

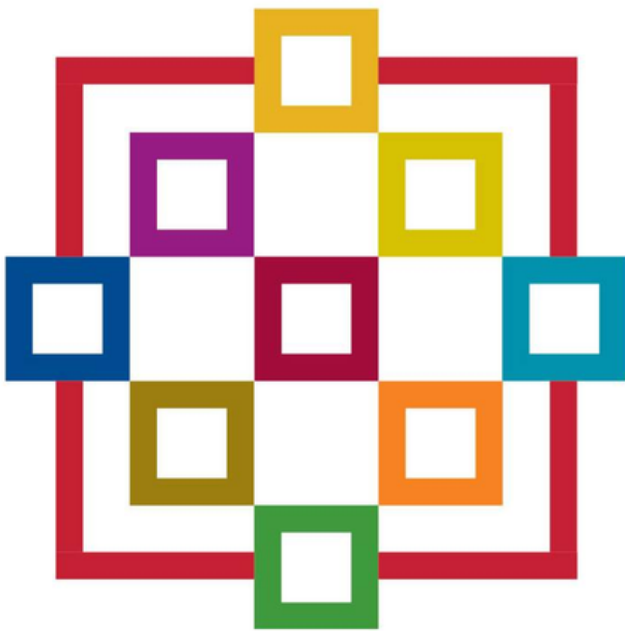
# NNLM *All of Us* Program Center Funded Projects

## Improving You in 2022

Project Lead Organization: Community Libraries of Providence

Funding Year: 2021

Funding Amount: \$16,500



## Populations of Focus

Race & Ethnicity

## Project Goal

To increase health literacy and community engagement in physical and mental health resources.

## Rhode Island



## Project Summary

New You in 2022 is an initiative by Community Libraries of Providence (CLP) to encourage patrons to become better informed about their emotional, mental, and physical health. In this program, the nine community libraries increased availability and accessibility of resources that promote physical and mental health and awareness of medical research to the communities of the nine branch libraries of the CLP system.

Libraries such as the Olneyville Library are fully bilingual in Spanish and supported all programs in English and Spanish. Various speakers were also bilingual and offered programming in a variety of languages reflective of CLP's community interests and needs.

The intended impact on the community is to offer free resources to encourage and support people to be physically active, be mindful of both their physical health and mental health, and improve awareness of medical research in these areas. CLP staff created a variety of programs such as yoga, tai chi, and dancing. These programs are generally expensive and they were able to eliminate the cost component for patrons. They discussed the *All of Us* Research Program at virtually all programs and also hosted some workshops for teens where staff shared health information resources such as [MedlinePlus](#).

Throughout CLP's programs, they improved access to physical and mental health resources, promoted various community partners such as the local food bank's nutrition programs, healthy cooking programs at a farmer's market, and various clinics, and encouraged community members to learn more about the *All of Us* Research Program.

# Key Words

Health Literacy

Physical Health

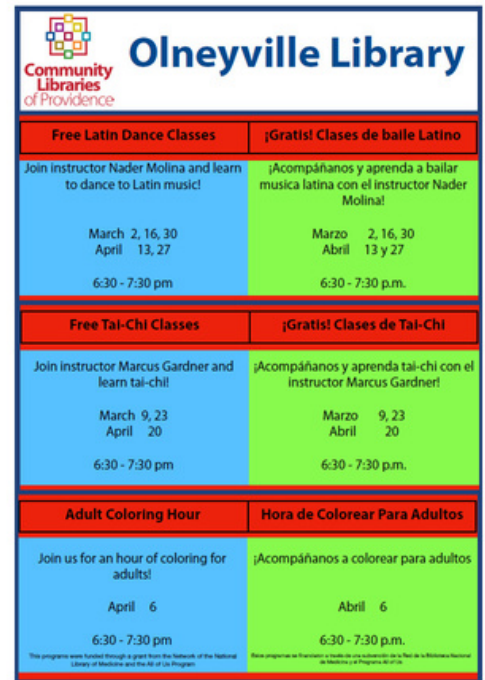
Mental Health

## Project Impact

One of the biggest challenges in this phase of the pandemic is that people struggle with social isolation. The importance of community programming that has allowed people to safely congregate and engage with others cannot be overstated.

Based on the survey responses received, a lot of people learned about *All of Us* for the first time and were interested in learning more. The community partnerships CLP created to improve health literacy have yielded various programming on nutrition, safely navigating the internet, and awareness of mental health resources. Due to the collaborations formed with this program, their libraries are more comfortable working on health-related programs.

The formal (survey data) and informal feedback (patron conversations) received through this grant has encouraged CLP to try and get community health workers in the library. They are currently working on a grant to hire a community health work and a social worker for the library. Ultimately, this grant will allow CLP to create a more engaged library that sees health programming as an important component of what the library does.



The poster is titled "Olneyville Library" and features the "Community Libraries of Providence" logo. It is divided into three sections, each with a blue header and a green body. The first section is for "Free Latin Dance Classes" (¡Gratis! Clases de baile Latino), listing dates March 2, 16, 30 and April 13, 27, and times 6:30 - 7:30 pm. The second section is for "Free Tai-Chi Classes" (¡Gratis! Clases de Tai-Chi), listing dates March 9, 23 and April 20, and times 6:30 - 7:30 pm. The third section is for "Adult Coloring Hour" (Hora de Colorear Para Adultos), listing the date April 6 and times 6:30 - 7:30 pm. Small text at the bottom of the poster states: "This program was funded through a grant from the Network of the National Library of Medicine and the NLG of US Program." and "Este programa es financiado a través de una subvención de la Red de Bibliotecas Nacionales de Medicina y el NLG de un Programa de EE.UU."

Free Latin Dance Classes	¡Gratis! Clases de baile Latino
Join instructor Nader Molina and learn to dance to Latin music! March 2, 16, 30 April 13, 27 6:30 - 7:30 pm	¡Acompáñanos y aprenda a bailar musica latina con el instructor Nader Molina! Marzo 2, 16, 30 Abril 13 y 27 6:30 - 7:30 p.m.
Free Tai-Chi Classes	¡Gratis! Clases de Tai-Chi
Join instructor Marcus Gardner and learn tai-chi! March 9, 23 April 20 6:30 - 7:30 pm	¡Acompáñanos y aprenda tai-chi con el instructor Marcus Gardner! Marzo 9, 23 Abril 20 6:30 - 7:30 p.m.
Adult Coloring Hour	Hora de Colorear Para Adultos
Join us for an hour of coloring for adults! April 6 6:30 - 7:30 pm	¡Acompáñanos a colorear para adultos Abril 6 6:30 - 7:30 p.m.

Olneyville Library Window Health Programming

## Recommendations

Hosting projects across nine different libraries was extremely challenging. While the impact and decision-making to include so many libraries was a net positive, fewer libraries may be easier to coordinate. Also, remain flexible with delays in receiving purchased items and funds.

Want to know more about this project?  
View the [Project Record](#) on [NNLM.gov](#)

[Check out more Funding Opportunities!](#)



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