

WE CAN HELP

East Providence HEZ offers the *Produce to People Program* which provides:

- healthy recipes
- cooking demonstrations
- recommendations from a Registered Dietetic Nutritionist



These resources are available for East Providence residents who have been diagnosed or are pre-diabetic and are experiencing food insecurity.

Enrollment for the program is currently open and is based on highest level of need. To be enrolled, please contact Sarah Burde:

Contact

Sarah Burde, M.Ed., CHW
401-437-1000, ext. 1651
eprovhez@ebcap.org

EAST PROVIDENCE FOOD PANTRIES:

EBCAP Food Pantry

100 Bullocks Point Ave
Riverside, RI 02915
401-437-1000
ext. 1140

Good Neighbors

55 Turner Ave
East Providence, RI 02915
401-433-0045

Bread of Life Food Pantry

100 Newman Ave
Rumford, RI 02916
401-434-4742
ext. 2

We Share Hope

310 Bourne Ave – Building 70
Rumford, RI 02916
401-638-4673

EBCAP SERVICES

East Providence Health Equity Zone:
Sarah Burde, 401-464-1418 or
sburde@ebcap.org

East Bay Family Health Care,
East Providence:
401-437-1008

Family Development,
East Providence:
401-437-0006

COULD I HAVE DIABETES?



DID YOU KNOW:

- *An estimated 8.5 million people nationwide have undiagnosed diabetes*

source: Center for Disease Control

- *About 283,000 Americans under age 20 are estimated to have diagnosed diabetes*

source: American Diabetes Association



east bay community
action program

EAST PROVIDENCE HEALTH EQUITY ZONE (HEZ) AND EAST BAY COMMUNITY ACTION PROGRAM (EBCAP) ARE HERE TO HELP

East Providence residents identified an urgent need to address diabetes to improve the health of the city. Our goals are to:

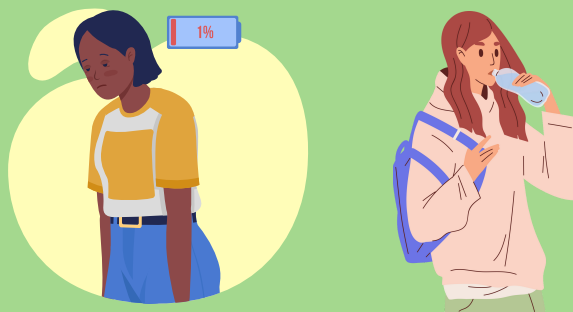
- help people understand and recognize symptoms of undiagnosed diabetes
- offer tips to talk with your healthcare provider about diabetes
- share resources that are available for people living with diabetes



SOME SYMPTOMS OF DIABETES

- Feeling very thirsty
- Experiencing appetite increase without weight gain
- Wetting the bed
- Unintended weight loss
- Experiencing blurred vision
- Feeling fatigued
- Having slow-healing cuts/bruises
- Having numb/tingling hands and feet

Do you have any of these symptoms?



Make an appointment with your healthcare provider and let them know.
Do you need a healthcare provider?
Contact EBCAP at 401-437-1008, or visit www.ebcap.org for more information.

THINGS TO DISCUSS WITH YOUR PRIMARY CARE PROVIDER

- 1 Discuss family history of diabetes.
- 2 Can I be screened for diabetes?
- 3 Should my child be screened for diabetes?
- 4 Would you make a referral to a registered dietician or a nutritionist?
- 5 What chronic diseases might increase my risk for diabetes?
- 6 Could you refer me to an education program to help me feel more confident in managing my health?

East Providence HEZ is supported by its backbone agency EBCAP and funded by the Rhode Island Department of Health. The focus is on educating and improving the health and well-being of East Providence residents.