



Revere and Chelsea are considered the two hardest-hit cities during the pandemic.

MA saw a 59% increase in food insecurity (2020-2021), the highest increase in the country. 39% of Chelsea and 33% of Revere MA DPH COVID impact survey respondents were worried about getting food or groceries in the coming weeks.



# WHAT IS MASS IN MOTION?

Mass in Motion aims to lower the risk of chronic disease by creating communities that support healthy eating and active living. Eating better and moving more are powerful ways to stay healthy and prevent chronic disease. But being healthy is about more than wanting to make healthy choices. Our environments play a major role in determining the choices available to us

## WHERE WE LIVE AFFECTS HOW WE LIVE



# Mass in Motion

Better health. It's your move. ©

# REVERE & CHELSEA



## CONNECT AND LEARN HOW YOU CAN BE PART OF THE CHANGE

Mass in Motion works to ensure that people most at risk for chronic diseases like obesity and diabetes, particularly communities of color, are engaged in and benefit from changes in policies and practices.

This ensures that everyone has full and equal access to opportunities that enable them to lead healthy lives.

Contact us to learn how you can be part of the change.



## GET IN TOUCH

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MASS IN MOTION FOCUSES ON INCREASING ACCESS TO HEALTHY ENVIRONMENTS BY **CHANGING POLICIES AND PRACTICES** TO CREATE THE CONDITIONS FOR PEOPLE TO EAT BETTER AND MOVE MORE WHERE THEY LIVE, LEARN, WORK, AND PLAY

