

HEALTH EQUITY *Seminar Series*

Cornell Center for Health Equity

Friday, October 6, 2023 | 12:30 PM - 1:30 PM

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TALK TITLE:

"Promoting Health Equity in Transitional Housing in New York City."

TALK ABSTRACT:

New York City has the largest number of individuals experiencing sheltered homelessness in the U.S.; 20% of the United States' sheltered homeless population lives in New York City. People lacking stable housing are more vulnerable to health problems, and have limited access to many resources including social support, sustainable employment, and affordable housing. There is a critical need for studying their needs from their own perspective and designing specifically tailored programs for residents of transitional housing to improve their health. In this talk, I will present two studies designed to address this issue—studies conducted with residents living in transitional housing in Queens, NYC. The first study used interview methods to study the residents' perspectives on the services provided in transitional housing and to identify areas that would be beneficial to address. This project used co-production of knowledge theory to design a study that could inform the development of support services in transitional housing. These supportive services aim to empower the residents and prepare them for a successful transition to permanent housing.

The second project implemented a new combined Expanded Food and Nutrition Education Program (EFNEP) with Urban gardening at the same study site. During 8 weeks of this combined program, participants learned about healthy lifestyle such as healthy eating, and physical activity and they also initiated a small garden to produce healthy food for their consumption. The first round of this study was completed in June 2023 and the second and third rounds will be conducted in Fall 2023.

SPEAKER(S):

Dr. Zeynab Jouzi is a postdoctoral researcher in the Action Research Collaborative (ARC), Cornell University. Her research interests lie primarily in food security and environmental justice. She takes a multidisciplinary approach by bringing together different disciplines and methods to tackle these pressing issues faced by resource-restricted communities. Zeynab has published several peer reviewed manuscripts and has been the recipient of several awards and fundings including the 2021 awardee of Future Leader by the Association for International Agriculture and Rural Development (AIARD) and receiving support as a Co-PI for an interdisciplinary and multi-institutional team research on "Climate Gentrification Across the East coast of the United States" from National Socio-Environmental Synthesis Center (SESYNC). She aspires to use her career as a researcher to create win-win solutions to protect people and the planet and to promote environmental justice with emphasis on "Leave No One Behind".



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Zeynab Jouzi at ARC: <https://arc.bctr.cornell.edu/our-team/zeyna-jouzi/>

CCHEq Members Welcomed