#REACH4Allegheny News
An Allegheny County Health Department and Live Well Initiative

The Allegheny County Health Department is teaming up with local and national partners to address disparities in African-American communities. The REACH program, a Centers for Disease Control and Prevention (CDC) funded initiative, aims to achieve health equity and prevent chronic disease.

## SCREENINGS
Free Virtual Health Screenings Available!
CALL 412.396.2155
EMAIL CPC@DUQ.EDU

## EVENTS
Check Out Virtual REACH Events
LiveWellAllegheny.com/events

## STORIES
Read all about REACH partners, resources and services. Visit Stories in LiveWellAllegheny.com

### VIRTUAL SCREENINGS

Have questions about your health and medications? Duquesne University Center for Integrative Health is conducting virtual screenings. Meet with a pharmacist and ask about asthma, diabetes, high blood pressure and high cholesterol. You can also receive help accessing medications.
CALL 412.396.2155 EMAIL CPC@DUQ.EDU
REACH ALLEGHENY: REACH INITIATIVE LAUNCHES IN ALLEGHENY CO

Through a diverse coalition, more than 25 REACH partners will increase access to healthy foods and physical activities. Partners will also provide breastfeeding supports. In addition to individual behavioral changes that improve personal and community health outcomes, there are also changes that must take place within systems, such as healthcare, grocery stores, farmers’ markets and transportation, to truly bring about equity and ensure that residents live well, regardless of their zip codes or race. The REACH coalition has examined various local inequities, related to nutrition, physical activity and access to care. Over the next five years, the coalition will focus efforts on healthy food policies; new or improved pedestrian, bike and transit routes; and a pharmacist navigation and referral program.

East End (East Hills, Garfield, Homewood, Larimer, Lincoln-Lemington-Belmar, Wilkinsburg)
Civically and the Wilkinsburg Fresh Market is providing boxed groceries to community members every fourth Friday of the month in the parking lot of 718 Wallace Avenue, Wilkinsburg, Pa 15221. For more info, email freestorewilkinsburg@gmail.com.

Bible Center Church and Homewood Children’s Village will operate the Food for Kids program Mondays and Thursdays. Volunteers are needed to deliver food boxes containing perishable and nonperishable items. For more info, call 412-727-7605.

Homewood Concerned Citizens Council is offering hot meals and grocery deliveries to senior citizens with a need in East Hills, Homewood, Larimer and Penn Hills. Requests for assistance can be sent to info@homewoodccc.org.

Hill District
Macedonia Face is providing shelf stable food to community members and activity packets for seniors. Meal deliveries occur Mondays and Wednesdays in partnership with the Department of Human Service. For more info, call 412-281-2573.

Ebenezer Baptist Church is providing meals to the community every Friday. The church is also serving as a site for fresh fruits and vegetables in partnership with AHA. If there is a need, please contact Deacon Crosby at 412-281-6583.
The coronavirus pandemic is forcing families to stockpile supplies. But what happens when you don’t have access to healthy foods during the statewide stay-at-home orders? The Allegheny County Health Department and the REACH initiative, a coalition working to eliminate health inequities and reduce chronic disease in African-American communities, is working to address this concern.

The following REACH partners are working to address food insecurity and connect families to food supplies.

**Northside**

Allen Place is hosting physical and spiritual sessions via conference call on Wednesdays and Thursdays from 10-10:30 a.m. and Bible Study from 11-11:30 a.m. Call 712-775-7270 Enter the access code: 975811 and press #.

**Mon Valley**

Women Empowered for Entrepreneurial Excellence is hosting live workouts in the Facebook Group Pathway to Fitness 4x per day. Youth Opportunities Development/Grind Hard are also sharing sessions on their Facebook and YouTube channels.

**All Communities**

Moms everywhere can receive free doula services and lactation support through Healthy Start, Inc. and the Pittsburgh Black Breastfeeding Circle. For more info, call the Healthy Start Center for Urban Breastfeeding Latch Line at 412.545.2022 or the Virtual Doula Program at 412.545.2021. You can also join the Pittsburgh Black Breastfeeding Circle Facebook Group.

Ready to quit smoking? Duquesne University School of Pharmacy can help! You can take a virtual smoking cessation class from the comfort of your home. For more info call or text 412-342.8376.

The Food Trust’s Food Bucks Program is underway! For every $2 you spend at farmers markets and Green Grocers using your EBT card, you’ll get $2 in Food Bucks to use on more fruits and veggies! Find an open market near you by visiting TheFoodTrust.org/what-we-do/foodbucks/westernpa

The YMCA is offering a Diabetes Prevention Program. For more info, call 412-347-6446.