



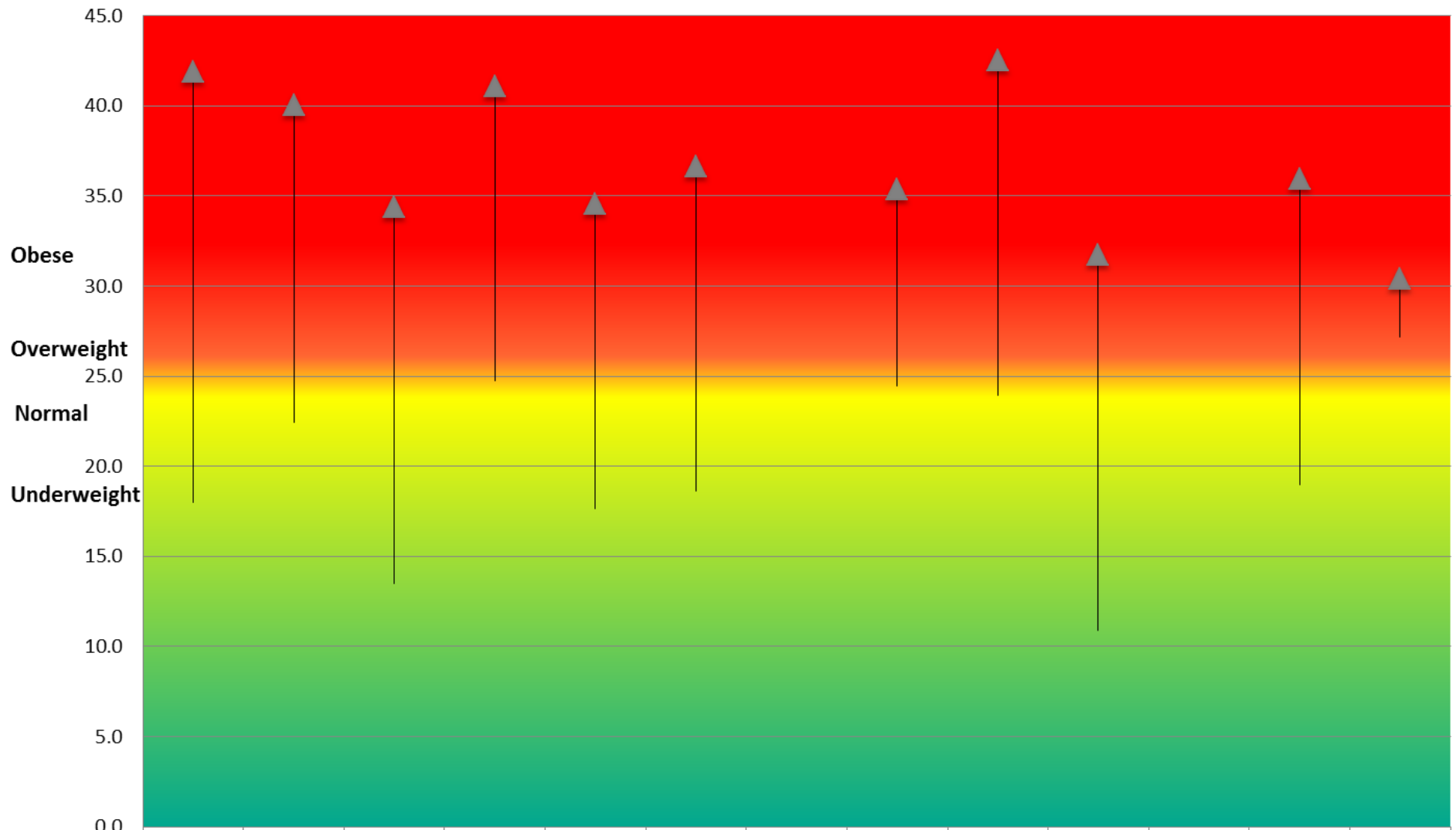
HEAL



Healthy Eating Active Living

Schuyler County, NY

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

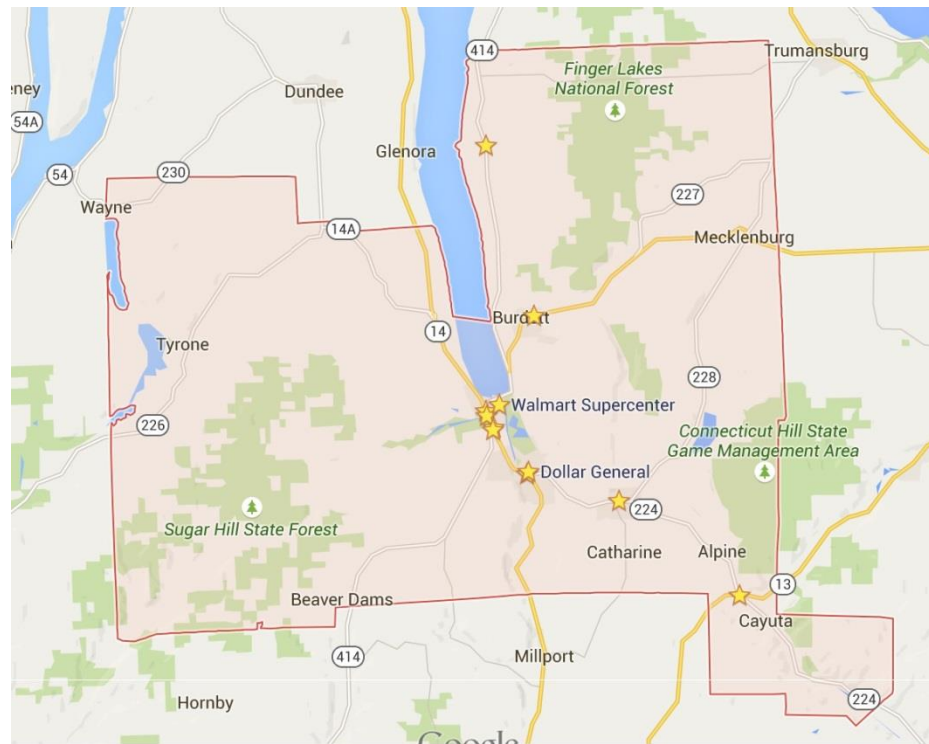
What is a Nutritional Environment?

- Places in a community where people buy or eat food.

How your environment affects your health.

- <https://www.youtube.com/watch?v=eR2WhEITk6Q>

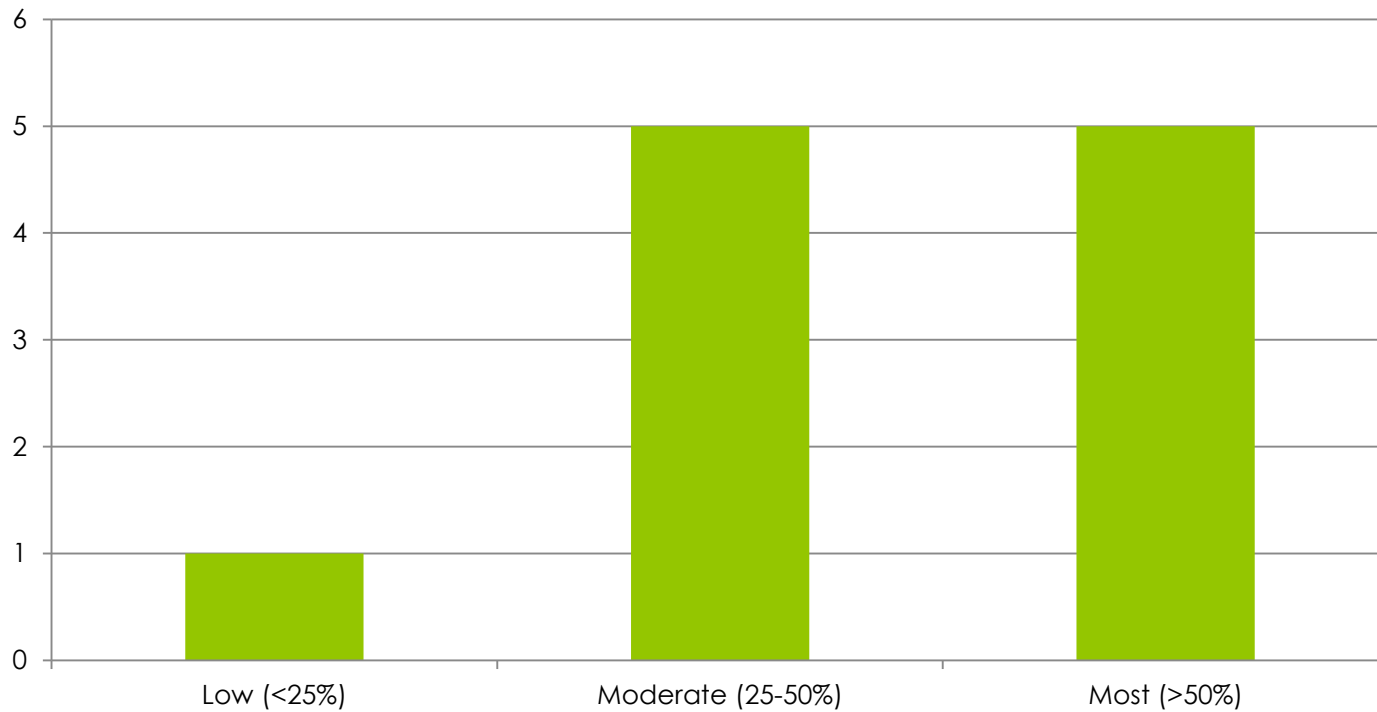
Nutritional Environments Survey Map



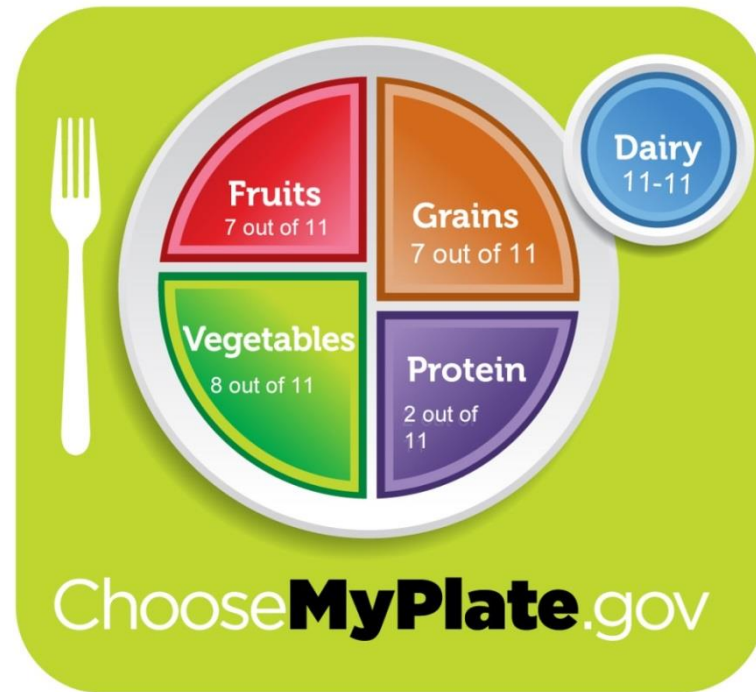
Stores Evaluated

- Walmart
- Tops
- Lake Gas Valero
- Sunoco A Plus Mini Market
- Dollar General
- Linda's Citgo
- CVS Pharmacy
- Dandy Mart Burdett
- Dandy Mart Hector
- Dandy Mart Odessa
- Dandy Mart Cayuta

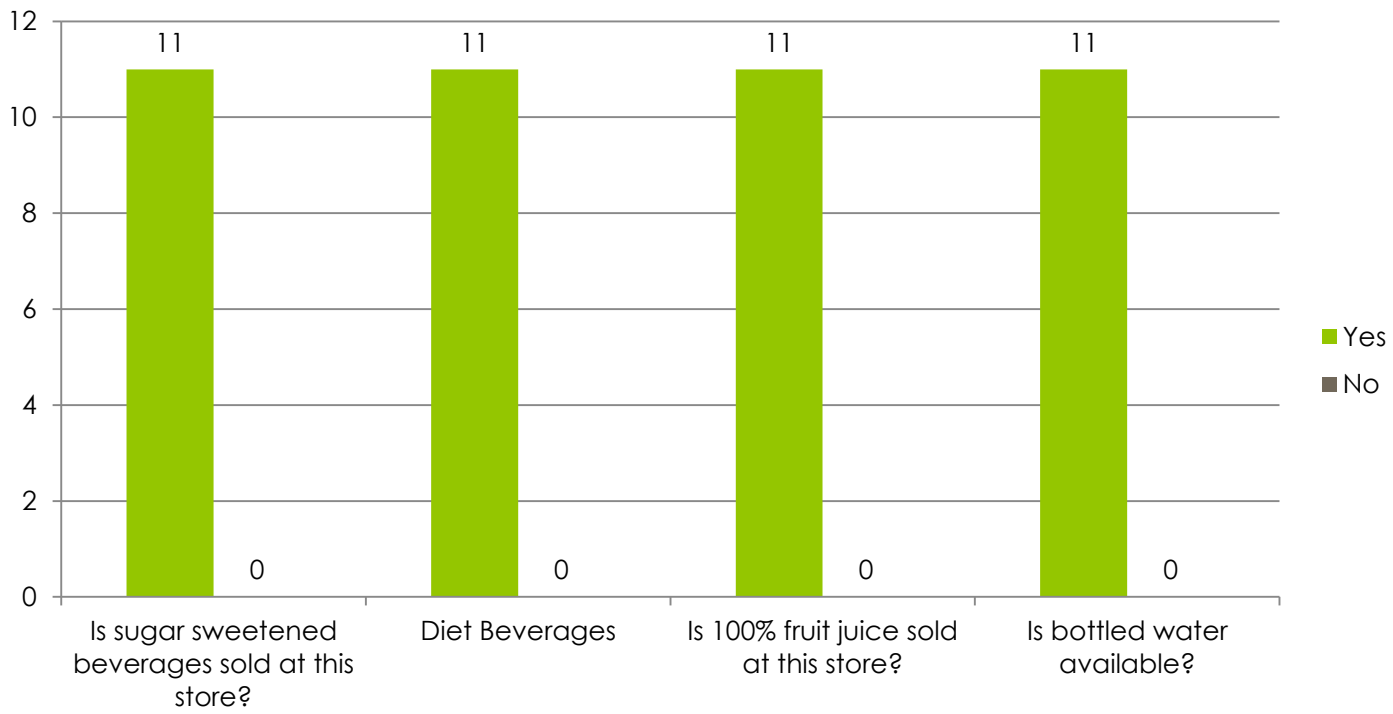
Percent of Store Space for Food



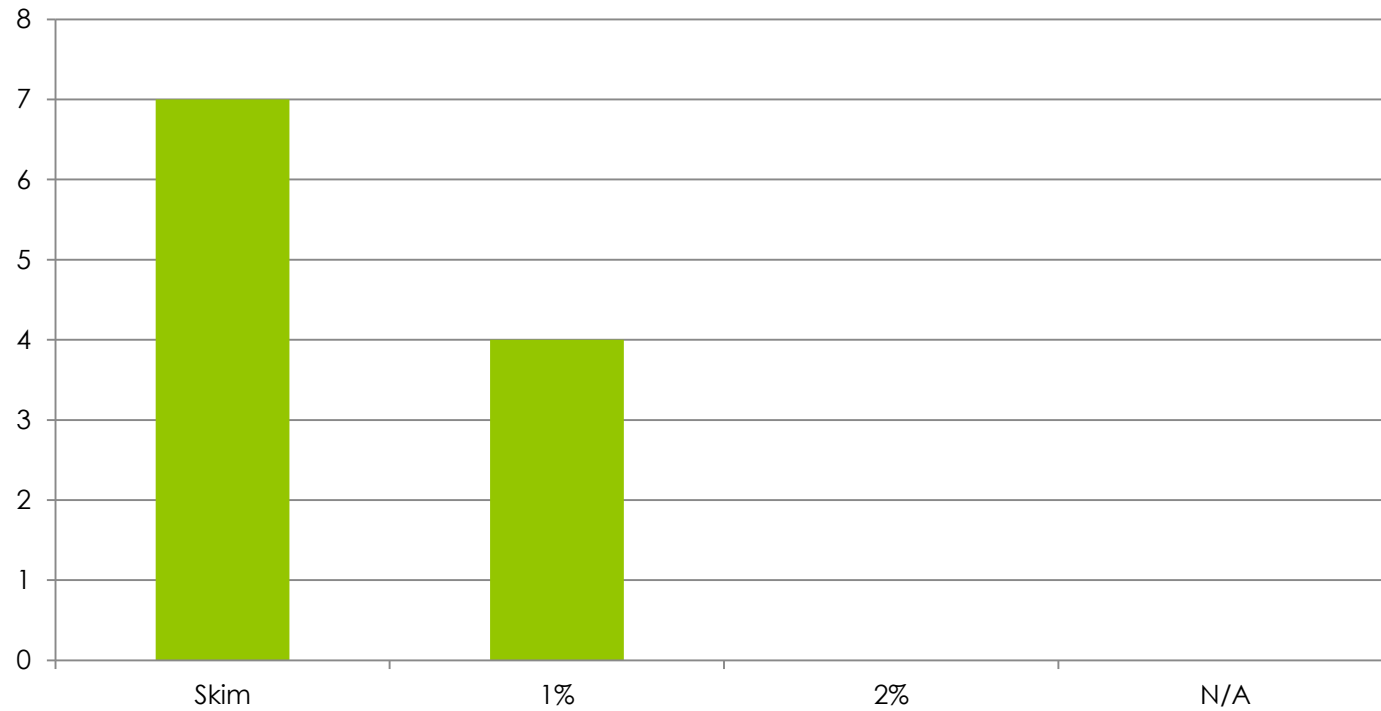
Number of stores where MyPlate options are available



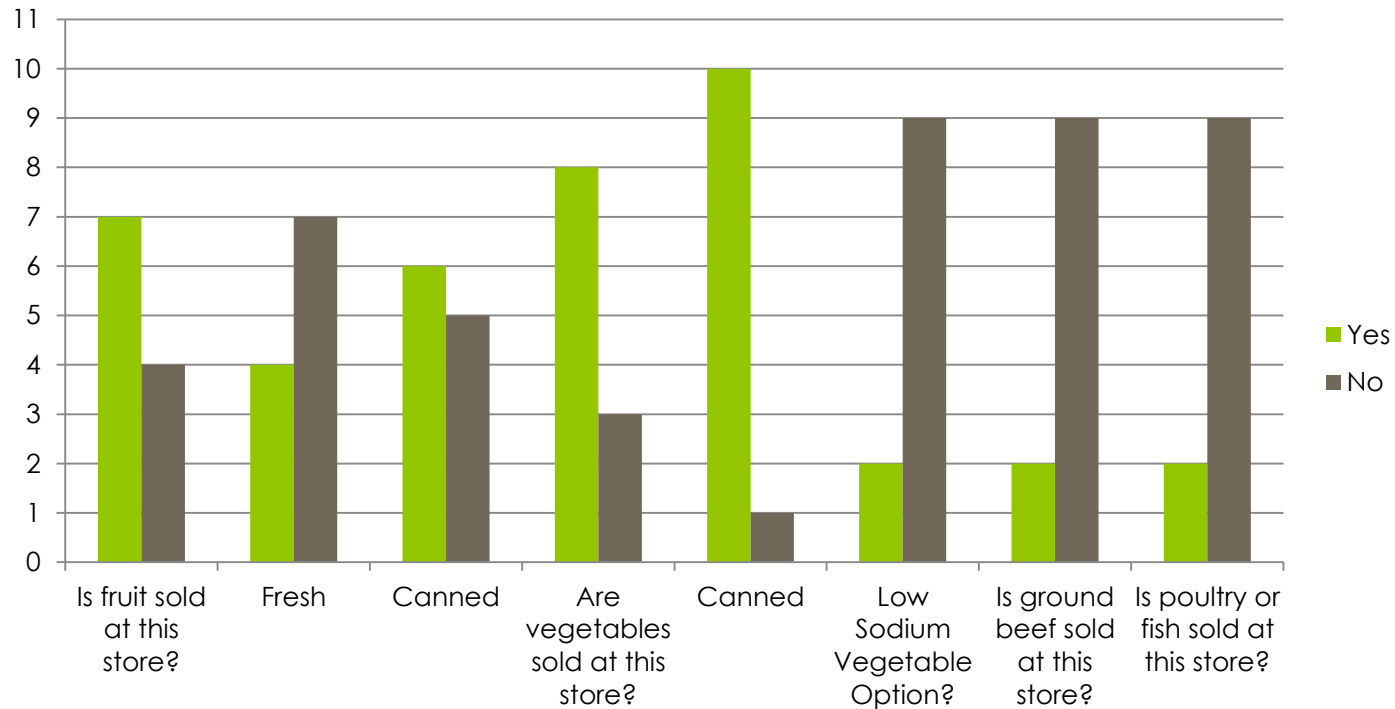
Beverage Options



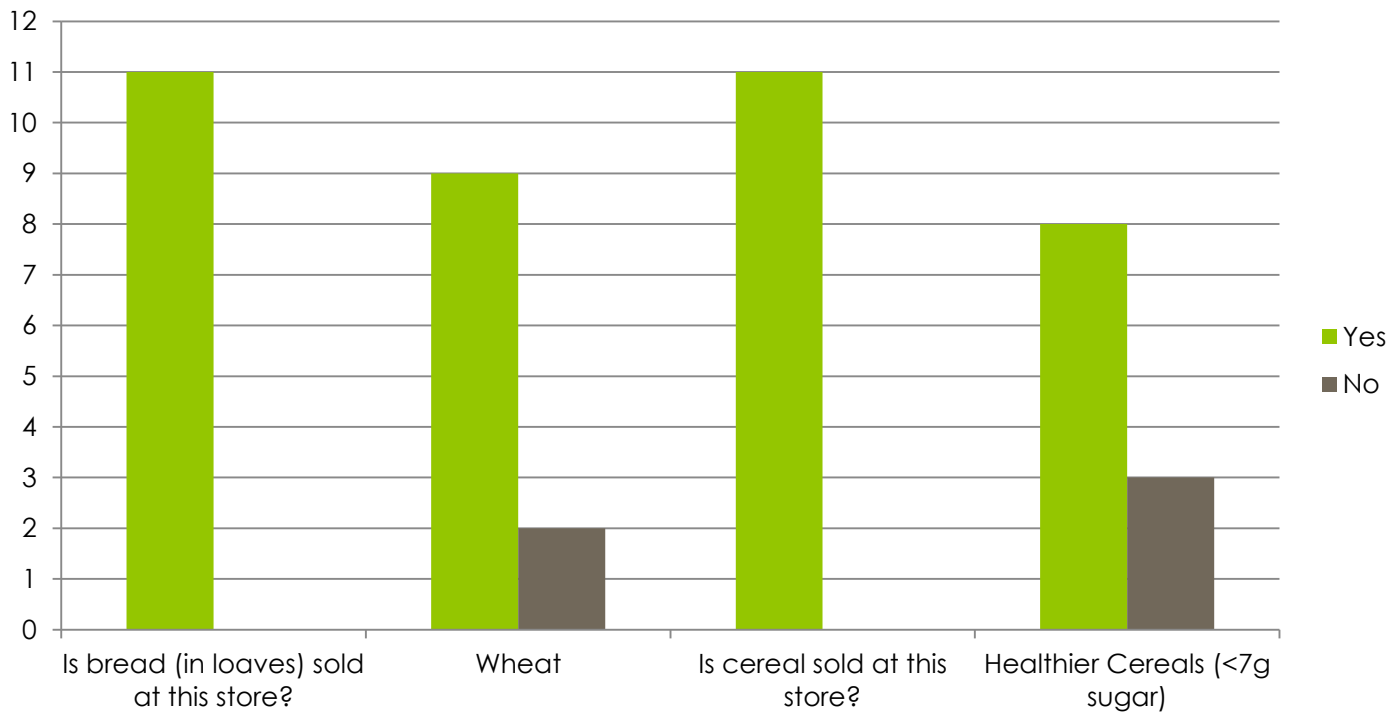
Lowest Fat Milk Available



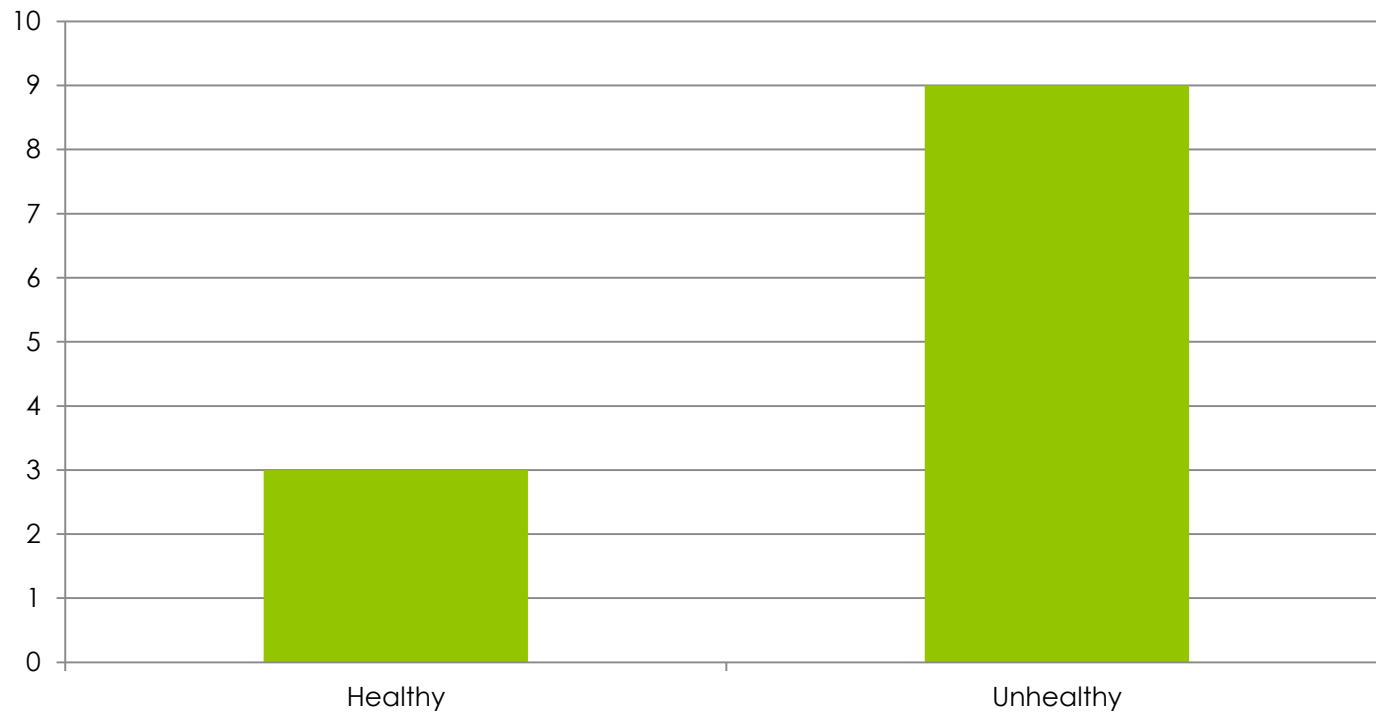
Fruits, Vegetables & Meats



Bread and Cereal Options



Retail Food Store Signage



Conclusions

- Not surveyed
 - Dairy such as a cheese or yogurt
 - Proteins such as chicken eggs
 - Other options for whole grain sides
- Most stores have healthier options available,
 - Selection is limited
 - Lacks in visual appeal
 - Lacks eye level product placement
- Advertising for unhealthy items is more common

Recommendations

- Develop an evaluation for the program
 - Formative
 - Process
 - Impact
 - Outcome
- Create plan-o-grams
- Develop promotional materials for healthy foods
- Work with vendors and distributors on placement of healthy foods