



The rates of obesity and Type 2 diabetes in New York State are immense along with the cost of treating them. Working to prevent these diseases has the potential to save New York State lots of money in health care costs and productivity loss.

Creating Healthy Places to Live, Work & Play contractors across the state are working to prevent obesity and Type 2 Diabetes by making it easier to be physically active and eat healthy foods.

While Creating Healthy Places to Live, Work & Play is making strides to increase access to healthy food options and physical activity opportunities, there is still much more work to be done.

Creating Healthy Places to Live, Work and Play in Suffolk County is funded by a grant from the NYS Department of Health.



funded by
New York State Department of Health



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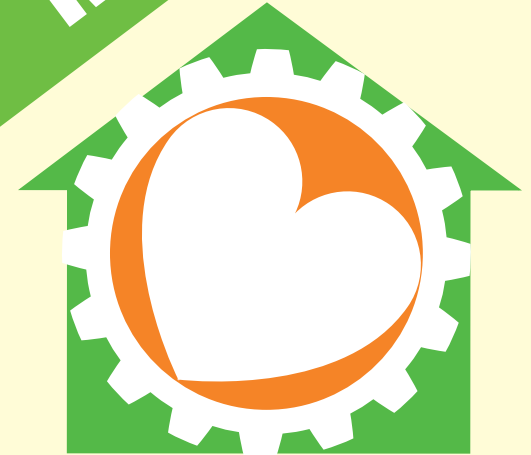
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*Cornell Cooperative Extension in Suffolk County
provides equal program and employment opportunities.*

*Cornell Cooperative Extension is funded in part by Suffolk County
through the office of the County Executive and the County Legislature.*

Internet Resources

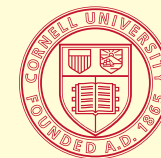
for



CREATING HEALTHY PLACES

to LIVE WORK & PLAY
in SUFFOLK COUNTY

Family Health and Wellness Program



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Creating Healthy Places to Live, Work and Play in Suffolk County Internet Resources

Find up-to-date information about Creating Healthy Places to Live, Work and Play in Suffolk County at these websites:

Cornell Cooperative Extension of Suffolk County
www.ccesuffolk.org

Diabetes Resource Coalition of Long Island
www.longislanddiabetes.org

Please visit the following websites and join one or more as an individual member to receive up-to-date information on healthy eating and active living.

Designing a Strong and Healthy New York (DASH-NY)
<http://www.nyam.org/dash-ny/>

NYS Healthy Eating and Physical Activity Alliance
www.NYSHEPA.org

American Diabetes Association
www.diabetes.org
Note: Membership Fee \$28.00

National Alliance of Nutrition and Activity
<http://www.cspinet.org/nutritionpolicy/nana.html>

National Center on Physical Activity and Disability
<http://www.ncpad.org/>

Other websites and resources:

2-1-1 Long Island (formerly Community Resource Database)
<https://211longisland.communityos.org/cms/>

2008 Physical Activities Guidelines for Americans
<http://www.health.gov/paguidelines/>

Action for Healthy Kids
<http://www.actionforhealthykids.org/>

American Association of Diabetes Educators
www.aadenet.org

American Cancer Society
www.cancer.org

American Community Garden Association
www.communitygarden.org

American Dietetic Association
www.eatright.org

American Heart Association
www.americanheart.org

American Lung Association
www.lungusa.org

Centers for Disease Control and Prevention
www.cdc.gov

Community Garden Links
<http://gis.co.suffolk.ny.us/gardens>
[Facebook.com/SuffolkGardens](https://www.facebook.com/SuffolkGardens)
Twitter: @suffolkgardens

Corporation for National and Community Service/Toolkits
<http://www.serve.gov/toolkits.asp>

Food Day
<http://foodday.org/>

Iowa State University Extension
<http://www.extension.iastate.edu/topic/healthy-living>

Juvenile Diabetes Resource Foundation
www.jdrf.org

Let's Move
<http://www.letsmove.gov>

Let's Move Cities, Towns and Counties
www.hhs.gov/intergovernmental/letsmove/cities_towns.html

Local Government Commission
<http://www.lgc.org/healthycommunities/index.html>

MyPlate
www.choosemyplate.gov

National Complete Streets Coalition
<http://www.completestreets.org/>

National Diabetes Education Program
www.ndep.nih.gov

National Institute of Diabetes, Digestive and Kidney Diseases
www.niddk.nih.gov

National Kidney Foundation
www.kidney.org

National Policy & Legal Analysis Network to Prevent Childhood Obesity (NPLAN)
www.nplan.org

NPLAN Healthy Planning Policies
<http://www.nplanonline.org/nplan/healthy-planning>

New York Market Maker
<http://nymarketmaker.cornell.edu/>

New York State Department of Health
www.health.state.ny.us

NYS Department of Agriculture and Markets/Farm and Market Search
<http://www.agriculture.ny.gov/FandMSearch.html>

People First – How to Plan Events Everyone Can Attend
<http://www.health.state.ny.us/publications/0956/>

The Road to Health Toolkit
<http://ndep.nih.gov/publications/Publicationdetail.aspx?Pubid=152>

Safe Routes to School National Partnership
<http://www.saferoutespartnership.org/>

Shape Up America!
<http://www.shapeup.org/>

Tobacco Action Coalition of Long Island
www.breathefreely.org

US Dept. of Health and Human Services
www.hhs.gov

United States Department of Agriculture
www.usda.gov

University of Missouri – Community Garden Tool Kit
<http://extension.missouri.edu/p/MP906>

Victory Garden-Suffolk County Legislature
http://legis.suffolkcountyny.gov/clerk/cmeet/vgtf/2010/vgtf_report_101210.pdf

We Can!
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm>

WIN: Weight-Control Information Network
www.niddk.nih.gov/health/nutrit/win.htm