

## Participating Organizations

Bristol Community College  
Bristol County District Attorney  
Bristol Elder Services  
Bristol Workforce Investment Board  
Catholic Social Services  
City of Fall River  
Board of Park Commissioners  
Children In Balance  
Clean City Committee  
Department of Public Works  
Dept of Health & Human Services  
Street Tree Planting Program  
Community Development Agency  
Community Development Recreation  
Child Nutrition Partnership  
Community Foundation of SE Mass.  
Corky Row Neighborhood Association  
Corrigan Mental Health Center  
Diabetes Association, Inc.  
Fall River Adult Literacy Partnership  
Fall River Garden Club  
Fall River Housing Authority  
Fall River Office Econ. Development  
Fall River Police Department  
Fall River Public Schools  
Fall River Realtors Association  
Family Service Association  
First Baptist Church  
Gr. F.R. Chamber of Commerce  
Gr. F.R. Real Estate Board  
Green Futures  
Health First Family Care Center  
Katie Brown Educational Foundation  
Khmer Family Resource Center  
Maplewood Neighborhood Association  
Mass Community Water Watch & BCC  
May Institute  
People, Inc.  
S.E. Mass. Visiting Nurse Assoc.  
Seven Hills Behavioral Health  
Shepherd's Center  
Southcoast Hospitals  
Saint Anne's Hospital  
St. Luke's Episcopal Church  
Stanley Street Treatment & Resources  
The Trustees of Reservations  
Thomas Chew Mem. Boys & Girls Club  
Univ. of Mass. Extension Service  
Y.M.C.A. of Greater Fall River

## How Healthy City Works

The Healthy City Fall River process involves hundreds of individuals and dozens of organizations. Much of the work involves connecting people who are involved in separate but related efforts to improve the health of the City.

A **Design Team** made up of individuals representing a broad array of groups and activities that contribute to the health of the community oversees the work. The Team meets quarterly to review the progress of the initiative and to make recommendations to the Mayor's Office, the Fall River Department of Health and Human Services, and Partners for a Healthier Community. The role of the Design Team is to interpret the input of the community, to help shape a plan of action and to evaluate the overall progress of the initiative.

Partners for a Healthier Community maintains a web site ([HealthyCityFallRiver.org](http://HealthyCityFallRiver.org)) that provides immediate access to information about the Healthy City Fall River initiative. Information about the Action Priorities and the Action Plan is maintained at this site. Links to information about Healthy City projects around the world as well as links to useful resources are also provided. Anyone wishing to join the Design Team or to have input into the process may contact the Healthy City Fall River Coordinator at [508-324-2411](tel:508-324-2411) at their convenience.

A Healthy City Fall River **CONNECTIONS** newsletter is published quarterly to provide easy access to information about the progress of the process and stories about community activities that contribute to a healthier city.

A permanent **display** of the Healthy City project is also maintained in the lobby of Fall River Government Center with information on display from the web site and the newsletter.

The Fall River Healthy City Initiative was established in partnership with the City of Fall River and Partners for a Healthier Community supported by a DPH linkage funds.



### What is Partners?

Partners for a Healthier Community is the local Community Health Network Area (CHNA), including Fall River, Somerset, Swansea and Westport. One of 27 CHNAs organized by the Massachusetts Department of Public Health (DPH) across the state, the goal of the Partners is to establish a working partnership between DPH and area residents to improve the health status of all those who live or work in these four communities.

For more information about Partners contact us at:

[www.gfrpartners.com](http://www.gfrpartners.com)

**Partners for a Healthier Community**  
P.O. Box 1228  
Fall River, MA 02722

## Healthy City Fall River



### Action Plan



**2010-2014**



## The Visioning Process



In February, 2003, Mayor Edward M. Lambert, Jr., invited community leaders to begin a new initiative to address many of the challenges

and opportunities that Fall River faces. Over 100 of these people gathered at the Advanced Technology and Manufacturing Center to begin a process of community improvement involving the people who live and work in the City.



A Design Team was formed to plan and carry out the first stage of this process. During the summer of 2003, over thirty separate

visioning exercises were conducted throughout the City involving more than 1,000 people in a process that solicited ideas on ways to improve the quality of life in the city. Over 900 suggestions were submitted and then organized into forty-two specific recommendations.



Beginning with the City's Bicentennial Celebration and running throughout the month of September, over 500 people from across the City

"voted" for the recommendations that they felt were the most important upon which to take action. Those areas receiving the most votes were organized into five Priority Areas, each containing three sub-priority goals. Ideas of ways to address these priorities were reviewed and discussed at a Healthy City Summit held at Bristol Community College on March 25th, 2004. The Design Team then reviewed a draft of the Action Plan and the results of that review were sent to the Mayor's office for final review and publication.

## The Action Plan Priority Areas

The five Priority Areas and the sub-priorities chosen by those who participated in the voting process are summarized as follows:

1. **Safety and Substance Abuse:** This Area, which received the most "votes", includes goals for
  - A) increased community policing and personal safety;
  - B) a drug-free community, including enforcement of tobacco laws; and
  - C) reduction of gangs.
2. **Environment and Recreation:** The second most voted Area includes goals for
  - A) cleaner streets and parks;
  - B) increased and improved recreational opportunities for youth and adults; and
  - C) measures to ensure cleaner air and water.
3. **Health Education:** Voted third in importance, this Priority Area includes goals focused on
  - A) nutrition and diabetes education;
  - B) tobacco education and
  - C) physical fitness education.



4. **Adult Education, Job Training & Employment:** Selected fourth in order of importance, this Priority Area includes goals for:
  - A) adult and out-of-school youth education;
  - B) alternative programs including tutoring, drop-out prevention and after-school programs; and
  - C) youth and senior employment and volunteerism.
5. **Community Planning & Housing:** This last area, in order of voted priority, includes goals for
  - A) affordable housing;
  - B) waterfront access; and
  - C) improvements in recreation facilities for youth and adults.

*To see photos and descriptions of hundreds of activities that have addressed these Action Priority areas, visit the Healthy City web site at [www.HealthyCityFallRiver.org](http://www.HealthyCityFallRiver.org)*

## Policy & Environment Change

Beginning in 2010, a new emphasis on policy, systems and environmental changes added strategies to address sustainable changes in:

- Safety & Alcohol, Tobacco & Other Drug Control
- Recreation & Fitness
- Food Supply & Nutrition
- Educational, Worksite & Medical Policies
- Built Environment & Advocacy

Funding provided through the Massachusetts Department of Public Health (DPH) supported wellness initiatives through [Mass In Motion](#) and [Healthy Lives](#) projects, as well as a [Children In Balance](#) research grant from Tufts University, that included:

- Establishment of ten designated walking routes throughout the city
- Road striping for bicycles and pedestrians at the Fall River Industrial Park
- Creation of Healthy Dining and Healthy Neighborhood Market programs and a city-wide annual Fitness Challenge
- Development of numerous community gardens at a variety of locations
- Advocacy for the development of parks and open public spaces for recreational use
- Improvements in school nutrition and policies supporting student fitness, and
- Formation of a worksite health and wellness collaborative to stimulate local employers to support improved nutrition and active living
- Organization of a network to support smoking cessation efforts.

Additional funding from the DPH Determination of Need (DON) linkage process continues to support these and other efforts.