



HEAL



Healthy Eating Active Living

Schuyler County, NY

- <https://www.youtube.com/watch?v=1DloJanE-OQ>

HEAL Schuyler

- What is the goal of HEAL Schuyler?
 - 740 people to lose weight
- How is HEAL Schuyler working to accomplish this goal?
 - Supporting environmental changes that promote healthier eating and active lives for the people

HEAL Schuyler Website

○ www.schuyler.us/HEAL



Search Schuyler County GO

You are here: [Home](#) > [Departments](#) > [Public Health](#) > [Chronic Disease Prevention](#) > Obesity (HEAL Schuyler)

Obesity (HEAL Schuyler)


HEAL
Healthy Eating Active Living
Schuyler County, NY

What is HEAL Schuyler?

Healthy Eating, Active Living in Schuyler is made up of agencies, businesses, and concerned community members within Schuyler County. We work together to help reduce the rate of obesity among people within our county.

Why was HEAL Schuyler started?

Schuyler County is above the state average for the rate of overweight adults and children. Health data from the 2012 "County Health Rankings & Roadmaps" shows that 28% of adult residents in Schuyler County are overweight. This shows a 2% yearly increase in adult obesity statistics since 2010. These factors rank Schuyler County as 34 out of 62 in NY for Health Issues. Obesity is directly connected to a variety of short and long term health problems. Obesity increases healthcare and other costs leading to a shorter life span.

What is the goal of HEAL Schuyler?

Our goal is 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.

How is HEAL Schuyler working to accomplish this goal?

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

HEAL Schuyler

- Objectives

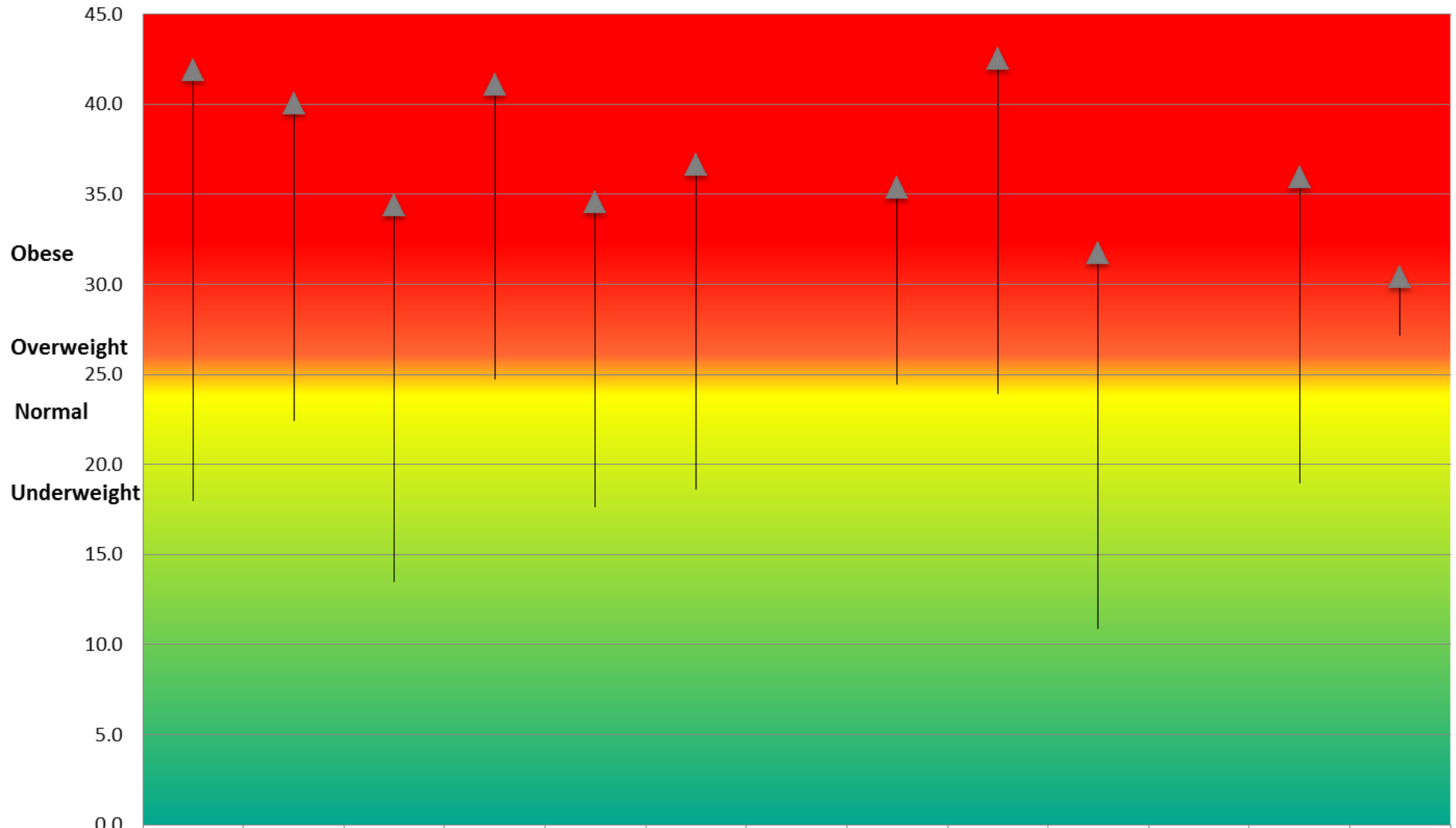
1. Create adult community environments that promote and support healthy food and beverage choices and physical activity.
2. Prevent childhood obesity through early childcare and schools.
3. Expand the knowledge base of partners in obesity prevention.
4. Expand the role of public and private employers in obesity prevention.

Schuyler County Community Health Assessment BMI

Under weight	Normal	Overweight	Obese	Extreme Obesity
2%	32%	32%	25%	9%

66 % of Schuyler County Residents were found to be overweight, obese, or extremely obese on the 2013 Community Health Assessment

Body Mass Index (BMI) by Region in Schuyler County



	Alpine	Beaver Dams	Bradford	Burdett	Cayuta	Hector	Millport	Montour Falls	Odessa	Reading Center	T-burg	Tyrone	Watkins Glen
Low BMI	18.0	22.4	13.5	24.8	17.6	18.6		24.4	23.9	10.9		19.0	27.2
BMI	29.95	31.24	23.92	32.94	26.09	27.62	23.91	29.91	33.21	21.29		27.48	27.85
▲ High BMI	41.9	40.0	34.4	41.1	34.5	36.6		35.4	42.5	31.7		36.0	30.4

Schuyler Health Eating and Active Living Behaviors

Question/ Response	Receive your advice from healthcare provider about weight	Limit intake of fatty foods	Do you feel you are overweight	Do you feel you are underweight	Did you participate in any physical exercise?
Yes	47%	66%	52%	6%	74%
No	53%	34%	48%	94%	26%

Data from 2013 Community Health Assessment

HEAL Schuyler Organized Workgroups

- Promoting Healthy Lifestyle
 - Youth
 - Adult
- Nutrition Intervention
- “Schuyler Walks” Trail Maps
- Healthy Environment Economic Development
- Worksite Interventions
 - Biggest Loser
 - Schuyler Steps out

Intervention Goals



- Increase Schuyler County Population's
 - Pounds lost
 - Participants
 - Places-worksite, clubs and schools
 - Physical activity
 - Publicity
 - Proposals, healthy environmental
 - Percentage of vegetables and fruits eaten
 - Primary Care Doctors

Members & Partners

- Cornell Cooperative Extension
- Head Start
- Schuyler Hospital
- Office of the Aging
- Catholic Charities
- Public Health
- Finger Lakes Culinary Bounty
- Exercise Enterprise
- GST BOCES
- ARC of Schuyler
- Guthrie

Head Start

- Nutritional Assessment
- Developmental Assessment
- Physical Examination
- Lead Level
- Social Emotional Developmental Assessment
- Hearing Screening
- Speech
- Vision Screening
- Dental Screening

SCHUYLER
HEAD START

TEACHING CHILDREN, REACHING FAMILIES



SCHUYLER HEAD START

TEACHING CHILDREN, REACHING FAMILIES



- 90 minutes of physical activity a day
- Meals meet the CACFP standards for low fat, low sugar and low salt content
- Portion guidelines for serving size.
- Back Pack program with Odessa Schools to provide nutritious meals for children over the weekend.

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

International | HealthyChildren

Become a Member Log

Professional Resources | Professional Education | Advocacy & Policy | shopAAP | About the AAP

Search...

AAP.org > English > About the AAP > AAP Press Room > Head Start Programs May Prevent Obesity Among Low Income Preschoolers

AAP MEDIA CONTACTS

AAP Headquarters

Phone: 847-434-7877
Email: commun@aap.org

Federal Affairs

Phone: 202-347-8600
Email: kids1st@aap.org

Head Start Programs May Prevent Obesity Among Low Income Preschoolers

1/12/2015

Low-income children enrolled in the federally funded Head Start preschool program may experience beneficial effects on developmental and physical outcomes. According to a study in the February 2015 Pediatrics, "Changes in Body Mass Index Associated With Head Start Participation," (published online Jan. 12), preschool-aged children who entered Head Start with an unhealthy weight status experienced a significantly improved and healthier body mass index (BMI) by kindergarten age than children in comparison groups being seen for pediatric well-child checks. The comparison groups included children in a comparison group who were healthy at enrollment and not receiving Medicaid. Additionally,

Related Information

AAP Agenda for Children

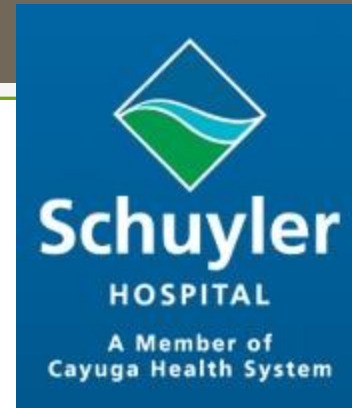
Schuyler County



Public Health
Prevent. Promote. Protect.

Schuyler County Public Health

- Chronic Disease Prevention Classes
 - National Diabetes Prevention Program
 - Active Living Every Day (ALED)
- Regional Collaboration
 - Finger Lakes Workplace Wellness Consortium
 - Farm to Cafeteria
- HEAL Schuyler Cork Board in the Office
- Collaborate with Friends of CVT
- School's Districts Wellness Committee
- NY State and National Partners



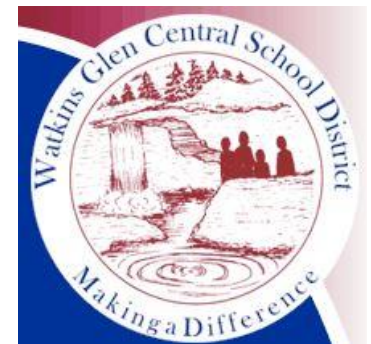
Schuylar Hospital

- Biggest Loser Program
- Steps Out Schuylar
- Healthy Options in Hospital's Cafeteria
- Schuylar Walks
- Services Available at Schuylar
 - Primary Care Physicians
 - Physical Therapists
 - Sports Medicine
 - Many more...



Watkins Glen School District

- Increase Physical Activity
 - Fitness Center for children and families
 - Athletics Program
 - PE Classes
- Increase Pounds lost
 - Carol White Grant
- Increase vegetables and fruits
 - Community Garden
 - Sugar Sweetened Beverage Campaign
 - School Lunch Program & Policy





Catholic Charities

- Watkins Glen Community Garden
 - Distribution of produce to their network of Food Pantries and to Senior Housing
- Community Food Project
 - Increase availability of fresh produce
 - Cooking Classes, Canning Classes
 - Education on preparing produce (cut pineapple, cook squash, etc.)



EXERCISE
ENTERPRISE

Fitness Center Yoga Studio
WATKINS GLEN

Exercise Enterprise

- Yoga
- Cardio Kickboxing
- Indoor cycling
- Strength and conditioning
- Zumba
- Personal training
- 24/7 Access to gym
- Free weights
- Elliptical
- Treadmill
- Sauna
- Showers
- Locker rooms

At Exercise Enterprise, we like keeping people happy and in shape. We understand exercise is not only important to being productive and healthy, but it also makes us feel better both physically and mentally.

www.myexerciseenterprise.com



Want to Help?

- Get the word out about Healthy Eating and Active Lifestyles
- Become a “Participant” of HEAL Schuylar Programs
 - Physical Active
 - Calories Awareness
 - Portion control
- Be an advocate for HEAL