



**BRISTOL HEALTH EQUITY
ZONE**
...partnering for a healthy community



Healthy Food Access and Nutrition

Ease of preparation continues to be the priority when making decisions about food choices (48% 2016/44% 2020). Overall, respondents indicated they are comfortable with preparing meals by way of a recipe, in addition to adjusting meals to be healthier, by adding vegetables, whole grain ingredients and baking instead. The top priorities from the Re-Assessment around improved food access and nutrition include cost (4), transportation and accessibility (3), followed by more healthier offerings at local restaurants. Only half (51%) of respondents indicated awareness of free produce at East Bay Food Pantry, while the same percentage feel there is adequate food (enough to sustain an individual/family) available to those in need in the community.

1. When purchasing food in Bristol, please rank your priorities when making decisions about your food choices? Use 1 as the most important and 4 as the least important.

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Taste is the most important factor:	34% (115 responses)	37% (30 responses)
Cost is the most important factor:	33% (117 responses)	32% (25 responses)
Ease of preparation is most important:	48% (176 responses)	44% (36 responses)
Meeting nutritional needs is most important:	42% (164 responses)	31% (26 responses)

2. When thinking about your confidence level around eating and cooking, I believe I am:

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Confident cooking with basic ingredients:		61% (90 responses)
Confident following a recipe:		72% (104 responses)
Confident about tasting new foods:		51% (73 responses)
Confident preparing/cooking new foods:		46% (66 responses)

3. How often do you adjust meals to be healthier, like adding vegetables to a recipe, using whole grain ingredients, or baking instead of frying?

Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
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Never:	1% (1 response)
Rarely:	6% (8 responses)
Sometimes:	31% (45 responses)
Often:	40% (58 responses)
Always:	23% (33 responses)

4. How often do you use the nutrition facts on food labels when making choices about purchases?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Never:		5% (7 response)
Rarely:		7% (11 responses)
Sometimes:		31% (45 responses)
Often:		37% (54 responses)
Always:		20% (30 responses)

5. Regarding access to fresh fruits and vegetables throughout the community, are you:

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Aware of free produce at East Bay Food Pantry:		51% (75 response)
Aware of Mt. Hope Farm Farmer's Market:		87% (128 responses)
Aware of community gardens at Q. G. Community Center:		73% (106 responses)
Do you patron the Mt. Hope Farm Farmer's Market?		60% (86 responses)
Do you garden at Q.G. Community Center?		97% (141 responses)
If one existed downtown, would you patron a farmer's market?		71% (104 responses)

6. Do you think food stores in Bristol carry a variety of fresh vegetables and fruits of acceptable quality?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Strongly Agree:	22% (113 responses)	11% (16 responses)
Agree:	54% (276 responses)	65% (95 responses)
Neutral:	16% (81 responses)	15% (22 responses)

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Disagree:	7% (35 responses)	7% (106 responses)
Strongly Disagree:	2% (9 responses)	3% (4 responses)

7. Do you think vegetables and fruits are available at comparable prices from other sources in Bristol such as farmer's markets, roadside stands and community gardens?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Strongly Agree:	10% (51 responses)	5% (7 responses)
Agree:	37% (188 responses)	36% (52 responses)
Neutral:	29% (148 responses)	38% (56 responses)
Disagree:	20% (103 responses)	20% (29 responses)
Strongly Disagree:	3% (15 responses)	1% (2 responses)

8. Do you think restaurants in Bristol promote healthy eating (e.g., by providing nutrition information on the menu, identifying healthy menu options, serving moderate portions, and/or highlighting healthy foods)?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Strongly Agree:	3% (14 responses)	2% (3 responses)
Agree:	26% (132 responses)	36% (52 responses)
Neutral:	38% (196 responses)	43% (62 responses)
Disagree:	31% (157 responses)	17% (24 responses)
Strongly Disagree:	2% (12 responses)	1% (24 responses)

9. Do you think adequate (enough to sustain an individual/family) food is available to those in need in the community?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Yes:		51% (71 response)
No:		24% (33 responses)
Unsure:		24% (34 responses)

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10. Are there other opportunities or barriers in Bristol to accessing healthy food and nutrition that we should know about?

Baseline Re-Assessment
(Spring, 2020)

- New market downtown would be helpful for elderly that don't drive, smaller family markets are more expensive
- CSAs should be encouraged
- Transportation is a barrier (3)
- Cost is a barrier (4)
- Of the two stores in town, one needs more produce variety, the other needs to come down in price
- Diet factors, food allergies
- Nutrition-focused store/market downtown
- Restaurants could do more to offer healthy alternatives (2)
- Accessibility (3)
- Programs that teach people how to grow their own food
- RWU at Food Pantry
- Create more competition between vendors

Physical Activity

Across both assessment tools (Baseline Assessment/Re-Assessment), Bristol residents are active, participating in regular exercise during the week. Respondents are also consistent between both tools regarding a system of well-maintained sidewalks and paths that allow for walking and biking in the Downtown. However, the majority of respondents for the Re-Assessment do not feel the same regarding walking and biking along commercial areas, with fewer respondents in agreement than the Baseline Assessment. Just over half (51%) of respondents from the Re-Assessment feel there are design features that adversely impact walking/biking in Bristol (similar to what we heard during the Walk/Bike Audits in 2016). Fewer respondents (24%) from the Re-Assessment believe recreational facilities are not fully accessible by all income levels/abilities.

11. Do you regularly participate in an exercise program during the week, and if so, what is it?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Yes:	62% (304 responses)	60% (84 responses)
No:	38% (189 responses)	39% (54 responses)

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- Walking (29)
- Yoga (7)
- Chair Yoga (5)
- Zumba (8)
- Zumba Gold (4)
- Gym (18)
- YMCA
- Strength Training
- Running (4)
- Swimming
- Matter of Balance
- Ballroom Dancing
- Tai Chi
- Dance
- Tabata Classes
- Volleyball
- Biking
- Pickle Ball
- Treadmill/Stationary Bike
- RWU Athletics (3)
- Weightlifting
- Softball
- Track and Field
- Silver Sneakers

12. Do you think Bristol has a system of well-maintained sidewalks and paths that allow for safe walking and biking in the following areas:

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
In the downtown area:		
Strongly Agree:	24% (120 responses)	9% (13 responses)
Agree:	54% (269 responses)	52% (72 responses)
Neutral:	9% (46 responses)	21% (29 responses)
Disagree:	10% (50 responses)	12% (17 responses)

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Strongly Disagree:	2% (12 responses)	6% (8 responses)
Along commercial areas:		
Strongly Agree:	6% (31 responses)	2% (3 responses)
Agree:	35% (169 responses)	30% (41 responses)
Neutral:	20% (97 responses)	31% (43 responses)
Disagree:	30% (147 responses)	27% (37 responses)
Strongly Disagree:	9% (42 responses)	9% (13 responses)
Within neighborhoods:		
Strongly Agree:	8% (37 responses)	2% (3 responses)
Agree:	34% (169 responses)	39% (53 responses)
Neutral:	23% (111 responses)	31% (42 responses)
Disagree:	27% (130 responses)	17% (23 responses)
Strongly Disagree:	9% (43 responses)	12% (16 responses)

13. When you walk and/or bike in town, you can safely get to all destinations?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Strongly Agree:		6% (8 responses)
Agree:		46% (63 responses)
Neutral:		23% (32 responses)
Disagree:		18% (9 responses)
Strongly Disagree:		7% (9 responses)

14. Do you think there are existing design features that adversely impact walking/biking in Bristol? (e.g., non-functioning signals, lack of crosswalks, intersection/crossing visibility)?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Strongly Agree:		17% (23 responses)
Agree:		34% (45 responses)
Neutral:		34% (45 responses)
Disagree:		13% (2 responses)

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Strongly Disagree:

2% (2 responses)

15. If the Town were to target challenges to walking and/or biking around Bristol, what should the focus be?

Baseline Re-Assessment
(Spring, 2020)

- Neighborhoods (5)
- Hope St. to Chestnut St.
- Tree roots in sidewalks
- Bike lanes (Hope St., south of Washington to mill bridge) (5)
- Traffic (6)
- Extend the bike path
- Safety (6)
- Signalization
- Snow removal on sidewalks
- ADA accessibility (3)
- Culture of respect for walkers/bikers
- Indoor spaces during bad weather
- Lighting
- Parking/site lines (2)
- Crosswalks (3)
- RWU connections

16. Do you think Bristol offers a variety of free/low-cost opportunities for the following:

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Basketball:		
Strongly Agree:	14% (64 responses)	3% (2 responses)
Agree:	52% (240 responses)	42% (51 responses)
Neutral:	23% (107 responses)	49% (60 responses)
Disagree:	10% (45 responses)	4% (5 responses)
Strongly Disagree:	2% (10 responses)	2% (2 responses)

Baseball/Softball:

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Strongly Agree:	17% (79 responses)	3% (2 responses)
Agree:	55% (254 responses)	42% (51 responses)
Neutral:	21% (98 responses)	49% (60 responses)
Disagree:	6% (29 responses)	4% (5 responses)
Strongly Disagree:	1% (6 responses)	2% (2 responses)

Soccer/Football/Lacrosse:

Strongly Agree:	16% (74 responses)	4% (5 responses)
Agree:	51% (240 responses)	35% (43 responses)
Neutral:	22% (104 responses)	51% (62 responses)
Disagree:	9% (41 responses)	8% (10 responses)
Strongly Disagree:	2% (8 responses)	2% (2 responses)

Health/Wellness Recreation:

Strongly Agree:	12% (56 responses)	12% (15 responses)
Agree:	38% (184 responses)	49% (63 responses)
Neutral:	22% (106 responses)	31% (40 responses)
Disagree:	21% (99 responses)	4% (5 responses)
Strongly Disagree:	7% (35 responses)	4% (5 responses)

Walking indoors, after hours/during inclement weather:

Strongly Agree:	3% (15 responses)	4% (5 responses)
Agree:	8% (38 responses)	30% (39 responses)
Neutral:	20% (95 responses)	29% (38 responses)
Disagree:	47% (221 responses)	32% (41 responses)
Strongly Disagree:	22% (106 responses)	5% (7 responses)

Playgrounds/Play Structures:

Strongly Agree:	26% (122 responses)	9% (12 responses)
Agree:	59% (278 responses)	59% (75 responses)
Neutral:	11% (51 responses)	24% (31 responses)
Disagree:	4% (20 responses)	5% (6 responses)
Strongly Disagree:	1% (3 responses)	2% (3 responses)

Passive Recreation:

Strongly Agree:	26% (125 responses)	11% (14 responses)
Agree:	51% (240 responses)	46% (59 responses)
Neutral:	18% (87 responses)	33% (42 responses)
Disagree:	4% (18 responses)	8% (10 responses)

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Strongly Disagree: 1% (5 responses) 2% (2 responses)

Water-Based Activities:

Strongly Agree:	16% (74 responses)	4% (5 responses)
Agree:	35% (165 responses)	35% (45 responses)
Neutral:	25% (116 responses)	38% (48 responses)
Disagree:	22% (101 responses)	19% (24 responses)
Strongly Disagree:	3% (12 responses)	4% (5 responses)

17. Do you think the majority of the opportunities listed above are fully used by residents of all income levels and abilities in Bristol?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Strongly Agree:	7% (33 responses)	3% (4 responses)
Agree:	29% (142 responses)	21% (28 responses)
Neutral:	27% (130 responses)	37% (49 responses)
Disagree:	33% (160 responses)	31% (41 responses)
Strongly Disagree:	5% (25 responses)	8% (10 responses)

18. Are there other opportunities for physical activity in Bristol we should know about?

	Baseline Re-Assessment (Spring, 2020)
- Not enough activities downtown for seniors	
- Pool at RWU (2)	
- Kayaking	
- Tennis courts at high school...summer use	
- Need indoor swimming opportunities (2)	
- Flood tennis courts on Common in winter	
- Coggeshall Farm	
- Dog parks	
- Bike connections from eastern part of town to bike path	

Community Design in Support of Healthy Living

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In 2016, 36% of respondents believed the Town is developing/redeveloping to improve opportunities for walking and/or biking (compared to 43% in 2020), and that around the same percentage believe that schools and businesses encourage walking/biking through the provision of amenities such as bike racks, safe approaches to buildings, and sheltered/resting areas. Respondents also feel relatively similar between 2016 and 2020 regarding access to walking/biking routes and food stores/restaurants by disabled individuals.

19. Do you think Bristol is developing new and/or redeveloping existing roads to improve opportunities for walking and biking (e.g., sidewalks, crosswalks, crossing signals, bike lanes)?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Strongly Agree:	4% (20 responses)	3% (4 responses)
Agree:	32% (150 responses)	40% (53 responses)
Neutral:	33% (158 responses)	26% (35 responses)
Disagree:	26% (126 responses)	25% (34 responses)
Strongly Disagree:	5% (22 responses)	6% (8 responses)

20. Do you think schools and businesses in Bristol encourage walking and/or biking by providing certain amenities for walkers/bikers (e.g., bike racks, safe approaches to buildings, resting/sheltered areas)?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Strongly Agree:	4% (20 responses)	5% (7 responses)
Agree:	32% (150 responses)	35% (47 responses)
Neutral:	28% (133 responses)	33% (45 responses)
Disagree:	30% (141 responses)	22% (30 responses)
Strongly Disagree:	5% (24 responses)	4% (6 responses)

21. Do you think walking and biking routes in Bristol are accessible to people with disabilities?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Strongly Agree:	5% (23 responses)	3% (4 responses)
Agree:	39% (187 responses)	30% (39 responses)
Neutral:	30% (144 responses)	34% (44 responses)

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Disagree:	21% (100 responses)	27% (36 responses)
Strongly Disagree:	5% (22 responses)	6% (11 responses)

22. Do you think the Town of Bristol supports new developments that incorporate sidewalks, bike lanes, and recreational and/or open space components?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Strongly Agree:	4% (19 responses)	2% (3 responses)
Agree:	36% (167 responses)	36% (47 responses)
Neutral:	36% (167 responses)	35% (46 responses)
Disagree:	20% (91 responses)	22% (29 responses)
Strongly Disagree:	4% (20 responses)	4% (5 responses)

23. Do you think the food stores and restaurants in Bristol that offer healthy food/menu options are easily accessible?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
By foot, bike, and/or public transportation:		
Strongly Agree:	9% (42 responses)	7% (9 responses)
Agree:	48% (232 responses)	49% (66 responses)
Neutral:	21% (99 responses)	30% (41 responses)
Disagree:	19% (92 responses)	11% (15 responses)
Strongly Disagree:	3% (14 responses)	3% (4 responses)
To people with disabilities:		
Strongly Agree:	4% (18 responses)	6% (8 responses)
Agree:	35% (165 responses)	27% (34 responses)
Neutral:	38% (178 responses)	45% (57 responses)
Disagree:	19% (88 responses)	18% (23 responses)
Strongly Disagree:	4% (17 responses)	5% (6 responses)

24. Are there other issues or opportunities around how new development and redevelopment occurring in Bristol that can support and encourage walking, biking and accessing healthy foods?

Baseline Re-Assessment

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(Spring, 2020)

- Bike lanes/amenities (2)
- Lower costs of healthy foods
- ADA access (5)
- Lower rent for businesses
- Public transportation
- Sidewalks (2)
- Lighting (2)
- Safety of Route 136

Public Transportation in Support of Healthy Living

As with the Baseline Assessment, respondents from the Re-Assessment overwhelmingly do not access RIPTA services (79% 2016/71% 2020). Interestingly, fewer respondents from the Re-Assessment (28%) indicated they do not believe an alternative, free/low-cost town-sponsored transportation system would improve resident mobility throughout the community.

25. How often do you use RIPTA services?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Daily:	2% (12 responses)	3% (4 responses)
Once per week:	1% (7 responses)	2% (3 responses)
Once per month:	3% (16 responses)	8% (11 responses)
About 5 times per year:	14% (68 responses)	16% (22 responses)
Never:	79% (383 responses)	71% (98 responses)

26. Do you think RIPTA serves the entire community and is easily accessible by walking/biking for regular commuting to work and local destinations?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Strongly Agree:	5% (22 responses)	4% (5 responses)
Agree:	36% (168 responses)	41% (54 responses)
Neutral:	34% (158 responses)	33% (43 responses)
Disagree:	19% (908 responses)	18% (23 responses)

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Strongly Disagree: 6% (26 responses) 5% (6 responses)

27. If there was an alternative, free/low-cost town-sponsored transportation system in Bristol, do you think it would improve opportunities to better access medical facilities, schools, after-school recreation facilities and retail areas, including stores/resources for healthy food?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Yes:	74% (348 responses)	47% (63 response)
No:	6% (27 responses)	16% (22 responses)
Unsure:	20% (95 responses)	37% (50 responses)

28. Do you think the food stores and restaurants in Bristol that offer healthy food/menu options are easily accessible?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Medical appointments:		36% (37 responses)
After school programming:		7% (7 responses)
Access the East Bay Food Pantry		7% (7 responses)
Leisure activities:		51% (52 responses)

29. Are there other RIPTA or public transportation issues or opportunities in Bristol we should know about?

	Baseline Re-Assessment (Spring, 2020)
- No routes between Route 114 and 136 (3)	
- Shuttle for students (3)	
- More stops on Metacom Avenue	
- Don't trust bike holders on RIPTA buses	
- ADA accessibility	
- Sidewalks (2)	
- Lighting (2)	

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- Safety of Route 136

Personal Health and Wellness

Comparing the Baseline Assessment to the Re-Assessment, all but one category (Parenting Skills/Child Development 35% 2016/28% 2020) showed considerable gains in awareness of community-based resources...attributable to our messaging (HEZ newsletters), Working Group efforts and website presence. Similarly to the Baseline Assessment (51%) respondents from the Re-Assessment (45%) stated they would be interested in several free/low-cost programs including life skills (10 respondents), mental health (8 respondents), physical activity and nutrition (both 5 respondents). Unfortunately, less than half of respondents from the Re-Assessment indicated awareness/knowledge of services provided at East Bay Center, or that healthcare and social service agencies provide support and/or translation services to residents. On a more positive note, respondents overwhelmingly feel they have plenty of people they feel close to, can trust and rely on when having a problem.

30. Are you aware that the following community-based resources are available in Bristol?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Physical Activity:		
Yes:	19% (83 responses)	73% (97 responses)
No:	44% (199 responses)	15% (20 responses)
Unsure:	37% (166 responses)	12% (16 responses)
Nutrition/Cooking Classes:		
Yes:	14% (63 responses)	69% (93 responses)
No:	49% (217 responses)	22% (29 responses)
Unsure:	37% (165 responses)	9% (12 responses)
Mental Health Services:		
Yes:	19% (87 responses)	40% (53 responses)
No:	45% (200 responses)	36% (48 responses)
Unsure:	36% (161 responses)	24% (32 responses)
Counseling/Support for Special Populations:		
Yes:	18% (81 responses)	30% (40 responses)
No:	44% (199 responses)	37% (49 responses)
Unsure:	38% (69 responses)	34% (45 responses)
Parenting Skills/Child Development Information:		
Yes:	35% (157 responses)	28% (37 responses)

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No:	34% (153 responses)	38% (50 responses)
Unsure:	31% (136 responses)	34% (45 responses)

Life Skills (e.g., cooking/laundry/banking):

Yes:	1% (50 responses)	30% (39 responses)
No:	48% (215 responses)	42% (55 responses)
Unsure:	41% (180 responses)	29% (38 responses)

Health Care Navigators:

Yes:	13% (58 responses)	31% (40 responses)
No:	48% (213 responses)	41% (53 responses)
Unsure:	39% (175 responses)	29% (36 responses)

Basic Needs:

Yes:		62% (82 responses)
No:		24% (32 responses)
Unsure:		14% (19 responses)

31. If the Town of Bristol offered free/low-cost educational programs on any of the above topics, would you be interested? If yes, please specify what topics listed above might be of particular interest to you?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Yes:	51% (231 responses)	45% (56 responses)
No:	21% (96 responses)	19% (24 responses)
Unsure:	29% (130 responses)	36% (45 responses)

- | | |
|---------------------------|--|
| | Baseline Re-Assessment
(Spring, 2020) |
| - Computer/cell phone use | |
| - Mental Health (8) | |
| - Life Skills (10) | |
| - Parenting Skills | |
| - Physical Activity (5) | |
| - Nutrition (5) | |
| - Creative Arts | |
| - Basic Needs (2) | |
| - Weight Loss | |

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- Health Care Navigators
- Diabetes

32. Have you ever used alternative methods for treatment and/or support (e.g., yoga, reiki, meditation/empowerment, stress management)?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Yes:	52% (240 responses)	58% (77 responses)
No:	47% (218 responses)	39% (52 responses)
Unsure:	2% (7 responses)	3% (4 responses)

33. Are you aware of existing mental health centers (East Bay Center) that could provide free/low-cost services?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Yes:	32% (146 responses)	42% (56 responses)
No:	47% (211 responses)	46% (60 responses)
Unsure:	21% (97 responses)	12% (16 responses)

34. Are you aware that health care and/or social service agencies in Bristol provide support and/or translation services to better understand health conditions and access health services?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Yes:	17% (76 responses)	30% (39 responses)
No:	50% (228 responses)	49% (64 responses)
Unsure:	33% (150 responses)	22% (29 responses)

35. Regarding how you generally feel:

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
There are plenty of people you can rely on when you have a problem:		
Yes:		77% (103 responses)

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No: 11% (15 responses)
Unsure: 11% (15 responses)

There are many people you can trust completely:

Yes: 68% (91 responses)
No: 20% (26 responses)
Unsure: 12% (16 responses)

There are enough people you feel close to:

Yes: 86% (113 responses)
No: 10% (13 responses)
Unsure: 5% (6 responses)

36. Would you or a family member be interested in joining a support group for any of the following areas?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Loss of a friend/family member to suicide:		77% (103 responses)
Friends/families of those suffering from addiction/substance abuse:		14% (13 responses)
Friends/families of those suffering from mental illness:		21% (20 responses)
Friends/families of those with chronic illness:		21% (20 responses)
No, neither I or my family would be interested:		56% (54 responses)
Other:		11% (11 responses)

37. Would you be in favor of barriers on bridges to address suicide prevention?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Yes:		75% (99 responses)
No:		9% (12 responses)
Unsure:		16% (21 responses)

38. Are there other issues or opportunities around local health care services we should know about?

	Baseline Re-Assessment (Spring, 2020)
- Sidewalks needed	
- Transportation	

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Substance Abuse, Awareness and Prevention

Comparing the Baseline Assessment with the Re-Assessment, alcohol and cigarette/vaping use/abuse continue to be the most prevalent substances witnessed in Bristol (alcohol 46% 2016/44% 2020 and cigarettes/vaping 54% 2016/41% 2020). Respondents from the Re-Assessment attribute misuse/ abuse of substances to anxiety/stress/depression (85%) followed by peer pressure and lack of addictive qualities of substances (both 55%) at the root cause. Regarding an emergency opioid crisis (from the Re-Assessment), more communication/awareness needs to be done around knowing how/where to get Naloxone (33%) and what services are provided for at the East Bay Recovery Center (25%). The majority of respondents (44%) have seen educational material distributed/displayed around substance use/abuse resources in their doctor’s office. Finally, respondents indicated more information/education is needed (77%) to address these issues.

39. Do you know someone in Bristol who has abused the following in the last 30 days?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Heroin:		
Yes:	12% (56 responses)	5% (7 responses)
No:	82% (369 responses)	89% (116 responses)
Unsure:	6% (27 responses)	5% (7 responses)
Cocaine:		
Yes:	11% (49 responses)	8% (10 responses)
No:	83% (375 responses)	88% (113 responses)
Unsure:	6% (26 responses)	5% (6 responses)
Marijuana:		
Yes:	32% (144 responses)	31% (40 responses)
No:	63% (281 responses)	65% (83 responses)
Unsure:	5% (23 responses)	4% (5 responses)
Prescription Medication:		
Yes:	17% (78 responses)	14% (18 responses)
No:	75% (337 responses)	78% (101 responses)
Unsure:	8% (34 responses)	8% (10 responses)
Alcohol:		
Yes:	46% (206 responses)	44% (56 responses)

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No:	48% (215 responses)	52% (66 responses)
Unsure:	7% (31 responses)	5% (6 responses)
Cigarettes/Nicotine/Vaping:		
Yes:	54% (243 responses)	41% (53 responses)
No:	40% (181 responses)	52% (67 responses)
Unsure:	5% (23 responses)	6% (8 responses)

40. Do you think there is a problem in Bristol with the following:

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Heroin:		
Yes:	51% (232 responses)	27% (34 responses)
No:	12% (52 responses)	18% (23 responses)
Unsure:	37% (168 responses)	55% (70 responses)
Cocaine:		
Yes:	35% (157 responses)	19% (24 responses)
No:	17% (78 responses)	19% (24 responses)
Unsure:	48% (215 responses)	62% (78 responses)
Marijuana:		
Yes:	47% (211 responses)	34% (43 responses)
No:	20% (92 responses)	16% (21 responses)
Unsure:	33% (147 responses)	50% (64 responses)
Prescription Medication:		
Yes:	45% (201 responses)	32% (41 responses)
No:	12% (56 responses)	17% (21 responses)
Unsure:	43% (192 responses)	51% (65 responses)
Alcohol:		
Yes:	54% (244 responses)	44% (56 responses)
No:	10% (47 responses)	13% (17 responses)
Unsure:	35% (160 responses)	43% (55 responses)
Cigarettes/Nicotine/Vaping:		

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Yes:	54% (240 responses)	48% (62 responses)
No:	13% (58 responses)	13% (16 responses)
Unsure:	33% (149 responses)	39% (50 responses)

41. What do you think is the root cause of substance misuse?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
People are unaware of how addictive painkillers are:		55% (71 responses)
Anxiety/Stress/Depression:		85% (109 responses)
Overprescribing:		52% (67 responses)
People are not aware how addiction occurs:		46% (59 responses)
Pharmaceutical companies:		35% (45 responses)
Peer pressure:		55% (70 responses)
Too much trust in physician recommendations:		34% (44 responses)
People who use painkillers:		33% (42 responses)
Lack of adult supervision and guidance:		36% (46 responses)
Flaws in moral character:		14% (18 responses)

42. Are you aware of non-opioid treatment options for chronic pain?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Yes:		47% (61 responses)
No:		34% (44 responses)
Unsure:		19% (24 responses)

43. When confronted with an opioid overdose emergency:

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Do you know how/where to obtain Naloxone/Narcan:		
Yes:		33% (43 responses)
No:		55% (72 responses)
Unsure:		16% (15 responses)

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Are you trained to administer Naloxone/Narcan:

Yes: 14% (18 responses)
No: 85% (109 responses)
Unsure: 1% (1 responses)

Do you carry Naloxone/Narcan on you:

Yes: 5% (6 responses)
No: 94% (121 responses)
Unsure: 2% (2 responses)

Are you aware of the Good Samaritan Law:

Yes: 52% (67 responses)
No: 42% (55 responses)
Unsure: 6% (8 responses)

Are you aware of the services provided at the East Bay Recovery Center:

Yes: 25% (31 responses)
No: 63% (79 responses)
Unsure: 13% (16 responses)

44. Have you seen educational material distributed/displayed in Bristol that addresses substance misuse?

Baseline Assessment
(Winter, 2016)

Baseline Re-Assessment
(Spring, 2020)

Medical office:

Yes: 44% (54 responses)
No: 41% (51 responses)
Unsure: 15% (19 responses)

Business

Yes: 20% (24 responses)
No: 63% (75 responses)
Unsure: 18% (21 responses)

School

Yes: 30% (36 responses)
No: 48% (57 responses)
Unsure: 23% (27 responses)

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Place of worship:

Yes:	15% (18 responses)
No:	59% (70 responses)
Unsure:	26% (31 responses)

Other:

Yes:	14% (15 responses)
No:	56% (58 responses)
Unsure:	39% (31 responses)

45. Do you think Bristol is doing enough to address substance misuse in the community?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Yes:		26% (33 responses)
No:		20% (26 responses)
Unsure:		54% (68 responses)

46. What do you think can be done to address the substance misuse problem?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Reduce the stigma associated with seeking/receiving addiction treatment:		76% (90 responses)
Provide more treatment options:		68% (81 responses)
Provide education on alternatives to treatment for pain management:		77% (91 responses)
Provide more community education:		48% (57 responses)
Provide more community support:		49% (58 responses)
Provide accurate information about risks:		46% (54 responses)
Create more opportunities for people to connect with each other:		42% (50 responses)
Increase legal penalties for individuals using substances:		25% (29 responses)

47. Are there other issues or opportunities around substance misuse, awareness and prevention in Bristol we should know about?

	Baseline Re-Assessment (Spring, 2020)
- Schools are working to provide informational/educational opportunities	

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- A center for methadone help class
- What about supplying Benadryl for people with peanut allergies
- Teach positive coping strategies in schools as part of social/emotional curriculum because people overuse substances in order to numb out a negative feeling
- Insurances need to pay for the alternatives just as much as the pain meds
- Had no idea there was a problem
- Bring back the DARE program
- Churches offer great support

Efficacy of HEZ Programming (2016 – present)

This category was included in order to capture the efficacy of HEZ programming since its inception following the development of the Workplan in 2016. Although the majority of respondents (85th percentile or higher across all categories and topics) acknowledged awareness of various program offerings, the majority of respondents (49%) have only participated in monthly cooking demonstrations, likely due to the timing and location of the Re-Assessment kickoff (Franklin Court Independent Living facility...where the monthly demonstrations are held) and the limited public engagement afterwards due to the COVID 19 pandemic.

48. Under the general topic of Food and Nutrition, are you aware of or participated in the following:

Baseline Re-Assessment
(Spring, 2020)

Community garden program at Q.G. Community Center:

Aware of: 98% (67 responses)
Participated: 12% (47 responses)

Monthly cooking demonstrations:

Aware of: 70% (54 responses)
Participated: 49% (51 responses)

Nutritional series at Q.G. Community Center:

Aware of: 94% (44 responses)
Participated: 11% (5 responses)

Farmer's Market:

Aware of: 72% (72 responses)
Participated: 44% (44 responses)

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49. Under the general topic of Physical Activity, are you aware of or participated in the following:

Baseline Re-Assessment
(Spring, 2020)

Q.G. Community Center programs:

Aware of: 86% (66 responses)
Participated: 25% (19 responses)

Cedar Crest park activation day:

Aware of: 94% (29 responses)
Participated: 16% (5 responses)

50. Under the general topic of Community Design in Support of Healthy Living, are you aware of or participated in the following:

Baseline Re-Assessment
(Spring, 2020)

Complete Streets:

Aware of: 95% (36 responses)
Participated: 18% (7 responses)

Walk/Bike Audits:

Aware of: 88% (38 responses)
Participated: 19% (8 responses)

51. Under the general topic of Transportation in Support of Healthy Living, are you aware of or participated in the following:

Baseline Re-Assessment
(Spring, 2020)

Transportation to cooking demonstrations:

Aware of: 91% (48 responses)
Participated: 11% (6 responses)

Transportation to East Bay Food Pantry:

Aware of: 90% (43 responses)
Participated: 13% (6 responses)

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	Baseline Re-Assessment (Spring, 2020)
Diabetes Prevention Programming:	
Aware of:	92% (36 responses)
Participated:	11% (6 responses)
Bristol County Medical Center coordination:	
Aware of:	92% (33 responses)
Participated:	14% (5 responses)
Recovery Resources Rack Card:	
Aware of:	93% (25 responses)
Participated:	22% (6 responses)
HelpsHereBristol.com campaign:	
Aware of:	96% (24 responses)
Participated:	20% (5 responses)
Parents As Teachers:	
Aware of:	91% (39 responses)
Participated:	26% (11 responses)
Mental Health First Aid Training:	
Aware of:	94% (30 responses)
Participated:	25% (8 responses)
Common Sense Parenting:	
Aware of:	92% (23 responses)
Participated:	12% (3 responses)
Suicide Prevention Working Group:	
Aware of:	93% (273 responses)
Participated:	17% (5 responses)
Student Advocate/Mental Health Services at Mt. Hope HS:	

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Aware of: 91% (32 responses)
Participated: 14% (5 responses)

Don't Give Up/Kindness Rocks campaign:

Aware of: 96% (47 responses)
Participated: 24% (12 responses)

Suicide prevention signage at Mt. Hope Bridge:

Aware of: 98% (63 responses)
Participated: 5% (3 responses)

Suicide Survivor's Day:

Aware of: 96% (26 responses)
Participated: 11% (3 responses)

53. Under the general topic of Substance Misuse, Awareness and Prevention, are you aware of or participated in the following:

Baseline Re-Assessment
(Spring, 2020)

East Bay Recovery Center:

Aware of: 96% (53 responses)
Participated: 9% (5 responses)

Overdose Prevention Plan:

Aware of: 97% (30 responses)
Participated: 19% (6 responses)

Opioid forums:

Aware of: 90% (26 responses)
Participated: 31% (9 responses)

Recovery Rallies

Aware of: 91% (31 responses)
Participated: 29% (10 responses)

NaloxBox installations/locations:

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Aware of: 100% (24 responses)
Participated: 13% (3 responses)

Police Dept. Narcan policy:

Aware of: 100% (23 responses)
Participated: 13% (3 responses)

Smoking/Vaping ban in public parks:

Aware of: 100% (21 responses)
Participated: 5% (1 response)

54. Under the general topic of Community Engagement in Support of Healthy Living, are you aware of or participated in the following:

Baseline Re-Assessment
(Spring, 2020)

Resource Fair:

Aware of: 84% (38 responses)
Participated: 38% (17 responses)

Courageous Kids Summer program:

Aware of: 97% (31 responses)
Participated: 13% (4 responses)

Family Movie Night:

Aware of: 96% (53 responses)
Participated: 13% (7 responses)

Day of Caring:

Aware of: 93% (27 responses)
Participated: 24% (7 responses)

Impacts the Bristol HEZ has made to the community:

Aware of: 85% (40 responses)
Participated: 36% (17 responses)

55. Are there other Bristol HEZ programs that you are aware of /participated in?

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Baseline Re-Assessment
(Spring, 2020)

- Programs at Mt. Hope HS on Wednesdays
- East Bay Food Pantry and thrift store

Demographics

The Baseline Assessment showed the majority of respondents identifying with the 25 – 74 yr. old cohort, followed by the 50 – 74 yr. old cohort...due to a comprehensive outreach campaign. The majority (46%) of 2020 respondents (Re-Assessment) identified themselves within the 50 – 74 yrs. old cohort, followed next by 75+ cohort (23%)...likely attributed to the Re-Assessment being kicked off March 3, 2020 at the Franklin Court Independent Living facility (free Community dinner), followed by the state’s ‘stay at home order’ one week later which hampered outreach/in-person efforts that were planned. As with the Baseline Assessment (84%) the majority of 2020 Re-Assessment respondents stated they have lived in Bristol more than 5 years. When asked what respondents (2020 Re-Assessment) need to live a healthier lifestyle, time (52%) and physical activity opportunities (44%) , as compared to Baseline Assessment respondents who stated more physical activity opportunities (64% followed by affordable healthcare (25%). In regards to respondents participating in other Bristol HEZ surveys...the majority (41%) stated they have participated in previous Cooking Demonstration surveys...again, likely due to the timing and location of the Re-Assessment kickoff (Franklin Court Independent Living facility).

56. Which general area of town do you live in?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Northern (north of Tupelo St.):	11% (51 responses)	13% (16 responses)
Highlands (Cliff Drive south to Mulberry Road):	8% (36 responses)	6% (7 responses)
Industrial area (Broadcommon Road:	2% (2 responses)	3% (3 responses)
Kickemuit (Kickemuit Avenue):	5% (21 responses)	1% (1 response)
High School (Gooding Ave. south to Bayview Ave.):	21% (93 responses)	8% (9 responses)
The Narrows/Hopeworth Ave.:	10% (44 responses)	10% (12 responses)
Downtown:	20% (90 responses)	30% (36 responses)
Poppasquash:	2% (8 responses)	1% (1 response)
Mt. Hope:	5% (24 responses)	7% (8 responses)
Roger Williams University:	4% (19 responses)	18% (21 responses)
Non-resident, employed in Town:	9% (38 responses)	2% (2 responses)
Bristol-Warren R.S.D. family (residing in Warren)	3% (12 responses)	3% (4 responses)

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57. What is your age?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Under 18 yrs. old:	2% (7 responses)	1% (1 response)
18 – 24 yrs. old:	2% (11 responses)	17% (22 responses)
25 – 49 yrs. old:	47% (213 responses)	13% (16 responses)
50 – 74 yrs. old:	41% (186 responses)	46% (58 responses)
75 years or older:	8% (38 responses)	23% (29 responses)

58. How long have you been a resident of Bristol?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Less than 1 year:	4% (15 responses)	10% (12 response)
1 to 5 years:	12% (53 responses)	20% (25 responses)
More than 5 years:	84% (358 responses)	70% (88 responses)

59. Please identify your ethnicity/race?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
White:	90% (403 responses)	90% (112 response)
Hispanic/Latino:	1% (5 responses)	2% (2 responses)
Black/African American:	0% (0 responses)	1% (1 response)
Asian/Pacific Islander:	0% (0 responses)	10% (12 response)
Portuguese:	7% (30 responses)	5% (6 responses)
Other:	2% (11 responses)	3% (4 responses)
- American Indian		
- Brazilian		
- Irish/English		

60. What is the highest degree or level of school you have completed?

Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
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Some high school, no diploma:	4% (173 responses)	7% (8 response)
High school graduate, diploma/equivalent:	11% (49 responses)	20% (25 responses)
Some college/vocational training, no degree/cert:	16% (72 responses)	24% (29 responses)
Associate's degree:	8% (35 responses)	9% (112 response)
Bachelor's degree:	28% (121 responses)	20% (25 responses)
Master's degree and/or beyond:	33% (146 responses)	20% (24 responses)

61. What is your marital status?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Single, never married:	15% (64 responses)	24% (30 response)
Married or domestic partnership:	69% (303 responses)	40% (49 responses)
Widowed	7% (29 responses)	16% (20 responses)
Divorced:	10% (45 responses)	20% (25 response)

62. What is your employment status?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Employed:	61% (272 responses)	36% (44 response)
Unemployed:	4% (17 responses)	3% (45 responses)
Self-employed:	9% (39 responses)	2% (3 responses)
Student:	2% (11 responses)	14% (17 response)
Retired:	18% (79 responses)	40% (49 responses)
Disabled:	3% (12 responses)	3% (4 responses)
Other:	4% (16 responses)	2% (2 responses)

63. Please identify your gender?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Female:	73% (323 responses)	79% (984 response)
Male:	27% (121 responses)	20% (25 responses)

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Non-Binary:

1% (1 response)

64. What do you need to live a healthier lifestyle?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
More education:	20% (82 responses)	20% (21 response)
More physical activity opportunities:	63% (260 responses)	44% (46 responses)
A health care navigator:	17% (68 responses)	6% (6 responses)
Affordable healthcare:	25% (104 responses)	30% (31 response)
Transportation:	8% (33 responses)	12% (13 responses)
Time:		52% (55 responses)
Affordable childcare:		6% (6 responses)
Other:	24% (100 responses)	3% (4 responses)

65. In the past, have you participated in any other Bristol HEZ surveys?

	Baseline Assessment (Winter, 2016)	Baseline Re-Assessment (Spring, 2020)
Baseline Assessment of Health Needs in the Community		
Yes:		22% (22 responses)
No:		70% (70 responses)
Unsure:		8% (8 responses)
Cooking Demonstration Surveys		
Yes:		41% (43 responses)
No:		55% (58 responses)
Unsure:		5% (5 responses)
Wellness Survey		
Yes:		29% (28 responses)
No:		59% (57 responses)
Unsure:		11% (11 responses)

Walk/Bike Audit Survey

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Yes:
No:
Unsure:

11% (10 responses)
84% (79 responses)
5% (5 responses)

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