



MiM Focus Groups Review Revere 2022-2023





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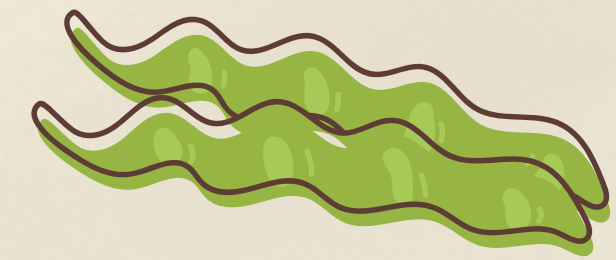
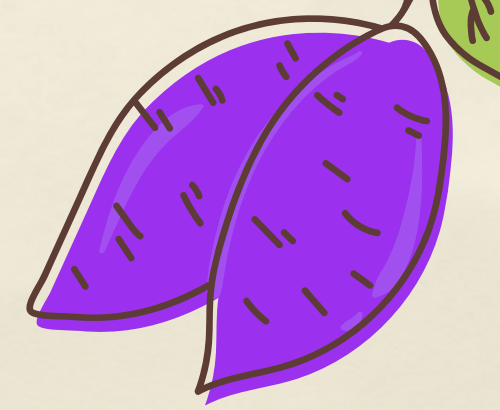
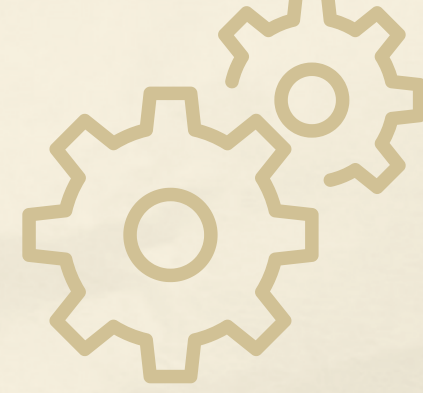


Introduction

Mass in Motion makes community-level changes to support residents to achieve health.

Funded communities go beyond providing programs and services.

They create long-lasting conditions so residents can eat better and move more by making changes to laws, rules, and practices and shaping environments— known as policy, systems, and environmental (PSE) change.



**We spoke with 119 Chelsea and
Revere residents during 9 focus
groups from November 2022 to
January 2023**



1. Arabic Speaking Adults (15 adults)
2. Chelsea Housing Authority (23 middle-aged adults and seniors of various ethnicities)
3. Recipient of the Free Food Boxes in Revere Food Hub (5 adults of various ethnicities)
4. Revere Senior Center (23 seniors)
5. Revere High School, Youth Health Leadership Council (20 RHS students of various ethnicities)
6. Chelsea High School, Youth Food Movement (7 CHS students of various ethnicities)
7. Revere Youth Work Staff (7 teens and young adults of various ethnicities)
8. Chelsea Senior Center (13 seniors, 11 Hispanic, two caucasian)
9. Adult Health Daycare Center in Revere



What do you like about Revere?



A word cloud of positive feedback about Revere. The words are arranged in a circular pattern around the central phrase 'the beach'. The words are color-coded: blue for 'the beach', red for 'representation', pink for 'transportation', yellow for 'entertainment' and 'diversity', orange for 'peaceful' and 'safe city', green for 'culture' and 'restaurants', and purple for 'the community'.

ramadan celebration
everything is close
easy to get around
peaceful
friends
entertainment
representation
the beach
transportation
the community
diversity
safety
my culture
safe city
restaurants
culture

Who in this community has a difficult time having an active lifestyle/exercising?

Adults

**Low- income
households**

College students

Kids with disabilities


Seniors

Low-income adults

Muslim Women

High School Students

What barriers or challenges make it difficult to have an active lifestyle/exercise?



Respondents of all ages said they prefer a partner or a group to do physical activity

Uneven sidewalks

Lack of a fully equipped gyms

Most residents have to prioritize work/ other obligations

Lack of female exclusive gyms

Communication about events is not reaching the intended audience



Quotes on Barriers to Exercise

"The city of Revere has transportation, but there's no public transportation where I live. There are no buses, nothing. but the (senior center) shuttle service is everything to me. The exercise program keeps me active."

- Resident in the Senior Center

"Some students are drained from class. They don't have time or energy as well as the parents that work all day."

-RHS student

"In my neighborhood, I know my neighbor's spouse is home all day. People don't know anything and stay in their bubbles. Everybody is scared and they're protecting themselves"

-Resident from Free Food Boxes

What ideas do you have to make it easier for people in this community to have a more active lifestyle/exercise?

Revere needs a gym like the YMCA

An affordable gym

Explore all methods of communication, ask residents how they like to get information. For example: Seniors residents said they still prefer paper flyers.

Students say they need help managing their schedule





Who in this community has a hard time getting healthy and affordable foods?

Low-income households

Immigrants

Seniors


Adults

Muslim Residents

Highs School and College Students



What challenges make it difficult for people to get healthy food?



Too many readily available unhealthy fast-food options that are affordable

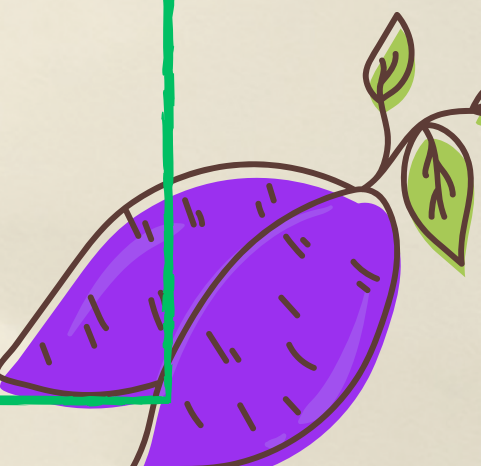
Lack of culturally appropriate food. Not enough kosher and halal food options in school lunch.

Not enough protein in food pantries and free food boxes.

Getting to the big supermarkets to buy fresh vegetables is challenging

Inflation has increased food costs.

Seniors discussed the difficulties of spending their Healthy Incentive Program (HIP/ SNAP) during winter. Because there's no farmer's market.



Quotes on Barriers to Healthy Eating:

“There aren't halal food options offered at some Revere public schools, only at a couple of food markets, and their price isn't very affordable, and there is not a wide variety.”

-Resident in the Arabic speaking focus group

“Better organization; sometimes the lunch lines don't show what they have in advance(a poster) so we wait in line for lunch we didn't want. It would be useful to have a free period or a longer lunch. Also, community building, and more involvement with mental health assistance for students. RHS has so many students, but not enough councilors.....If we talk about our Mental Health, then it will be better for everything else”

-Resident in the Youth Health Leadership Council





Quotes on Barriers to Healthy Eating:

"We handed out kale and we would get it back. We had to describe what Kale is and how to cook it to Spanish speakers who were in line for the boxes."

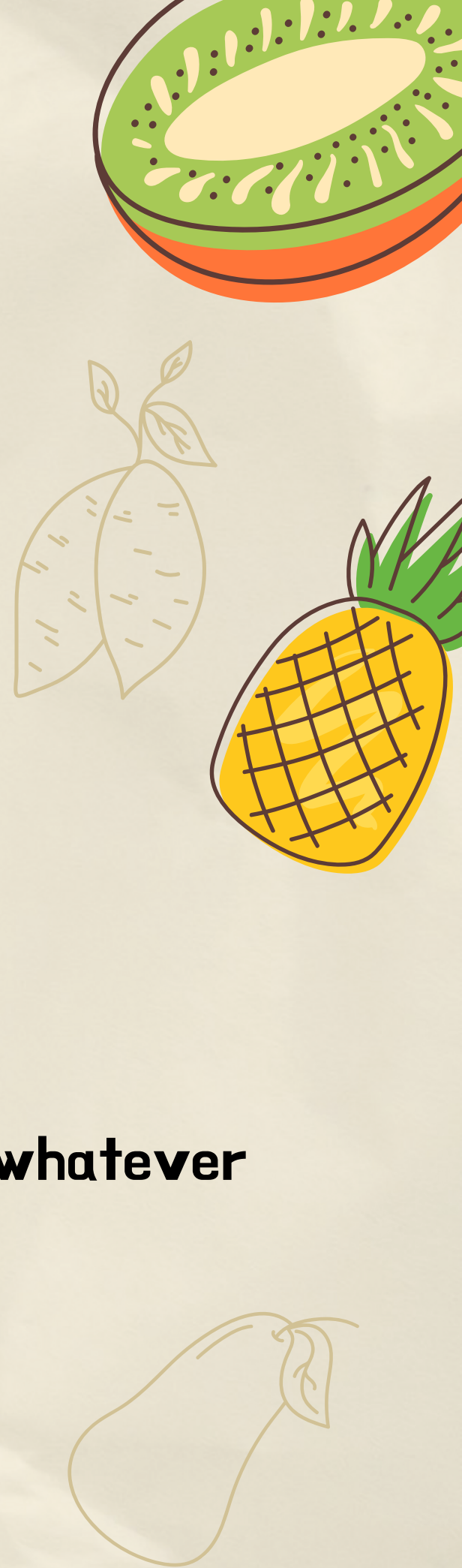
-Youth who works at the Food Hub

"I started to go Wednesday and Thursday (Food Hub), I had to Google and cook new vegetables that I got. Most of them I boiled and I've been eating more vegetables"

-Resident who participates in the Food Hub

"Low-income people are affected, with no access to organic food, they have to eat whatever is available sometimes, like canned food because they work too much. They might go to get fast food, as it is cheap and quick. There's enough food, but it's not cheap."

-Youth who works at the Food Hub





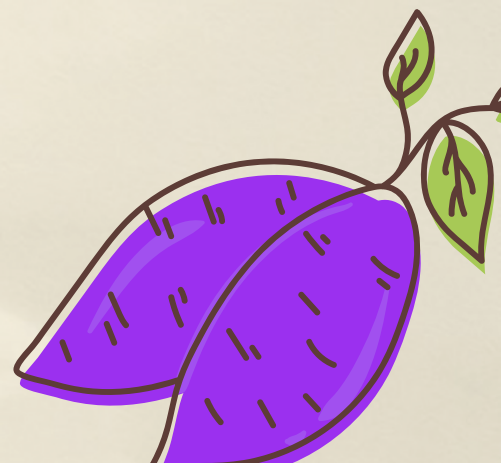
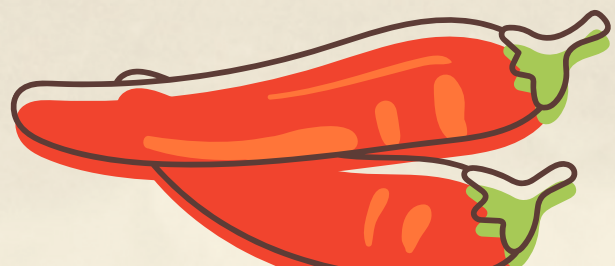
What do you think about the free food resources?



"I like the food that we receive and it is relatively healthy. My parents say it's great. My dad can make anything out of all."

"We hand out a decent amount of healthy food, greens, dairy, grains and kale."

"There was one year during Thanksgiving were halal meat was offered, it's only chicken but we appreciate it and felt included."





What ideas do you have to make it easier for people in this community to get healthy food?



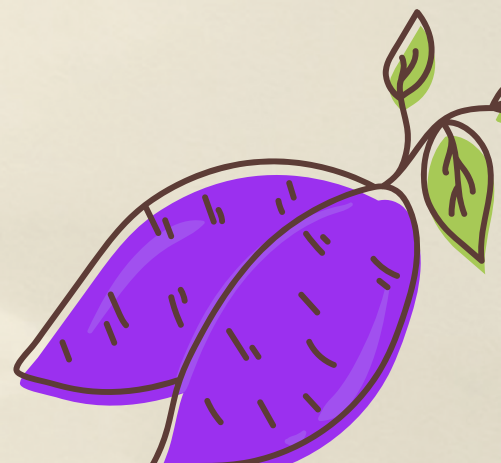
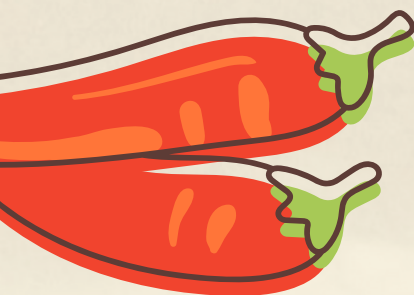
**Education using
community gardens**

**Education in schools
about eating healthy
and growing food.**

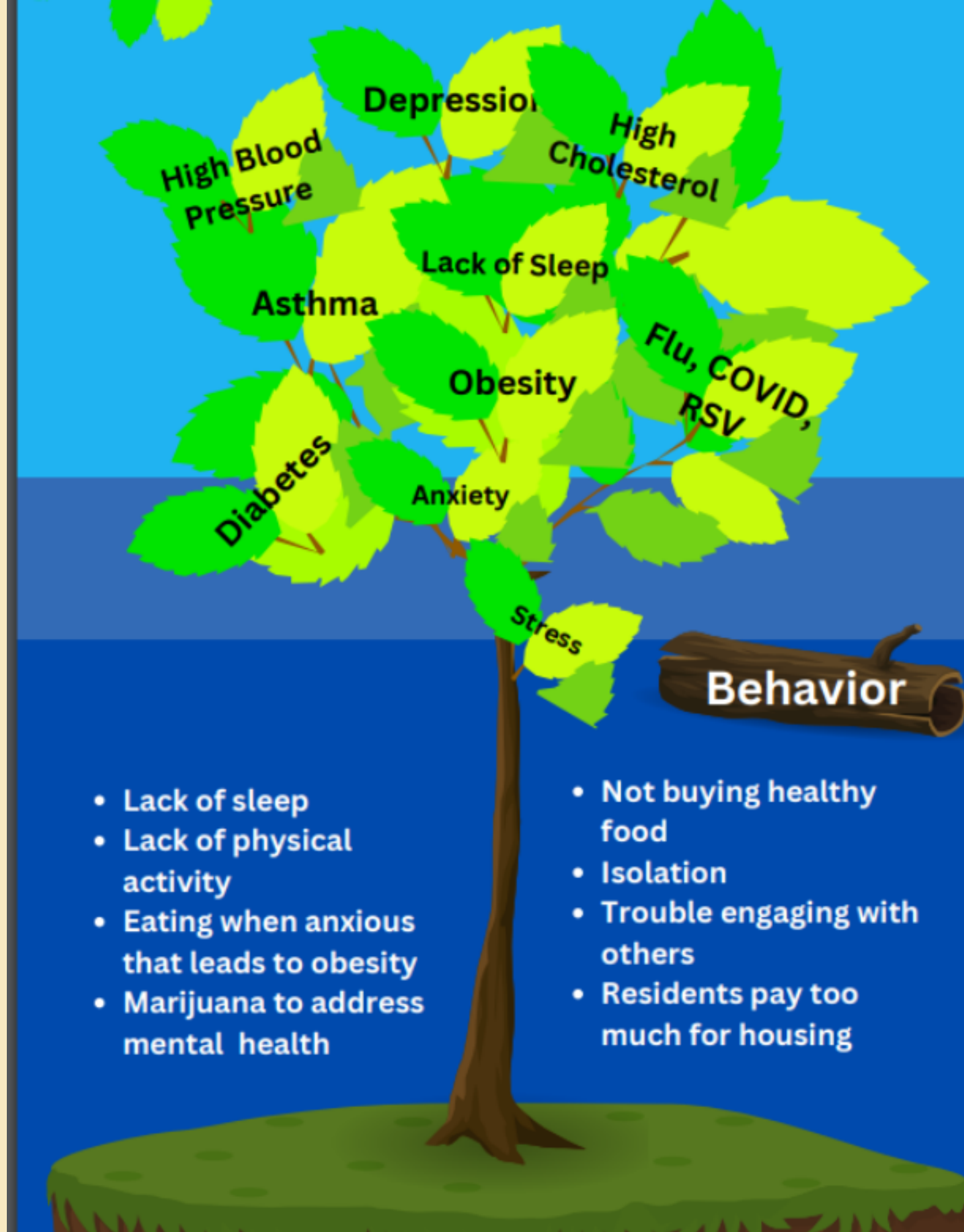
**Provide food from
different cultures**

**Halal food at the
Public Schools**

**Farmer Market access
the whole year**



Tree Exercise



What's next?

**1. CREATE A REVERE FOOD WORKING
GROUP**

**2. CONTINUE TO MEET WITH REVERE
PARTNERS**



WOULD YOU LIKE
TO JOIN?

WHAT AREAS
AROUND FOOD
INTERESTS YOU?



HOW TO REACH ME

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Thank you!

**Do You Have Any
Questions?**