



Creating Healthy Schools and Communities

— A whole community, PSE approach to
making the health choice an easier choice
in Kingston —

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<https://kingston-ny.gov/health-and-wellness/chsc>*

AGENDA

- Background
 - City of Kingston's Health & Wellness Department
 - Live Well Kingston
- What is Creating Healthy Schools and Communities?
- Deeper Dive into the Strategies
- Questions

City of Kingston's Health & Wellness Department

- Created in 2018 with funding from a local foundation
- Works towards making the City of Kingston a healthy place to live for *everyone*
- Coordinates the Live Well Kingston Commission
- Act as community health liaisons



Emily Flynn
Director of Health & Wellness



Kristin Kessler, RDN, CDN, CYT
Project Manager

Live Well Kingston

We are Building a Better Kingston to Walk, Bike, Eat, and Play!

Live Well Kingston brings together partners and residents to facilitate policy, systems, and environmental changes that result in a healthy and active community.

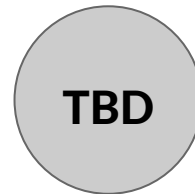
Focus Teams



Age Well



Eat Well



Grow Well



Heal Well



Travel Well



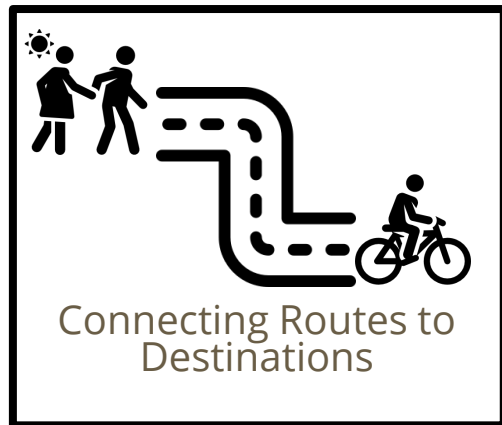
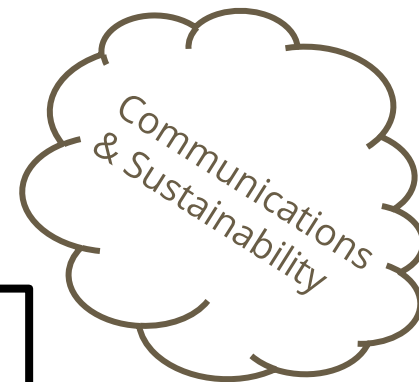
Play Well

Creating Healthy Schools & Communities

Creating Healthy Schools & Communities (CHSC) supports **policy, system, and environmental (PSE)** changes to help make the healthy choice, the easy choice for everyone.

P	<u>POLICY</u> Formal written statement that results in a new decision, action, or mandatory rule.	<ul style="list-style-type: none">• Healthy Vending Machine Policy (Resolution #185 of 2013)• Healthy meeting policies (NYSDOH Healthy Meeting Guidelines)• Changing local zoning ordinances to allow for community gardens• Healthy concession stand policies
S	<u>SYSTEM</u> Informal or unwritten process in an organization, institution, or community	<ul style="list-style-type: none">• Healthcare referral system for fresh produce (Fruit & Veggie Rx) or parks (Park Rx)• Farm to school programs• Food insecurity screenings at hospitals• Changes to procurement systems to prioritize nutritious food
E	<u>ENVIRONMENT</u> Changes to the physical, economic, or social environment	<ul style="list-style-type: none">• Adding more sidewalks• Providing more nutritious food options• Educational posters and healthy eating logos• Purchasing cold storage equipment for fruits/veggies, meat, & other nutritious options

Creating Healthy Schools & Communities



Creating Healthy Schools & Communities

Food Service Guidelines

Supporting community and work sites to create, implement, and promote food and nutrition guidelines and/or policies in their food service venues.

Connecting Routes to Destinations

Community planning and active transportation interventions to increase safe and accessible physical activity.

School Nutrition & Physical Activity

Working with school officials, staff, and parents to implement improved policies and practices that create a supportive and healthy physical activity and nutrition environment.

Early Care & Education

Improved policies, practices, and environments for physical activity and nutrition in early child care settings.

Communications & Sustainability

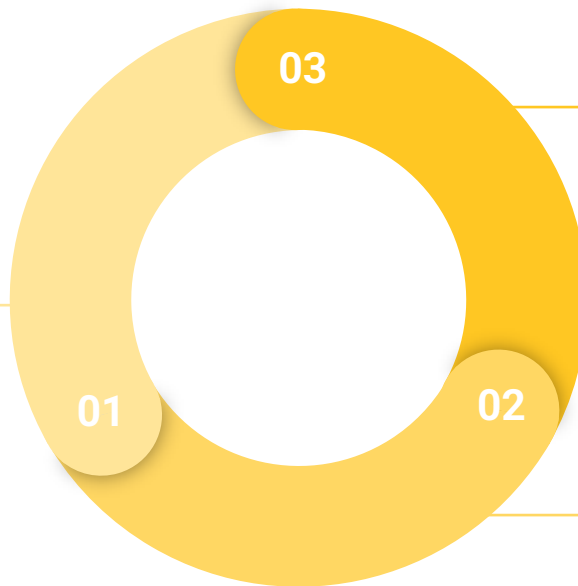
Intentionally and thoughtfully communicate with the community to support behavior change and convey critical information while encouraging key individuals to support or lead an initiative.

CHSC Strategy 1: Food Service Guidelines



Food & Nutrition Standards

Establish guidelines or policies that encourages the sale, distribution, and/or promotion of **healthier food options** in food service establishments.



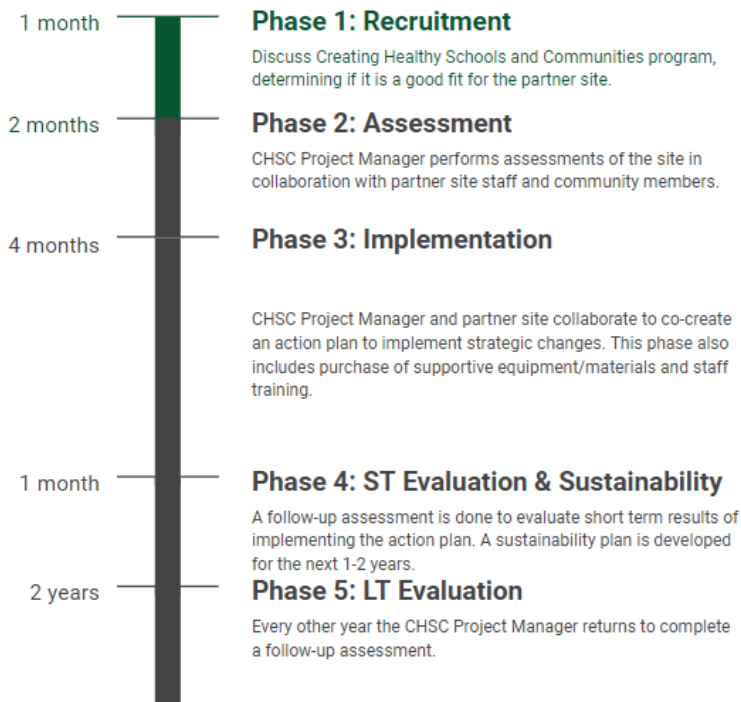
Supportive Strategies

Food and health is more than just nutrients! It is about **sustainability, equity, cultural vibrancy and diversity, the local economy**, and more. Each site will get to customize their own plan based upon their values and desires.

Behavioral Strategies

Develop a promotional plan that incorporates **Product, Pricing, Promotion, Placement strategies** that support community members or employees choose healthier options.

CHSC Strategy 1: Food Service Guidelines



CHSC Strategy 1: Food Service Guidelines

Program Examples

YMCA of Kingston & Ulster County

- Focused on their vending machines and water fountains
- Completed extensive assessment
- Created a Nutrition & Food Policy- at least 50% of items will meet requirements, prioritizing language equity
- Installed 4 new water fill stations
- July Hydration Challenge
- New nutritious item promotion- social media, flyers, TVs in the gym, taste



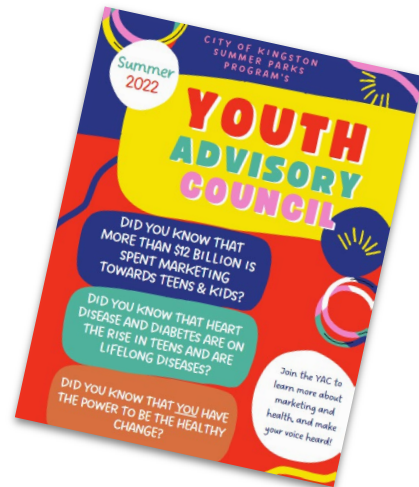
CHSC Strategy 1: Food Service Guidelines

Program Examples



People's Place

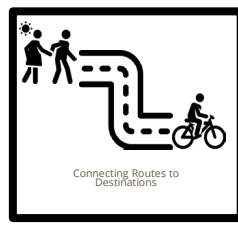
- Focused on the pantry
- Completed comprehensive assessment
- Created a Nutrition & Food Policy– prioritizing items like produce, culturally relevant foods, language equity
- Purchased new shelving and signage
- Pantry “relaunch” Monday, July 18th, 9am



Andy Murphy Neighborhood Center

- Focused on the vending machines and water fountain
- Completed comprehensive assessment
- Developing a Nutrition & Food Policy– prioritizing items for kids, environmental sustainability
- Purchased new water fill station
- Summer activity- Youth Advisory Council
- Fall activities– policy launch and promotions

CHSC Strategy 2: Connecting Routes to Everyday Destinations



Policy Work

Pedestrian Bicycle Master Plan

For more information:
<https://engagekingston.com/pedestrian-bicycle-master-plan>



Implementation Work

Broadway-Prince Landscape Design Project

Bike Infrastructure Project

Summer of Safety

Other Greenline Enhancements

CHSC Strategy 3: Nutrition & Physical Activity in Schools



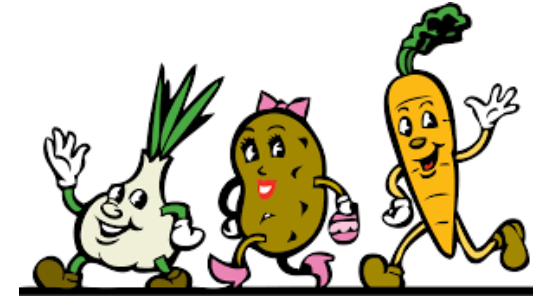
Policies and Practices

Work with schools (e.g., administration, staff, wellness policy committees) to assess and improve policies or administrative regulations for physical activity and nutrition that align with federal and/or state Local School Wellness Policy (LWP) requirements.



Physical Activity

Provide training and/or technical assistance and resources for school administration and staff to establish Comprehensive School Physical Activity Programs (CSPAP)



Nutrition

Provide training and/or technical assistance, resources for school administration and staff to establish a Healthy Nutrition Environment and increase access to healthy affordable foods, and to increase school districts' ability to meet nutrition standards for vending, a la carte, school stores, and other foods sold outside the school meal programs.

CHSC Strategy 3: Nutrition & Physical Activity in Schools

Program Examples



Harry L. Edson Elementary

- Goals: increasing physical activity
- Walk to School Day 2022, Walkathon 2022, walking club established, yoga club
- 2023- possible focus on bike safety, safe routes to school, bike rodeo



Edson Walk to School Day 2022

John F. Kennedy Elementary

- Goals: Healthier celebrations, enhance school nutrition opportunities outside school meals
- "Healthy celebration bins" geared towards celebrating with movement (obstacle courses, juggling scarves, hot potato, charades, etc.)
- USDA Fresh Fruit & Veggie Program, school garden, international potluck dinner 2023



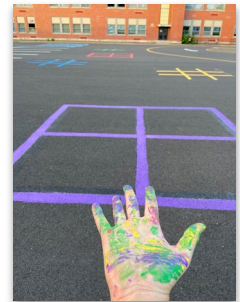
JFK FF&VP- Golden Beets!

George Washington Elementary

- Goals: increasing physical activity
- Each classroom purchased physical activity equipment (desk bouncy bands, sports equipment, yoga mats, etc) to use during class
- 4 square and tic tac toe near playground
- School gardening



Harvest Day 2022



Painting Day 2022

CHSC Strategy 4: Nutrition & Physical Activity in Early Care Education

Step 1: Assessment



Policies and Practices

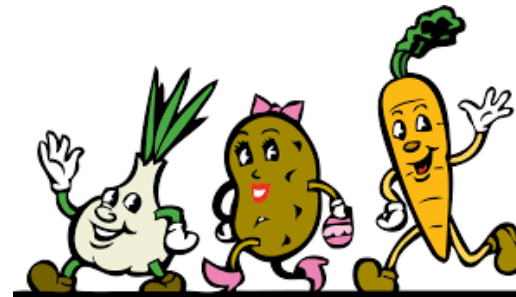
Work with ECE providers (e.g., administration) to assess and improve policies for physical activity and nutrition that align with selected high-impact obesity prevention strategies outline in NRC's ASHW assessment.

Step 2: Staff Training



Physical Activity

Provide training, technical assistance, and resources to ECE providers (e.g., staff and teachers) to integrate age-appropriate physical activity throughout the day for infants, toddlers, and young children in their care.



Nutrition

Provide training, technical assistance, and resources to ECE providers (e.g., staff, teachers, food service) to implement and embed nutrition best practices and ensure that nutritious and age-appropriate meals and snacks are served.

Contact Us



Questions?

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Contact with questions regarding:

- CHSC Program
- Food Service Guidelines
- Physical Activity Access
- Communications & Sustainability

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Contact with questions regarding:

- Nutrition & Physical Activity in
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Contact with questions regarding:

- Nutrition & Physical Activity in Early
Care Education