In both the African American and Latino communities there is a great need for assistance after Hurricane Katrina. The Walkers-Talkers and Promotoras strive to link families to services and resources to meet their needs of the many low-income communities.

As a Walker-Talker who works in this area trying to promote healthy eating through home health parties, I ask myself: how does the lack of healthy food in the neighborhood affect my work? It makes my work hard because I see plenty of signs at the corner store for liquor, beer, cigarettes, ice, and unhealthy foods.

Before educating the community and asking them to adopt a healthy lifestyle we must first make some changes within our personal lives. The Walker-Talkers and Promotoras work with the Crescent City Farmer’s Market to help promote access to locally grown fresh fruits and vegetables.

Working in the community has allowed us to meet the needs of families facing many challenges. Many Latino families have settled in the area and find assistance from our programs. The Promotoras’ participation in the Centering Pregnancy program has had a big impact on the Latino Community because pregnant women are now getting medical services as well as education to promote a health start for their children. We are proud to serve our communities and consider this our way of giving back.

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We complete health assessments to identify the services and resources that are needed and assist with Medicaid and Food Stamp applications. The pictures in the next poster highlight the importance of having a community outreach model where people from the community are working with their own communities. This process works due to trust, shared issues and concerns, and because it fosters neighbors helping neighbors.