



2015 Annual Report





HEAL Schuyler 2015 Report

Goal: To reduce the rate of adult obesity in Schuyler County to less than the NYS average of 25% (2012-2013). This will be done by the end of 2018 and will be measured by the County Health Rankings & Roadmaps.

Vision: HEAL Schuyler is supporting environmental changes that promote healthier eating and active lives for the people of Schuyler County.

Executive Summary

Healthy Eating Active Living (HEAL) Schuyler main goal is to reduce the rate of obesity in Schuyler County. HEAL Schuyler committee includes a mix of nine agencies and businesses. Schuyler County Public Health facilitated the first and second year's four year work plan. The following table tracks various interventions which achieves HEAL Schuyler's goal of reducing obesity. Some of the interventions helped achieved the goal, while others had gaps.

HEAL Schuyler was successful in implementing all of the 13 interventions identified in 2014 for 2015. HEAL Schuyler's Worksite Wellness interventions include "The Biggest Loser" and the Schuyler Steps Out program. Both programs have proved to be successful the past three years and HEAL Schuyler was able to expand the program to other worksites in 2015. HEAL Schuyler also saw an increase in participation in adult community activities that promoted physical activity. HEAL Schuyler published their first walking trail maps project, "Schuyler Walks" on their website as 8 X12 maps that can be printed from home. In 2016, the plan is to engage HEAL partners to publish and distribute larger maps for ease of usability.

HEAL Schuyler has increased their promotion of healthy lifestyles, through participating in events and publishing information through social media and newspapers. HEAL Schuyler promoting youth activities and tracking youth activities was limited again in 2015. Some youth activities were established this year through HEAL partners and proved to be successful.

Expanding the knowledge base of partners in obesity prevention increased in 2015 with identifying emerging best practices and implementing them. Identifying new obesity prevention work added 2 interventions in 2015 that HEAL Schuyler partners implemented. The two new interventions included the Baby Café and the Voluntary Food Standards for Eateries.

HEAL Schuyler divided the work plan into the following workgroups in 2015 year to fill in the identified gaps; Schuyler Walks, Promoting Healthy Lifestyles Youth and Adults, Healthy Environments Economic Development, Nutrition Interventions and Worksite Interventions. The workgroups sparked progress with the interventions in the first part of the year, but proved to not be sustainable.

HEAL Schuyler has proven to be successful in providing active programs and nutrition education to Schuyler County Citizens the last two years. As 2016 progresses the group will explore



promoting healthier eating and active lifestyle changes and meeting Schuylar County residents where they are working, living, eating and in the healthcare setting.

Prevention Agenda Focus Area: Prevent Chronic Disease				
Goal 1: Reduce Obesity in Children and Adults				
Objectives	Interventions	Partners	Timeframe	Measurement/Evaluation
A. Create adult community environments that promote and support healthy food and beverage choices and physical activity	A1. Physical activity and healthy eating increased at Schuylers Hospital for employees including activities such as annual Biggest Loser contest	Schuylers Hospital	2013	Number of pounds lost-495 # of participants-72
		Schuylers Hospital	2014	Number of pounds lost - 359 #Participants - 50
		Schuylers Hospital Schuylers County Public Health Watkins Glen School District	2015	Number of pounds lost-378 #Participants – 55
	A2. Educate and promote the benefits of limited usage of Sugar Sweetened Beverages	Public Health Cornell Cooperative Extension Schools	2014	# of signs posted in the community - 36 # of worksites/clubs/ school events that limited sugar sweetened beverages at functions - 2 Policy Changes <ul style="list-style-type: none"> • Schuylers County Public Health SKSK • Lion’s Club Hector • WG School District



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A. Create adult community environments that promote and support healthy food and beverage choices and physical activity	<p>A3. Increase community physical activity through the promotion of local hiking trails, Watkins Glen Gorge and other natural resources by updating an online resource guide. Include stroller and handicapped accessible references. Investigate the possibility of using interactive media either using existing apps or creating our own.</p> <p>Physical Activity: Focus on Walking; Collect all Existing maps and guides. "Schuyler Walks"</p> <ul style="list-style-type: none"> i. Create Website to put links to all the options ii. Promote on LED sign iii. Post card with QR code to promote the site iv. Promote at existing events v. Potentially create a template for organizations to enable us to promote for them <p>MOUs with the organizations to keep information updated</p>	Schuyler Hospital, Public Health, HEAL Schuyler, Chamber of Commerce, ARC of Schuyler, Schuyler Planning Dept, Schuyler County Soil and Water	2014	2014 Online hits tracked – 51
			2015	2015 Online hits tracked-251 First Draft of "Schuyler Walks" Trail maps complete in 2015

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Objectives	Interventions	Partners	Timeframe	Measurement/Evaluation
A. Create adult community environments that promote and support healthy food and beverage choices and physical activity	A4. Increase and promote adult community physical activity through various community programs such as the Tae Kwan Do, adult free swim, fitness centers, and the Schuyler Steps Out Program. Investigate the possibility of obtaining participants baseline data of one or more programs to measure impact of activity.	Schuyler Hospital, Public Health, local businesses and community organizations	2014	Schuyler Steps Out Number of participants - 417 # miles logged in the Step Out Program – 127,000 Turkey Trot – 57 participants Tai Chi – 16 participants Tae Kwan Do – 70 participants (teens, kids, adults) Gym Memberships- 377 Bone Builders- 81participants Strong for Life- 24 spring participants 17 fall participants
			2015	Schuyler Steps Out Number of participants-354 # miles logged in Step Out Program- 104,9994,705 Turkey Trot- over 170 Tai Chi – 16 Tae Kwan Do – 85 participants Bone Builders- 116 Strong for Life- 32 Gym Memberships-621



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A. Create adult community environments that promote and support healthy food and beverage choices and physical activity	A5. Continue and expand public service announcements and encourage letters to the editor promoting a healthy lifestyle, appear on weekly local television show, Senior Notebook, highlighting efforts, websites, social media and seminars	Schuyler Hospital, HEAL Schuyler, CCE, Public Health	2014	# PSA's provided – 1 Facebook post # PSA's published # appearances made - 3
			2015	# PSA's provided- 3 #PSA's published- 2 # appearance made-19
	A6. Advocate for the inclusion of creating healthy environments with Regional Economic Development Council	Schuyler Hospital, Public Health, HEAL Schuyler, Schuyler Planning Dept., Regional Economic Development Council	2014	Number of contacts made - 3 # of projects including healthy environmental proposal - 3 <ul style="list-style-type: none"> • Village of Odessa Park • Grand Prix Fitness in Montour Falls • Bridge for CVT Trail
			2015	A member of the local SCOPED planning committee was appointed to Public Health professional advisory committee. Friends of the CVT applied for 2 grants in 2015 to expand and promote the CVT trail. The TAP grant and a Capacity Building Grant from
	A8. Investigate and promote GST BOCES physical activity Adult Education classes including online resource links.	Schuyler Hospital, Public Health, HEAL Schuyler, GST BOCES	2014	Aerobic Fun in Water – 59 Aqua Aerobics 71 Total 130
			2015	Aerobic Fun in Water –56 Aqua Aerobics 69 Total 125

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B. Prevent childhood obesity through early childcare and schools	B1. Create a resource for parents to find activities for their children.	Schuyler Hospital, Public Health, local businesses, community organizations, and schools	2014	Number of hits to online resource site - 25 Number of children participating in activities in community (not tracked)
			2015	Number of hits to online resource site - 85 Number of children participating in activities in community (not tracked) Super Parents Pantry established
	B2. Increase and promote youth community physical activity through various community programs such as the Tae Kwan Do, dance, Glen Gators and Chemung Valley Soccer, Little League Baseball programs, 3rd grade cardboard boat regatta, recreational leagues, Youth sports, recess, etc.	Schuyler Hospital, Public Health, local businesses and community organizations, schools	2014	Percentage of people reporting physical activity 3x/wk will increase on the next community health public survey (Not tracked)
			2015	Percentage of people reporting physical activity 3x/wk will increase on the next community health public survey (Not tracked) Eat Well Play Hard program implemented at Head Start Super Saturdays established in WGCSD.

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C. Expand the knowledge base of partners in obesity prevention	C1. Identify emerging best practices	HEAL Schuylers	2014	Best practices identified: <ul style="list-style-type: none"> Active Living Every Day
			2015	Best practices identified: <ul style="list-style-type: none"> Chronic Disease Self-Management Baby Café Voluntary Food Standards Walk with Ease Schuylers Walks Community –wide campaigns http://www.cdc.gov/obesity/downloads/PA_2011_WEB.pdf http://www.thecommunityguide.org/pa/pa-ajpm-recs.pdf
	C2. Evaluate obesity prevention initiatives	HEAL Schuylers	2014	2 instructors trained in Active Living Every Day
			2015	1 Active Living Every Day class taught 3 instructors trained in Chronic Disease Self-Management 4 Lactation Consultants trained and opening of Baby Café in Dec 2015 5 restaurants signed up for voluntary food standards
	C3. Develop data to strengthen the case for return on investment in obesity reduction programs and share with policymakers	HEAL Schuylers, Public Health	2014	All data tracked and analyzed under the intervention it is related with.
			2015	All data tracked and analyzed under the intervention it is related with.

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D. Expand the role of public and private employers in obesity prevention	D1.A D1A. Start a baby café. D1B. Increase and promote opportunities for healthier options at restaurants, grocery stores and convenience stores through voluntary food standards.	Public Health Cornell Cooperative Extension Schools Montour Falls Library and Local Eateries	2015	Establish baseline numbers and monitor utilization of all new initiatives New Restaurants signed up in 2015- 5
	D2. Educate and promote the benefits of limited usage of Sugar Sweetened Beverages	Public Health Cornell Cooperative Extension Schools	2014	3 of worksites that limit sugar sweetened beverages at functions 2 of worksites that offer free access to tap water, coolers or bottled water
	D3. Support Finger Lakes Culinary Bounty group	HEAL Schuyler, Public Health	2014 2015	Number of Members in the Finger Lakes Culinary Bounty Group (60 in group, 20 in Schuyler County) Number of Members in the Finger Lakes Culinary Bounty Group (79 in group, 11 in Schuyler County)

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D. Expand the role of public and private employers in obesity prevention	D4. Form a Worksite Community Committee with HR directors educating them on the return on investment of worksite wellness program and create a sharing of ideas. <ul style="list-style-type: none"> Support the development of new and expansions of existing programs. Develop list of free resources available to support worksite wellness efforts. Disseminate resources to worksites including hospital via HEAL 	Public Health, Schuyler Hospital, HEAL Schuyler, ARC of Schuyler, S2AY Regional Worksite Wellness Committee	2014	Number of Worksites participating in task force; 2014- 3 Number of new worksite initiatives in the community; 2014- 2 Number of employees with access to a worksite wellness program in the community; 2014- 154 Inventory list of available resources, dissemination of list/resources # of hits to online resource; 2014- 84
			2015	Number of Worksites participating in task force; 2015- 4 Number of new worksite initiatives in the community; 2015-2 Number of employees with access to a worksite wellness program in the community; 2015- 154 Inventory list of available resources, dissemination of list/resources # of hits to online resource; 2015- 42
	D5. Promote training to Schuylers County's primary care providers (PCPs) on how to talk with their patients about their weight, physical activity and diet, as appropriate.	Schuyler Hospital, Public Health, Southern Tier's Tobacco Coalition (STTAC)	2016	30% of PCP's will take training
D5. Promote training to Schuylers County's primary care providers (PCPs) on how to talk with their patients about their weight, physical activity and diet, as appropriate.	Schuyler County Diabetes Committee and HEAL Schuyler	Track usage of EHR resources and referral #'s made to community resources		