

Leaders in Health Alumni: Five Questions with Ricardo Henry

March 2023

1. What drew you to participate in the Leaders in Health program?

“The Leaders in Health Program seemed like it would give me the tools to do exactly what I wanted to do with and for my community, and it did.”

2. What was your Leaders in Health project about?

“My project was and still is about partnering with the community to build a group of leaders who are at the forefront of all decision making about food security, by reminding everyone what eating healthy looks like, sharing resources and helping to shape policy that work for underserved communities, access to healthy produce and fruit and cooking classes, learning to cook a healthy meal that only cost \$25 and 30 mins to make to feed a family of four.”

3. What was your favorite part of participating in Leaders in Health?

“I met so many nice people who were also working to improve the lives of their community members and I enjoyed learning the best way to bring the community together for a cause that’s important to everyone.”

4. What are you up to now? Any plans for the future?

“I am doing exactly what I set out to do. Having community meetings with approximately 30 members every other week, having healthy food distributions every week, cooking classes, creating access to community leadership development, building relationships with orgs who are working on policy. Plans for the future are to build relationships with schools to get more youth involved in community service.”

5. What advice would you share to those who might be interested in applying for a future Leaders in Health cohort?

“My advice would be to know or have an idea of what you want to pursue as a project first, and build on the plan as you gain the appropriate tools needed while in the classes.”