

## Resolving Socioeconomic Stressors



**IMPORTANCE** There is more to good health than lifestyle choices, genes, and access to health care.

Research shows that the social circumstances in which we are born, live and work – our jobs, schools, built space, transportation, even the quality of civic life – get under the skin, influencing our behaviors, access to resources, chronic stress levels and ultimately increasing or decreasing our chances for health.

### When we recommend...

Eat 5 fruits & vegetables per day to reduce your risk of chronic disease

Exercise 150 minutes per week

Make sure you practice safe sex

Take your inhalers to control your asthma

### We assume our patients...

Live near good supermarkets and affordable fresh produce stores

Live in a safe neighborhood with parks and green space nearby

Are not in abusive relationships

Live in a home with no mold, cockroaches or exposure to busy roads and have adequate heating

### Resources to help and contact information

**Farm Fresh RI** 401-312-4250 [www.farmfreshri.org](http://www.farmfreshri.org)  
**RI Community Food Bank** 401-942-6325 [www.rifoodbank.org](http://www.rifoodbank.org)  
**URI SNAP Hotline** 1-866-306-0270 [www.uri.edu/endhunger](http://www.uri.edu/endhunger)  
**CAP Agencies** 401-941-0774 [www.ricommunityaction.org](http://www.ricommunityaction.org)  
**WIC** Women, Infants and Children Nutrition. RI Department of Health 401-222-5960 3 Capitol Hill, Providence 02908 [www.health.ri.gov/programs/wic](http://www.health.ri.gov/programs/wic)

**YMCA** 401-521-9622 [www.ymcagreaterprovidence.org](http://www.ymcagreaterprovidence.org)  
**RI State Parks** [www.riparks.com](http://www.riparks.com)

**Planned Parenthood** 401-421-9620 111 Point St., Providence [www.plannedparenthood.org](http://www.plannedparenthood.org)  
**Women's Center of RI** 401-861-2760 [www.womenscenterri.org](http://www.womenscenterri.org)  
**DayOne** 421-4100 100 Medway St., Providence [www.dayoneri.org](http://www.dayoneri.org)

**Local CAP Agency** Heating (LIHEAP) Weatherization Appliance Assistance [www.ricommunityaction.org](http://www.ricommunityaction.org) 401-941-0774  
**2-1-1** Housing assistance Dial 2-1-1 [www.211RI.org](http://www.211RI.org)  
**Home Locator RI** 1.877.428.8844 Find or list a house or apartment [www.homelocatorri.net](http://www.homelocatorri.net)  
**RI Legal Services** Providence 401-274-2652, Newport 401-846-2264 [www.rils.org](http://www.rils.org)  
**Green and Healthy Homes Initiative** 410-534-6447 [ghhi@leadsafe.org](mailto:ghhi@leadsafe.org)

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**REALITY** The U.S. child poverty rate (21.9%) is five times that of Sweden (4.2%). Sweden allocates 18% of its GDP to social spending while the U.S. allocates 4%.

The U.S. is the only industrialized nation that doesn't require employers to provide paid sick leave.

The U.S. is the only industrialized country that doesn't require paid vacations by law.

On average, there are 4 times as many supermarkets in predominantly white neighborhoods as there are in predominantly black or latino neighborhoods.

The same foods purchased by suburban residents in large supermarkets cost 3% to 37% more for urban dwellers.

Babies born to mothers who did not finish high school are twice as likely to die before their first birthday, compared to those born to college graduates.

Racial and ethnic health inequities don't just reflect income. More African American, Native American, Latino, and Pacific Islanders are in poor or fair health than whites at practically every income level.

SOURCE Adapted from the work of Dave Gordon, University of Bristol, and Dennis Raphael, York University and UnnaturalCauses.org. Edited and compiled by The Women's Health Council of RI, September 2012.

Resources compiled by the Women's Health Council of RI.

### When we recommend...

Make sure you keep all of your medical appointments Service Desk.

Take your medications as prescribed

Manage stress by taking time to slow down or plan relaxing get-aways

### We assume our patients...

Have access to transportation and quality child care

Can read the instructions  
Can afford to buy the medications  
Understand why the medication is important

Have a job with good compensation and benefits

### Resources to help and contact information

**Public transportation assistance** "If the patient has Rite Care/Medicaid, they are entitled to 10 free bus tickets per month. Can be obtained at Stop and Shop Customer Service Desk."

**RI DHS** Child Care Assistance 401-462-5300 [www.dhs.ri.gov/](http://www.dhs.ri.gov/)

**BrightStars** Child Care 1-855-398-7605 [www.brightstars.org](http://www.brightstars.org)

**Wal-Mart** \$4 Rx list [www.walmart.com](http://www.walmart.com) Pharmacy Savings Programs

**AAA** Member Rx discount 1-866-AAA-SAVE [www.AAA.com](http://www.AAA.com)

**Pharmacy Assistance** "Pharmacies offer one-on-one consultations, ensuring that the patient knows how to take and manage Rx's."

**Familywize** Prescription Discount Card [www.familywize.org](http://www.familywize.org)  
Or call 2-1-1 for a card

**RIRx** Prescription Discount Card 401-484-7479 [www.rirx.com](http://www.rirx.com)  
Or call 2-1-1 for a card

**URI Pharmacy Assistance Program** 1-800-215-9001

**Take a yoga class** [www.yoga-centers-directory.net](http://www.yoga-centers-directory.net)

**Women's Medicine Collaborative** Low-cost Therapeutic Yoga  
146 West River St. Providence RI. 401-793-7410  
[www.womensmedicinecollaborative.com](http://www.womensmedicinecollaborative.com)

**RI WORKS** 401-274-1771 [www.dhs.ri.gov/](http://www.dhs.ri.gov/)

**"Stay-Cations"** [www.visitrhodeisland.com/what-to-do](http://www.visitrhodeisland.com/what-to-do)  
[www.goprovidence.com/things-to-do](http://www.goprovidence.com/things-to-do)

**Network RI/DLT** 888-616-JOBS Jobseeker Services [networkri.org](http://networkri.org)

**Bradley Hospital** 401-432-1000 [www.bradleyhospital.org](http://www.bradleyhospital.org)

**Butler Hospital** 401-455-6200 [www.butler.org](http://www.butler.org)

**Community Mental Health Centers** 401-274-1771  
[www.rihca.org](http://www.rihca.org)