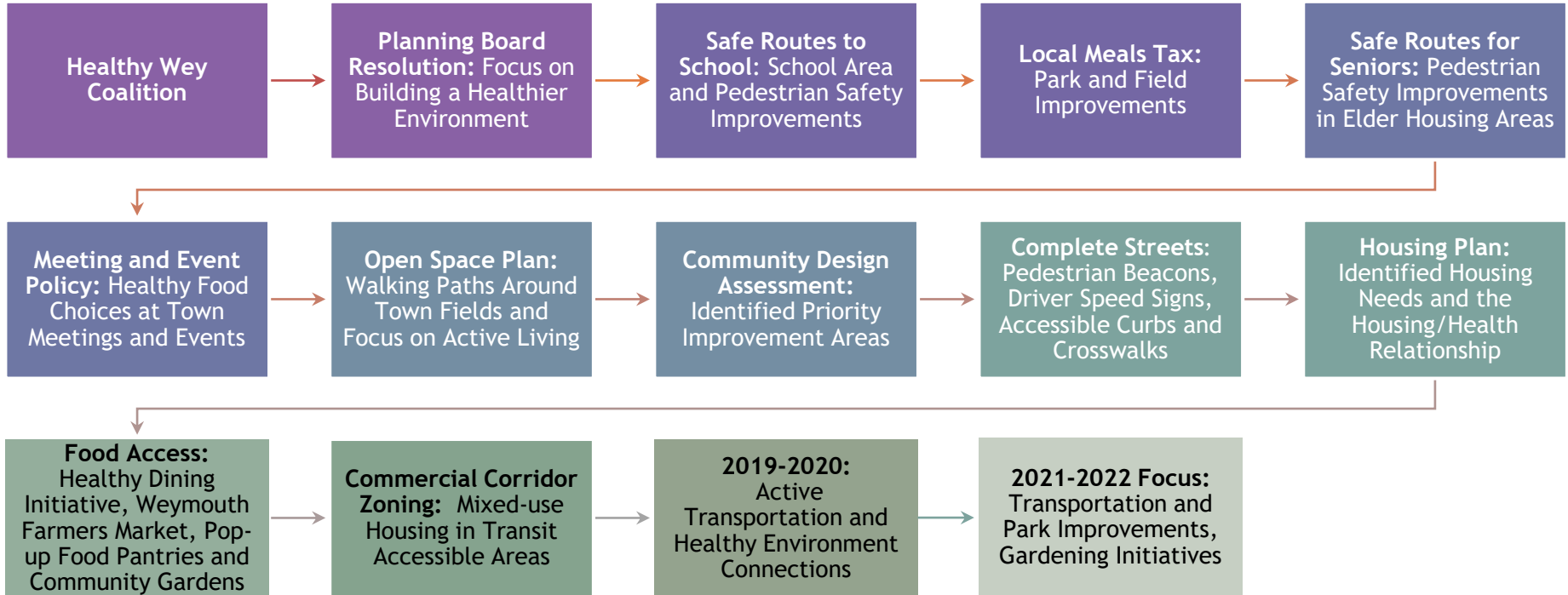




# HEALTHY WEY MISSION STATEMENT

The Healthy Wey Coalition envisions a healthy Weymouth where people of all ages and economic status have the tools and knowledge necessary to live healthy, happy lives. In collaboration with a diverse network of partners, Healthy Wey works to improve built environments, healthy community design, and access for all residents to healthy eating and active living opportunities through policy, system and environmental change.

# PSE CHANGE IN WEYMOUTH



# Identifying Root Causes

## - Tree Exercise



**Leaves =**  
Observed health  
*outcomes*

**Trunk =**  
Observed health  
*behaviors*

**Roots =**  
Observed root  
*causes of health*

**Soil =**  
Underlying  
conditions



# Needs Assessment & Root Cause Analysis

## Objective

Develop a community profile by gathering, reviewing, and analyzing data related to healthy eating and active living

## Elements

- Health outcomes
- Demographics
- Behaviors
- Economic factors
- Environmental factors
- Social factors
- Local historical context

## Considerations

- WHAT are the health inequities in Weymouth?
- WHO is experiencing these inequities (our priority populations)?
- WHY do the inequities exist?
- WHICH barriers and conditions need to be addressed?

## Racial Justice Reframing Questions

	Who benefits?
	Who is harmed?
	Who influences?
	Who decides?
	What are the unintended consequences?



# Community Conversations & Next Steps





**Mass**  
in Motion ©

# THANK YOU

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