Turning the Tables to a Healthier Sullivan County

Cornell Cooperative Extension Sullivan County

NEW YORK STATE Creating Healthy Schools and Communities in Sullivan County
Creating Healthy Schools and Communities (CHSC) is a five-year (2015-2020) public health initiative of the New York State Department of Health (NYSDOH), with the goal of reducing the major risk factors of obesity, diabetes, and other chronic diseases in 85 high-need school districts and associated communities, including seven municipalities in Sullivan County. NYSDOH provides grant funding to Cornell Cooperative Extension Sullivan County (CCESC) to increase demand for and access to healthy, affordable foods and opportunities for daily physical activity.

What is “Healthy Communities”?
Healthy Communities is a movement incorporating health into decision-making across sectors and policy areas to improve the physical, social, and economic environments where people live, work, play, and learn.

Healthy Communities initiatives empower groups to work together to create improvements that support health-promoting behaviors. They are inclusive, accessible, available for all individuals, and aim to support everyone in reaching their full health potential.

Healthy Communities in Sullivan County
The Sullivan County communities covered by CHSC programs include Thompson, Bethel, Mamakating, Fallsburg, Forestburgh, and Liberty, serving the Monticello, Liberty, and Fallsburg Central School District catchment areas, and Sullivan BOCES.

CHSC provides technical support, equipment and supplies, and minigrants to municipalities, schools, worksites, and businesses working to make healthy choices easy for Sullivan County residents. Program areas supported by CCE Sullivan through CHSC include: school-based and worksite wellness, small retail environments, and municipal Complete Streets planning assistance.
Meet Our Team

Malinda Ware
Senior Issue Leader

Malinda is the Senior Issue Leader for CCE Sullivan’s Nutrition and Healthy Families, and Youth and Family Development program areas. She uses her corporate, non-profit, and community-based experiences to support the CHSC team in their work to improve health outcomes.

Wanda Cruz
Healthy Communities Program Coordinator

Wanda has four decades of experience in county health departments, school districts, and community outreach. She helped seven Sullivan County municipalities complete permanent projects, including the installation of outdoor fitness equipment and trail development. Wanda has worked with 48 local employers to help staff get healthy.

SueAnn Boyd
Healthy Schools Program Coordinator

SueAnn has been with CCE Sullivan for thirteen years, working in administration and with youth and families on nutrition and healthy habits. She has facilitated programs that promote wellness in the Liberty, Monticello, and Fallburg Central school districts, and Sullivan BOCES, including: school gardens, Farm to School activities, Ag in the Classroom, walking trails, and more.

By the Numbers

- Faculty Impacted: 892
- Students Impacted: 10,738
- School Buildings: 13
- School Districts: 4
- Projects Completed: 21
- Municipalities with Complete Streets Initiatives: 7

Healthy Communities

- 77,547 Estimated Total Population Impact
- 40,043 Estimated Total Sullivan County Population Impact
- 42 Participating Sites
- 20 Projects Completed
- 18 Policies Passed
- 10,738 People Impacted
CCE and community partners filled 60 backpacks with nutritious ingredients for elementary students and their families in the Liberty, Fallsburg, and Monticello Central school districts.

Healthy Backpacks
Filling up on healthy ingredients.

Monticello, Liberty, and Fallsburg Central school districts have adopted celebration carts filled with fun and physical activity games to replace food-based celebrations, setting kids up for a lifetime of healthy habits!

Celebration Carts
Let’s get this party carted...the healthy way!

Yoga4Classrooms
Stretching the possibilities for wellness.

This evidence-based yoga and mindfulness program promotes social, emotional, and physical wellness; learning readiness; and a positive school climate. School faculty is trained and implementing this initiative across the county.
Through reading, Ag in the Classroom fosters awareness, understanding, and appreciation of how we produce food, what we eat, and how we live. This partnership between CCE, Cornell University, the NYS Department of Agriculture, the NYS Education Department, and the New York Farm Bureau has been in existence since 1985.

**Ag in the Classroom**

*Story time turns into ag adventures.*

The CHSC program, CCE’s Ag staff, and school district food service staff work with farmers and teachers to get fresh produce into every school, teach students about growing their own tasty snacks, and understand how good food and water make for healthy living.

**Farm to School**

*Growing fresh connections.*

Youth participants from the Boys & Girls Clubs in Liberty and Monticello visit the CCE Catskills Kitchen several times during the school year to learn how to create healthy snacks and meals on a budget. Using hands-on experiential learning, youth get to smell, feel, prep, and cook tasty, healthy foods that can easily be brought to their home kitchens. The students leave with recipes, shopping tips, and samples to take home to their families. We’re grateful to our friends at the Boys & Girls Club, and to the Skoda family, for getting this fun and educational programming started!

**Kids in the Catskills Kitchen**

*Cooking up interest in healthy food.*

A Smarter Lunchroom nudges students toward selecting healthy choices when faced with a spectrum of options. Smarter Lunchrooms see less waste, more satisfied students, and increased consumption of important nutrient-rich foods.

**Smarter Lunchrooms**

*Healthier food within reach.*

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Over 100 families attended the Math and Movement event where various partners used a multi-sensory approach, physical activity, and visual elements to teach math and reading. Over 20 elementary school volunteers helped make this event a success!

Math and Movement
*The numbers add up on healthy fun.*

Initially a pilot project, and now added to the Physical Education curriculum and afterschool programming, CCE provided Benjamin Cosor Elementary School in Fallsburg with multiple pairs of snowshoes for students to use on the nature trail behind the school. The program is such a hit, the school purchased enough snowshoes for multiple classes!

Snowshoes
*Dashing through the snow.*

The 2nd Annual Color Run took place at Fallsburg Central School in October 2018. The 80 participants of students, staff, and families braved the cold, rain, and wind to support their school and community, and promote physical activity.

Anti-Bullying Color Run
*A bright idea to promote positivity.*

Smart Growth America says, “Complete Streets are designed and operated to enable safe access for all users, including pedestrians, bicyclists, motorists, and transit riders of all ages and abilities”.

CCE’s Creating Healthy Schools and Communities staff works with the Towns of Thompson, Liberty, Fallsburg, Forestburgh, Mamakating, Bethel; and the Village of Monticello to consider how municipal infrastructure projects create a safer, more engaging sense of community, and also encourage physical activity.

Below is a snapshot of the many great projects Sullivan County municipal governments have completed or are working on:

**Turning the Tables**

**Healthy Communities**

**Complete Streets for Everyone!**

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**Growing the Gateway Committee**
*Streets that meet everyone’s needs.*

Reaching Thompson and Monticello, this committee created a vision, design guidelines, and a joint code enforcement plan to support safe transportation options for motorists, pedestrians, cyclists, and mass transit.

**Making Movement Easy**
*Follow the trail that leads to wellness.*

Bethel community members now have access to walkable trails with benches and outdoor fitness stations. It’s free to individuals of all ages and abilities!

Bike racks have been installed in high traffic areas to encourage travel on bikes as an alternative form of transportation, or for those who want more physical activity.

The Town of Mamakating has access to several walkable trails and is installing fitness stations, directional signage, and message boards for visitors.
Potty Talks are found in worksites across the county, providing tips and tricks for healthy living where everyone goes, the restroom! Worksites can contact CHSC staff for their own collection. Municipalities like the Town of Forestburgh have brought their employees on board with worksite wellness.

Dozens of partners teamed up to provide the 2018 Workplace Wellness Summit, a comprehensive day of education, information, and resource sharing to Sullivan County businesses and organizations. By working together, the organizations utilize the Collective Impact Model to address health issues facing Sullivan County.

As a result, over 70 Wellness Champions were trained, and many went on to start wellness committees, educate co-workers, and implement worksite policies, creating change in their workplaces.

With more than seven farmers’ markets across the county, the Liberty market stands out among the rest. CHSC, Catskills Kitchen, and Eat Smart NY Hudson Valley staff provided yummy food samples and demonstrations to empower folks to make healthy snacks at home with goods procured from the market.

A Community Supported Agriculture (CSA) program for employees at Catskill Regional Medical Center, one of the county’s largest employers, drops healthy produce right at the door for employees, making access to fresh produce easy peasy!

The new Sullivan Fresh: Farmers’ Market on the Move will pilot routes in 2019 to reach some of our most vulnerable friends and neighbors, including seniors and limited-income families.
Bringing School & Community Together

Indoor Walking Program

Getting fit through the seasons.

During the winter, the Town of Mamakating partners with Emma Chase Elementary School in Monticello to provide a safe, accessible indoor walking program, available to the community during afterschool hours. During warmer weather, they offer trail walks that provide the history of the trail they are walking on. It’s a true school-community partnership!

Fit Family Fun Expo

Bringing everyone together for healthy fun.

In collaboration with multiple partners including Catskill Regional Medical Center, Liberty Central School District, and CCE, the school hosted a Fit Family Fun Expo with numerous vendors promoting health and wellness. More than 60 families attended the event and enjoyed a healthy meal.

It Wouldn’t Be Possible Without

Our Local Partners

Action Toward Independence
American Heart Association
Barryville Farmers’ Market
Benjamin Cosor Elementary School
Bethel Community Task Force
Bethel Woods Center for the Arts
Beaverdam Brook Farms
Bold Gold Media Group
Brian Brustman Land Services and Woodworking
Callicoon Farmers’ Market
Catskill Regional Medical Center
CCE Orange County
Daniel Pierce Library
Darrin Raynor
Ethelbert B. Crawford Public Library
Eat Smart New York Hudson Valley
Evergreen Community Center
Fallsburg Central School District
First Presbyterian Church of Liberty
Gerry Foundation
Greater Hudson Valley Health Systems
Grow the Gateway Thompson & Monticello
HealthLink NY
Hope Farm
Ideal Snacks
Jeff Bank
John Kline’s Natural Wood Wine Racks
Lazy Pond Bed & Breakfast
Liberty Central School District
Liberty Farmers’ Market
Liberty Public Library
Majestic Farm
Mamakating Library
Monticello Central School District
Monticello Farmers’ Market
Morgan Outdoors
New Hope Community
New York State Dept. of Transportation
Ochs Orchards
Rock Hill Farmers’ Market
Rockland County Dept. of Health
Roscoe Farmers’ Market
Somewhere in Time Farm
Stonewall Farms
Sullivan County Bee Keepers Association
Sullivan County Chamber of Commerce
Sullivan County Democrat
Sullivan County Government
Sullivan County Head Start
Sullivan County Legislature
Sullivan 180
Sullivan Agencies Leading Together (SALT)
The Arc Sullivan-Orange Counties
Sullivan BOCES
Sullivan Renaissance
SUNY Sullivan
Sunshine Hall Library
Town of Bethel
Town of Fallsburg
Town of Forestburgh
Town of Liberty
Town of Mamakating
Town of Thompson
Trailkeeper.org
Village of Liberty
Village of Monticello
Western Sullivan Public Library
Winterton Farms
WJFF Radio Catskill