

CREATING HEALTHY SCHOOLS AND COMMUNITIES

THE WHY

Located in the Hudson Valley as the Ulster County seat, Kingston is a vibrant city of 24,000 people. While there is a rich culture of food and active lifestyles in the surrounding Hudson Valley and nearby Catskills, there are also still disparities in health outcomes. We work to reduce these by fostering a culture of health and wellness in Kingston where healthy choices are easy choices for everyone.

3,229

people in Kingston

are food insecure, meaning they worry about having enough to eat



1 in every 3

adults in Ulster County do not eat fruits or vegetables daily

Fruit & Veggie Consumption in Kids

7%

eat the recommended amount of fruit daily

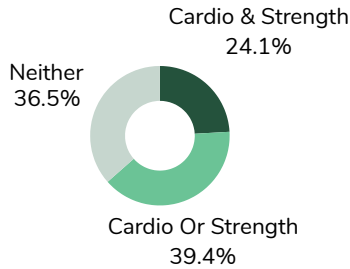


2%

eat the recommended amount of veggies daily



Adults Meeting Physical Activity Guidelines in Ulster County



OUR APPROACH

Creating Healthy Schools and Communities approaches change from a systemic level, rather than an individual level. We do this through three ways:

Strategy

P

POLICY:
WRITTEN
GUIDELINE

S

SYSTEMS:
NEW WAYS OF
DOING THINGS

E

ENVIRONMENT:
CREATING A CULTURE OF
WELLNESS

Category

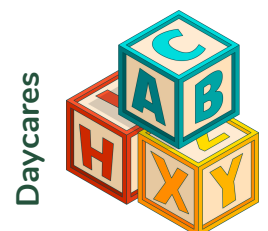
Nutritious Foods



Physical Activity



Setting



OUR WORK BY THE NUMBERS

2021-2024

- 7 Wellness Committees Formed
- 10 Physical Activity Policies Created
- 12 Radio Show Appearances
- 19 Nutrition Policies Created
- 491 People Trained in Nutrition and Physical Activity
- 1834 Kids Reached

Launched in 2021, the Creating Healthy Schools and Communities (CHSC) team has been hard at work implementing policy, systems, and environmental changes across our 5 strategic focus areas:

- Food Service Guidelines (Community Nutrition)
- Connecting Routes to Destinations (Community Physical Activity)
- School Nutrition & Physical Activity
- Early Care and Education Nutrition and Physical Activity
- Communications, Sustainability, and Health Equity

PROJECT HIGHLIGHTS

Designing Post Office Park

In 2022-2023, the CHSC team partnered with a local landscape design firm to do extensive and innovative community outreach to create a design for 2 new greenspaces in Midtown Kingston, a neighborhood historically under-resourced. Phase 1 of the design, which includes sidewalks, benches, tables, plants, and more, is anticipated to be completed in 2024.



Training Local Food Security Workers

The CHSC team partnered with The Teaching Kitchen, a program of the Lenox Hill Neighborhood House, to host two annual culinary nutrition trainings. Fifteen volunteers and staff from local food-based organizations, like food pantries, the YMCA, and a youth farm project, learned how to prepare meals from scratch using local, farm fresh ingredients.



Pedaling Their Way to a Fun Birthday



Edson Elementary used CHSC funding to purchase a blender bicycle for healthier celebrations. Students can choose to skip traditional cupcakes and celebrate their birthday by creating a delicious smoothie with their classmates. The blender is powered by a stationary children's bike for a mix of fun physical activity and nutritious snacking!

Growing Healthy Eaters

CHSC supported 13 early care and education centers install learning gardens. Kids were able to grow vegetables from seed, enjoying the process of caring for the plant, as well as harvesting.



LEARN MORE

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 <https://kingston-ny.gov/health-and-wellness/CHSC>



**Creating Healthy Schools
and Communities**



**Cornell Cooperative Extension
Ulster County**

