

2018 Healthy Ulster Council Annual Report



Michael P. Hein
County Executive



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2018 Healthy Ulster Council Annual Report

The Healthy Ulster Council (HUC) is a coalition of community agencies and organizations that meet bi-monthly to foster communications, awareness, and potential synergies in and among organizations and individuals working on various aspects of community wellness and prevention. The mission of HUC is to strengthen collaboration between organizations working to promote wellness, prevent illness and improve health outcomes through collective action and projects.

The 2018 Annual Report summarizes the outcomes of Council meetings, networking opportunities, collective action, and communications. It also includes an update on the status of the Inventory for Health. The report is organized into 4 sections: Healthy Ulster Council Meetings, Networking, Communications and the Inventory for Health. In addition, a list of the 2018 participating agencies and organizations as well as meeting photos have been included. There are 3 Appendices to the report, which include 2018 HUC Meeting Attendance, 2018 HUC Constant Contact List Updates, and the 2018 Inventory for Health.

I. Healthy Ulster Council Meetings

In 2018, in a partnership with the Ulster County Department of Health, Cornell Cooperative Extension of Ulster County provided coordination and facilitation for **6 bi-monthly Healthy Ulster Council meetings**. **Eighty-three professionals** from **40 organizations** attended these meetings for the purposes of professional development, networking and collective action (see Appendix A). The number of attendees in 2018 increased by 42% and the number of organizations represented increased by 45% compared to the 48 professionals from 22 organizations that attended these meetings in 2017. The 2018 average meeting attendance was 25 persons per meeting.

Professional development at HUC meetings included two formal presentations from the Ulster County Department of Health. The first, shared annually, focused on the “**Prevention Agenda Update**”, which along with a discussion of the RWJF Ulster County Health rankings, set the tone for the work of the Healthy Ulster Council for the year. The second presentation focused on “**Substance Use Prevention Strategy and www.UlsterHelps.org**”, addressed the increase in the rate of premature mortality in Ulster County, primarily as a result of opioid overdoses. Additional professional development, provided by guest presenters from 10 agencies and organizations that work within Ulster County, addressed the NYS Prevention Agenda priorities identified in the updated 2016-18 Ulster County Community Health Improvement Plan: *Prevent Chronic Disease and Promote Mental Health/Prevent Substance Abuse*. These professional development presentations are listed below in chronological order:

1. “**The American Heart Association**”, presented by Danielle Schuka, Corporate Development Director of the American Heart Association
2. “**Family of Woodstock Adolescent and Youth Programs**”, presented by Kelly Warringer, Team Leader of Adolescent Services at Family of Woodstock, Inc.
3. “**Immigration and Mental Health**”, presented by Maria Elena Ferrer-Harrington Director of Community Engagement at the HealthAlliance of the Hudson Valley and Marge Gagnon, Director of the Rose Women’s Care Service

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4. **“Office of the Aging Services and Resources”**, presented by Shelly Wagar
Director of the Ulster County Office of the Aging
5. **“2017-2018 Youth Development Survey Results”**, presented by Cheryl DePaolo, Program
Director, and Megan Conroy, Community Prevention Specialist, at the Ulster Prevention
Council/Family Service
6. **“A Quick Look at Asthma: Key Facts”**, presented by Jaqueline Rubino, MPH,
Director of the Hudson Valley Asthma Coalition of the American Lung Association
7. **“Childhood Lead Poisoning Prevention”**, presented by Rose Dittus, Registered Nurse at the
Ulster County Department of Health
8. **“Feed HV Community Network”**, presented by Carrie Jones Ross, Food Security Development
Manager at the Hudson Valley AgriBusiness Development Corporation
9. **“Exploitation and Trafficking of Youth”**, presented by Jackie Arsenuk, Safe Harbour
Coordinator at the Ulster County Department of Social Services Safe Harbour Program
10. **“Climate Resilience in Kingston”**, presented by Julie Noble, Environmental Education and
Sustainability Coordinator at the City of Kingston Parks and Recreation

II. Networking

Promoting synergies among health and wellness agencies and organizations is one of the goals of HUC. Opportunities for networking were provided at each bi-monthly HUC meeting and were fostered through a thirty minute facilitated program sharing session. Program sharing was captured in the meeting notes for each Council meeting and posted on the www.healthyulstercounty.org website. Agencies and organizations were encouraged to share flyers, brochures, cards and program materials at each meeting, and to utilize the events page of www.healthyulstercounty.org website and the Healthy Ulster Council Google Group for a greater reach. HUC attendees were additionally offered the opportunity to sign up to present relevant programs at HUC meetings, and/or on the Healthy Ulster radio show.

Mobilizing the collective power of the coalition to advocate for healthy environments was actualized through a request to the Healthy Ulster Council to support Ulster County's T21 Legislation to raise the age for purchasing tobacco products in Ulster County to 21. Healthy Ulster Council members were urged to attend the meeting and speak on behalf of passing the T21 Bill. Several members of HUC, including the Coordinator, were present at the T21 Public Hearing in April 2018 and provided supporting testimony for passing the legislation, which ultimately passed. In an effort to enable the Healthy Ulster Council to more easily support policy that supports the mission and vision of the Council, a request for a written HUC Commitment of Membership (COM) was shared with attendees throughout the year. This endeavor was not successful, with only two HUC COM's returned. As the written commitment to the mission of HUC would allow for UCDOH and the Coordinator to provide written letters of support on behalf of HUC, for policies that positively impact health and wellness in a timely manner, the endeavor will be re-introduced in 2019.

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Healthy Ulster Council meetings role modeled healthy meeting behavior and included both healthy snacks and a 5-10 minute physical activity break. Physical activity breaks included youtube videos, as well as exercises and movement games led by Melinda Herzog, the HUC Coordinator and CCE-Ulster County Healthy Communities Program Leader, and Stacy Kraft, the Public Health Education Coordinator for the Ulster County Department of Health. Movement breaks included:

1. 5 Minute Health Boosting Walk From 3 Mile Calorie Blast,
<https://www.youtube.com/watch?v=bLRZaqrneAI>
2. Yoga at Your Desk; Ekhart Yoga,
<https://www.youtube.com/watch?v=Fx16LSYoQv4>
3. Outdoor Walk in Honor of Healthy Ulster County Week, led by Stacy Kraft and Melinda Herzog
4. Games That Move You, led by Melinda Herzog
5. It's a Stretch, led by Stacy Kraft

III. Healthy Ulster Council Communications

CCEUC sent all meeting announcements and communications for the Healthy Ulster Council through Constant Contact and the Healthy Ulster County Google Group. Information was also shared via the Bringing Agencies Together and the Ulster County Human Services listservs. **There are currently 417 contacts listed on the Healthy Ulster Constant Contact listserv.** The list is updated bi-monthly, with **42 new contacts** added in 2018, and **5 removed** (See Appendix B). New members are added upon attending a Healthy Ulster Council meeting and by request. Use of the healthyulstercounty.net website was promoted at Council meetings and on the bi-monthly meeting announcements with reminders to review meeting notes, presenters' power points, and data shared at Council meetings. Members were also encouraged to list their events on the event page of the site.

IV. Inventory for Health

The Ulster County Inventory for Health was updated extensively in 2018 (See Appendix C). Data obtained from the **October 2017 survey, which yielded 67 responses**, was compiled and applied to the Inventory for Health in early 2018. The Inventory was then reviewed by CCEUC and UCDOH in a series of meetings where information gaps were identified and completed using local knowledge. The Inventory for Health is a living document, and as such will need continued review and updates. The parameters of the instrument are directly aligned with the strategies in Robert Wood Johnson Foundation's (RWJF) "What Works for Health". <http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health>. These strategies are a menu of tools, policies and programs that can be used locally to improve health outcomes. CCEUC is currently developing a new tool utilizing the language in RWJF's "What Works for Health" to help agencies and organizations to self-identify which RWJF strategies that they are currently implementing, which will ultimately result in a more relevant Inventory for Health. The updated Inventory for Health will be posted on the www.healthyulstercounty.org website, and will serve to help agencies and organizations to identify what strategies to improve health and well being are currently being implemented in Ulster County, and who is working on them. Identifying both synergies and gaps is important in building a network of programs and policies to improve health.

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2018 Healthy Ulster Council Participating Organizations

1. 511 NYRideshare
2. AFFCNY
3. Aging Life Care Assoc.
4. American Cancer Society
5. American Heart Assoc.
6. American Lung Association
7. Catskill Mountain Keeper/UC Leg
8. Catskill Regional Medical Center
9. CCE-Ulster County
10. CDPHP
11. Central Hudson
12. City of Kingston
13. Community Member
14. Cornerstone Family Healthcare
15. Ellenville Regional Hospital
16. EMEWE.org
17. Family of Woodstock
18. Family Services
19. Feed HV
20. HAHV
21. Hitch.org
22. Hudson Valley Asthma Co.
23. IFH
24. Live Well Kingston
25. Mental Health Assoc. UC
26. MiSN
27. Planned Parenthood MHV
28. Rose Women' Care Service
29. Shop Rite
30. Stop Smart Meters Woodstock
31. SUNY New Paltz
32. SUNY Ulster Health/Safety
33. TFAC
34. UC Community Action
35. UC Legislature
36. UCDOH
37. UCDSS Safe Harbour
38. UCOFA
39. UCOFA/BOCES
40. Ulster Prevention Council

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2018 Healthy Ulster Council Photos



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Appendix A

2018 HUC Meeting Attendance

2018 Healthy Ulster Council Attendance								
Name	Organization	Jan	Mar	May	Jul	Sep	Nov	TOT
Altamirano, Salvador	Family of Woodstock			1				1
Arsenuk , Jacquelyn	UCDSS Safe Harbour			1	1	1	1	4
Avgush, Sharon	IFH				1			1
Blao Sanchez, Manuel	City of Kingston	1						1
Brady, Lynda	MiSN		1	1		1		3
Callahan, Susanne	IFH	1			1		1	3
Carrenceja, Christina	IFH		1	1	1		1	4
Conroy, Megan	Ulster Prevention Council	1	1		1	1		4
D'Angelo, Anique	Planned Parenthood MHV	1						1
Deferrari, Maria Cecilia	CCE-Ulster County		1	1	1	1	1	5
DePaolo, Cheryl	Ulster Prevention Council	1						1
Deutsch-Mozian, Laurie	HAHV	1	1	1	1			4
Dittus, Rose	UCDOH					1		1
Doyle, Carrie	CCE-Ulster County		1					1
Doyle-Bunker, Kathryn	AFFCNY				1			1
Ender, Sofia	UC Safe Harbour					1	1	2
Ferrer, Maria Elena	HAHV	1		1	1			3
Flynn, Emily	Live Well Kingston	1	1	1	1		1	5
Frey, Sharon	Aging Life Care Assoc.			1				1
Gagnon, Marge	Rose Women' Care Service		1	1	1	1	1	5
Gokey Dudley Brenna	Catskill Regional Medical Cntr	1						1

Green, Kameko	IFH				1			1
Greenfield, Donna	UC Legislature					1		1
Guadagna, Jaqueline	Shop Rite				1			1
Herzog, Melinda	CCE-Ulster County	1	1	1	1	1	1	6
Howard, Greg	UC Community Action	1						1
Huppert, Kiera	Planned Parenthood MHV		1	1				2
Jafari, Farnaz	IFH						1	1
Johndonnell, Riley	EMEWE.org			1				1
Julson, Alexandra	PPMHV	1	1	1				3
Jones Ross, Carrie	Feed HV					1		1
Kellachan, Jaqueline	MiSN						1	1
Kleinhans, Tara	CCE-Ulster County	1		1	1		1	4
Kraft, Stacy	UCDOH	1	1	1	1	1	1	6
Lennon, Susan	American Lung Association				1			1
Lopez Martinez, Diana	Planned Parenthood MHV	1		1				2
Lucia, Kathryn	Mental Health Assoc. UC	1	1					2
Lynn, Zachary	Planned Parenthood MHV		1					1
Mahoney, Shannon	Family of Woodstock	1						1
Malloy, Mike	SUNY New Paltz						1	1
Martello, Vincent	UCDOH	1	1	1	1	1	1	6
McCarry, Thomas	IFH				1			1
McDonough, Patrick	UCOFA					1		1
McKenna, Gabe	UCDOH				1			1
Mena, Grecia	Hitch.org						1	1
Mueller, Diane	UCOFA/BOCES						1	1
Mumper, Nadia	IFH	1						1
Nigro, Shanna	Ellenville Regional Hospital					1	1	2
Noble, Christine	UCOFA	1		1			1	3
Noble, Julie	City of Kingston						1	1
Nolan , Kathleen	Catskil Mtn. Keeper/UC Leg	1		1	1	1	1	5
O'Brien, Sendy	MiSN	1			1	1	1	4

Pendergrast, Robin	Stop Smart Meters Woodst				1			1
Perry, Kelley	UCDOH			1				1
Potestio, Katie	CDPHP	1						1
Quinn, Rosemary	SUNY Ulster Health/Safety						1	1
Reese-Hurd, Kate	Community Member				1			1
Reid, Victoria	Ellenville Regional Hospital						1	1
Ross, Ilona	Community Member	1				1		2
Rotolo, Lori	TFAC			1				1
Rubino Jaqueline	Hudson Valley Asthama Co.				1			1
Sarrubi, Jessie	Ellenville Regional Hospital		1	1	1			3
Schuka, Danielle	American Heart Assoc.	1						1
Scott, Diahn	Cornerstone Family Healthcare			1	1			2
Sheehan Caitlin	CCE-Ulster County					1		1
Sheehan Lopez, Katie	CCE-Ulster County	1	1	1		1		4
Smith, Dr. Carol	UCDOH				1		1	2
Stemke Barbara	Stop Smart Meters Woodst				1			1
Stupple, Caroline	511 NYRideshare			1				1
Sutcliffe Carol	Family Services		1	1				2
Thomas, Mckaylia	Planned Parenthood MHV			1				1
Valdez, Gloria	Hitch.org						1	1
Wagar, Shelley	UCOFA			1				1
Waringer, Kelly	Family of Woodstock		1	1				2
Weiss, Amy	Family of Woodstock		1					1
Wen, Amy	American Cancer Society	1						1
Whitely, Danielle	Central Hudson	1						1
TOTAL NUMBER MEETING ATTENDEES		28	20	30	28	19	25	151

DATA SUMMARY

83 Individuals Attended in 2018

40 Organizations Represented

151 Total Meeting Attendees / 6 Total Meetings

Average Attendance Per Meeting =25

(Note: Dr. Smith's Attendance Not Always Noted)

	A	B	C	D	E	F
1	Appendix B					
2						
3	HEALTHY ULSTER COUNCIL 2018 CONSTANT CONTACT LIST UPDATES					
4						
5	ADDED (42 Contacts)					
6	Last	First	Title	Organization	Email	Phone
7	Arsenuk	Jacquelyn	Safe Harbour Coordinator	UCDSS Safe Harbour Program	ulster.safeharbour@gmail.com	845-340-3927
8	Avgush	Sharon		IFH	savgush@institute.org	
9	Berger	Ilana	Organizing Director	Hand in Hand	ilana@domesticemployers.org	347-645-4255
10	Brady	Lynda	Program Manager, Navigator Program	MISN	abrady@misn-ny.org	845-561-3575 X307
11	Bunker	Kathryn		AFFCNY	katie@affcnv.org	
12	Casucci	Heather	Care Management Coordinator	Institute for Family Health	hcasucci@institute.org	845-519-4249
13	Colon	Amy	Ulster County Re-entry Coordinator	Family of Woodstock	acolon@fowinc.org	845-331-7080
14	DePaolo	Cheryl	Program Director	Ulster Prevention Council	cdepaolo@familyservicesny.org	
15	Dittus	Rose		UCDOH	rdit@co.ulster.ny.us	
16	Doyle- Bunker	Kathryn	Family Support Specialist	AFFCNY	katie@affcnv.org	845-679-9900
17	Ender	Sophia		Ulster County Safe Harbour	ulster.shprevention@gmail.com	(845) 334 5165
18	Farina	Linda	Fieldwork Coordinator/Crisis Counselor	SUNY Ulster	farinal@sunyulster.edu	845-687-5192
19	Fitzpatrick	Tara	Public Health Nurse	Dutchess Cty Dept Behav. & Comm. Health	tfitzpatrick@dutchessny.gov	845-486-3509
20	Flynn	Emily	Director of Health & Wellness	City of Kingston	eflynn@kingston-ny.gov	845-331-3909
21	Green	Kameko	Program Director; Older Adult Services	Institute for Family Health	kagreen@institute.org	845- 255-2930 x3169
22	Grenfeld	Donna		UCDOH	dgrn@co.ulster.ny.us	
23	Guadagna	Jenna	Dietician	ShopRite	JennaGuadagna@wakerem.com	
24	Howard	Greg	Executive Director	Ulster County Community Action	ghoward@uccac.com	845-228-8750
25	Jafari	Farnaz	Physician	IFH	fajafari@institute.org	
26	Jenkins	Shannon	Senior Consumer Outreach Representative	Central Hudson	shester@cenhud.com	845-486-5681
27	Johnson	Wendy	Supervising PHN	UCDOH	wihn@co.ulster.ny.us	
28	Jones Ross	Carrie	Food Security Development Manager	Hudson Valley AgriBusiness Corporation	cjross@hvadc.org	518-432-5360 ext. 402
29	Kellachan	Jacquelyn	Program Coordinator	MISN	jkellachan@misn-ny.org	845-637-4424
30	Lammon-Smith	Cathy	Public Health Nurse	UCDOH	clam@co.ulster.ny.us	
31	Lopez-Marinez	Diana	Promotora	PPMHV	korazon85@hotmail.com	845-443-5285
32	Mahony	Shannon	Children's Health Home and Independent Living Case Manager	Family of Woodstock	smahony@familyofwoodstockinc.org	854-331-7080
33	Martin	Nicole	Program Director	Family of Woodstock	nmartin@familyofwoodstockinc.org	845-331-7080
34	McCarry	Thomas	Director of Substance Abuse Prevention	Institute for Family Health	tmccarry@institute.org	646-648-2551
35	McClain	Jocelyn	NOEP Coordinator, Ulster County	Hudson Valley Community Services	jmclain@hudsonvalleycs.org	845-339-3281 x 2558
36	McDonough	Patrick		UCOFA	pmcd@co.ulster.ny.us	
37	McKenna	Gabrielle	Environmental Health Aide	UCDOH	gmck@co.ulster.ny.us	845-340-4017
38	Megan	Conroy	Community Prevention Specialist	Family Services/Ulster Prevention	Council/mconroy@fpcny.org	845-458-7458
39	Mena	Grecia		Hitch.org	gmena@hitch.org	
40	Mumper	Nadia	RN/CDE	Institute for Family Health	nmumper@institute.org	845-255-2930
41	Nigro	Shanna	Community Health Worker	Ellenville Regional Hospital	snigro@ellenvilleregional.org	845-647-6400 x 336
42	Reese-Hurd	Kate	Community Member		karehu@gmail.com	845-687-2035
43	Reid	Victoria	Executive Director	Ellenville Regional Hospital	vreid@ellenvilleregional.org	845-647-6400 x 326
44	Revelle	Kristine		American Cancer Society	kristine.revelle@cancer.org	845-440-2515
45	Stafford	Tamara	Enrollment and Success Counselor	SUNY Ulster	staffort@sunyulster.edu	845-688-1560
46	Stemke	Barbara	Community Organizer for Health & Environment	Stop Smart Meters Woodstock NY (SSMWN)	giftofhealth9@gmail.com	845-339-3207
47	Sutcliffe	Carol	Family Advocate	Family Services	csutcliffe@fpcny.org	845-458-7455
48	Valdez	Gloria		Hitch.org	gvaldez@hitch.org	
49						
50						
51	REMOVED (5 Contacts)					
52	Gokey Dudley	Brenna	Breast and Prostate Cancer Educator	Catskill Regional Medical Center	bgokey@ghvhs.org	
53	Lucia	Kathryn	Community Resource Educator	Mental Health Association	klucia@mhainulster.com	
54	Sarrubi	Jesse	Program Coordinator Ellenville Healthy Hearts	Ellenville Regional Hospital	jsarubbi@ellenvilleregional.org	
55	Schuler	Lyle	Owner	MacFitness	lyle@macfitness.net	
56	Wen	Amy		American Cancer Society		

KEY:	(SS): Scientifically Supported	(SE): Some Evidence	(EO): Expert Opinion	(IE): Insufficient Evidence
	(ME): Mixed Evidence:	(EOI): Evidence of Ineffectiveness	(UCS): Ulster County Strategy	

Introduction

The Healthy Ulster Council Inventory for Health, a localized list of prevention activities, is a tool to identify policies and programs in place in Ulster County which have a positive impact on the health and welfare of people who live, work and play within the county. The Inventory can be used to identify strengths and weaknesses in addressing issues that affect health locally. It can also be utilized as a tool for learning which agencies and organizations are working on the identified strategies listed within the Inventory. This document is a living document, and as such is based on the current work as identified through surveys implemented at a given time. This inventory is based on surveys and data collected October-December of 2017, which has been expanded to include local common knowledge.

The framework for organizing the Inventory is based on *What Works for Health*, created by the Robert Wood Johnson Foundation (RWJF) and the University of Wisconsin Population Health Institute on the County Health Rankings and Roadmaps website. *What Works for Health* provides communities with information to help select and implement evidence-informed policies, programs, and system changes that will improve the variety of factors we know affect health.

What Works for Health rates the evidence of effectiveness of various strategies used to improve health. More information detailing what each strategy listed includes, and how it is evaluated, can be found on the *What Works for Health* website: <http://www.countyhealthrankings.org/roadmaps/what-works-for-health>. For the purposes of this document, we have listed a description of the Strategy Effectiveness Ratings below. A Key using the first letters of each Strategy Effectiveness Rating is also listed at the top of each page, so that readers can identify the rating of the strategy while viewing the table. An additional strategy rating has been included for strategies employed in Ulster County which are not rated on the *What Works for Health* website, and are simply titled "Ulster County Strategy". The *What Works for Health* website does not include a list of all of the possible strategies used to support good health. They are adding new strategies each month as they are evaluated.

KEY: (SS): Scientifically Supported	(SE): Some Evidence	(EO): Expert Opinion	(IE): Insufficient Evidence
(ME): Mixed Evidence:	(EOI): Evidence of Ineffectiveness	(UCS): Ulster County Strategy	

KEY: Strategy Effectiveness Ratings

- SS Scientifically Supported:** Strategies with this rating are most likely to make a difference. These strategies have been tested in many robust studies with consistently positive results.
- SE Some Evidence:** Strategies with this rating are likely to work, but further research is needed to confirm effects. These strategies have been tested more than once and results trend positive overall.
- EO Expert Opinion:** Strategies with this rating are recommended by credible, impartial experts but have limited research documenting effects; further research, often with stronger designs, is needed to confirm effects.
- IE Insufficient Evidence:** Strategies with this rating have limited research documenting effects. These strategies need further research, often with stronger designs, to confirm effects.
- ME Mixed Evidence:** Strategies with this rating have been tested more than once and results are inconsistent or trend negative; further research is needed to confirm effects.
- EOI Evidence of Ineffectiveness:** Strategies with this rating are not good investments. These strategies have been tested in many robust studies with consistently negative and sometimes harmful results.
- UCS Ulster County Strategy:** This denotes a strategy not listed on the *What Works for Health* policies and programs that can improve health tool, but it is an activity occurring in Ulster County. Not being listed on the *What Works for Health* website does not mean it is an ineffective strategy. It only means RWJF has not evaluated and listed it yet.

Appendix C

Healthy Ulster Council Inventory for Health 2018

KEY: (SS): Scientifically Supported (SE): Some Evidence (EO): Expert Opinion (IE): Insufficient Evidence
(ME): Mixed Evidence: (EOI): Evidence of Ineffectiveness (UCS): Ulster County Strategy



The *What Works for Health* website categorizes strategies within a variety of factors that we know affect health as shown in the illustration to the left. Likewise our tables are organized in this fashion.

This inventory will help to inform us in our future strategic planning, and is a part of the Ulster County Community Health Improvement Plan.

For questions, comments, or to add your activities to this inventory, contact:

Melinda Herzog

Healthy Communities Program Leader, Cornell Cooperative Extension Ulster County
mmh62@cornell.edu, 845-340-3990 ext. 342

Stacy Kraft

Public Health Education Coordinator, Ulster County Department of Health and Mental Health
stor@co.ulster.ny.us, (845) 334-5527

Appendix C

Healthy Ulster Council Inventory for Health 2018

KEY: (SS): Scientifically Supported (SE): Some Evidence (EO): Expert Opinion (IE): Insufficient Evidence
(ME): Mixed Evidence: (EOI): Evidence of Ineffectiveness (UCS): Ulster County Strategy

<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
Health Behaviors <ul style="list-style-type: none"> Tobacco Use 	Cell phone-based tobacco cessation interventions (SS)	
	E-Cigarette Regulations (EO)	
	Health care provider reminder systems for tobacco cessation (SS)	American Lung Assoc. (Center for a Tobacco Free Hudson Valley)
	Internet-based tobacco cessation interventions (SS)	American Lung Assoc. (TFAC)
	Mass media campaigns against tobacco use (SS)	TFAC
	Minimum Tobacco Age Laws to 21 (EO)	Ulster County; UCDOH; Healthy Ulster Council TFAC through our tobacco point of sale initiative
	School-based tobacco prevention skill-building programs (SE)	
	Secondhand smoke education (ME)	TFAC
	Smoke-free policies for indoor areas (SS)	TFAC
	Smoke-free policies for multi-unit housing (SS)	
	Smoke-free policies for outdoor areas (SS)	TFAC
	Statewide comprehensive tobacco programs (SS)	

Appendix A

2018 HUC Meeting Attendance

2018 Healthy Ulster Council Attendance								
Name	Organization	Jan	Mar	May	Jul	Sep	Nov	TOT
Altamirano, Salvador	Family of Woodstock			1				1
Arsenuk , Jacquelyn	UCDSS Safe Harbour			1	1	1	1	4
Avgush, Sharon	IFH				1			1
Blao Sanchez, Manuel	City of Kingston	1						1
Brady, Lynda	MiSN		1	1		1		3
Callahan, Susanne	IFH	1			1		1	3
Carrenceja, Christina	IFH		1	1	1		1	4
Conroy, Megan	Ulster Prevention Council	1	1		1	1		4
D'Angelo, Anique	Planned Parenthood MHV	1						1
Deferrari, Maria Cecilia	CCE-Ulster County		1	1	1	1	1	5
DePaolo, Cheryl	Ulster Prevention Council	1						1
Deutsch-Mozian, Laurie	HAHV	1	1	1	1			4
Dittus, Rose	UCDOH					1		1
Doyle, Carrie	CCE-Ulster County		1					1
Doyle-Bunker, Kathryn	AFFCNY				1			1
Ender, Sofia	UC Safe Harbour					1	1	2
Ferrer, Maria Elena	HAHV	1		1	1			3
Flynn, Emily	Live Well Kingston	1	1	1	1		1	5
Frey, Sharon	Aging Life Care Assoc.			1				1
Gagnon, Marge	Rose Women' Care Service		1	1	1	1	1	5
Gokey Dudley Brenna	Catskill Regional Medical Cntr	1						1

Green, Kameko	IFH				1			1
Greenfield, Donna	UC Legislature					1		1
Guadagna, Jaqueline	Shop Rite				1			1
Herzog, Melinda	CCE-Ulster County	1	1	1	1	1	1	6
Howard, Greg	UC Community Action	1						1
Huppert, Kiera	Planned Parenthood MHV		1	1				2
Jafari, Farnaz	IFH						1	1
Johndonnell, Riley	EMEWE.org			1				1
Julson, Alexandra	PPMHV	1	1	1				3
Jones Ross, Carrie	Feed HV					1		1
Kellachan, Jaqueline	MiSN						1	1
Kleinhans, Tara	CCE-Ulster County	1		1	1		1	4
Kraft, Stacy	UCDOH	1	1	1	1	1	1	6
Lennon, Susan	American Lung Association				1			1
Lopez Martinez, Diana	Planned Parenthood MHV	1		1				2
Lucia, Kathryn	Mental Health Assoc. UC	1	1					2
Lynn, Zachary	Planned Parenthood MHV		1					1
Mahoney, Shannon	Family of Woodstock	1						1
Malloy, Mike	SUNY New Paltz						1	1
Martello, Vincent	UCDOH	1	1	1	1	1	1	6
McCarry, Thomas	IFH				1			1
McDonough, Patrick	UCOFA					1		1
McKenna, Gabe	UCDOH				1			1
Mena, Grecia	Hitch.org						1	1
Mueller, Diane	UCOFA/BOCES						1	1
Mumper, Nadia	IFH	1						1
Nigro, Shanna	Ellenville Regional Hospital					1	1	2
Noble, Christine	UCOFA	1		1			1	3
Noble, Julie	City of Kingston						1	1
Nolan , Kathleen	Catskil Mtn. Keeper/UC Leg	1		1	1	1	1	5
O'Brien, Sendy	MiSN	1			1	1	1	4

Pendergrast, Robin	Stop Smart Meters Woodst				1			1
Perry, Kelley	UCDOH			1				1
Potestio, Katie	CDPHP	1						1
Quinn, Rosemary	SUNY Ulster Health/Safety						1	1
Reese-Hurd, Kate	Community Member				1			1
Reid, Victoria	Ellenville Regional Hospital						1	1
Ross, Ilona	Community Member	1				1		2
Rotolo, Lori	TFAC			1				1
Rubino Jaqueline	Hudson Valley Asthama Co.				1			1
Sarrubi, Jessie	Ellenville Regional Hospital		1	1	1			3
Schuka, Danielle	American Heart Assoc.	1						1
Scott, Diahn	Cornerstone Family Healthcare			1	1			2
Sheehan Caitlin	CCE-Ulster County					1		1
Sheehan Lopez, Katie	CCE-Ulster County	1	1	1		1		4
Smith, Dr. Carol	UCDOH				1		1	2
Stemke Barbara	Stop Smart Meters Woodst				1			1
Stupple, Caroline	511 NYRideshare			1				1
Sutcliffe Carol	Family Services		1	1				2
Thomas, Mckaylia	Planned Parenthood MHV			1				1
Valdez, Gloria	Hitch.org						1	1
Wagar, Shelley	UCOFA			1				1
Waringer, Kelly	Family of Woodstock		1	1				2
Weiss, Amy	Family of Woodstock		1					1
Wen, Amy	American Cancer Society	1						1
Whitely, Danielle	Central Hudson	1						1
TOTAL NUMBER MEETING ATTENDEES		28	20	30	28	19	25	151

DATA SUMMARY

83 Individuals Attended in 2018

40 Organizations Represented

151 Total Meeting Attendees / 6 Total Meetings

Average Attendance Per Meeting =25

(Note: Dr. Smith's Attendance Not Always Noted)

	A	B	C	D	E	F
1	Appendix B					
2						
3	HEALTHY ULSTER COUNCIL 2018 CONSTANT CONTACT LIST UPDATES					
4						
5	ADDED (42 Contacts)					
6	Last	First	Title	Organization	Email	Phone
7	Arsenuk	Jacquelyn	Safe Harbour Coordinator	UCDSS Safe Harbour Program	ulster.safeharbour@gmail.com	845-340-3927
8	Avgush	Sharon		IFH	savgush@institute.org	
9	Berger	Ilana	Organizing Director	Hand in Hand	ilana@domesticemployers.org	347-645-4255
10	Brady	Lynda	Program Manager, Navigator Program	MISN	abrady@misn-ny.org	845-561-3575 X307
11	Bunker	Kathryn		AFFCNY	katie@affcny.org	
12	Casucci	Heather	Care Management Coordinator	Institute for Family Health	hcasucci@institute.org	845-519-4249
13	Colon	Amy	Ulster County Re-entry Coordinator	Family of Woodstock	acolon@fowinc.org	845-331-7080
14	DePaolo	Cheryl	Program Director	Ulster Prevention Council	cdepaolo@familyservicesny.org	
15	Dittus	Rose		UCDOH	rdit@co.ulster.ny.us	
16	Doyle- Bunker	Kathryn	Family Support Specialist	AFFCNY	katie@affcny.org	845-679-9900
17	Ender	Sophia		Ulster County Safe Harbour	ulster.shprevention@gmail.com	(845) 334 5165
18	Farina	Linda	Fieldwork Coordinator/Crisis Counselor	SUNY Ulster	farinal@sunyulster.edu	845-687-5192
19	Fitzpatrick	Tara	Public Health Nurse	Dutchess Cty Dept Behav. & Comm. Health	tfitzpatrick@dutchessny.gov	845-486-3509
20	Flynn	Emily	Director of Health & Wellness	City of Kingston	eflynn@kingston-ny.gov	845-331-3909
21	Green	Kameko	Program Director; Older Adult Services	Institute for Family Health	kagreen@institute.org	845- 255-2930 x3169
22	Grenfeld	Donna		UCDOH	dgrn@co.ulster.ny.us	
23	Guadagna	Jenna	Dietician	ShopRite	JennaGuadagna@wakerem.com	
24	Howard	Greg	Executive Director	Ulster County Community Action	ghoward@uccac.com	845-228-8750
25	Jafari	Farnaz	Physician	IFH	fajafari@institute.org	
26	Jenkins	Shannon	Senior Consumer Outreach Representative	Central Hudson	shester@cenhud.com	845-486-5681
27	Johnson	Wendy	Supervising PHN	UCDOH	wihn@co.ulster.ny.us	
28	Jones Ross	Carrie	Food Security Development Manager	Hudson Valley AgriBusiness Corporation	cjross@hvadc.org	518-432-5360 ext. 402
29	Kellachan	Jacquelyn	Program Coordinator	MISN	jkellachan@misn-ny.org	845-637-4424
30	Lammon-Smith	Cathy	Public Health Nurse	UCDOH	clam@co.ulster.ny.us	
31	Lopez-Marinez	Diana	Promotora	PPMHV	korazon85@hotmail.com	845-443-5285
32	Mahony	Shannon	Children's Health Home and Independent Living Case Manager	Family of Woodstock	smahony@familyofwoodstockinc.org	854-331-7080
33	Martin	Nicole	Program Director	Family of Woodstock	nmartin@familyofwoodstockinc.org	845-331-7080
34	McCarry	Thomas	Director of Substance Abuse Prevention	Institute for Family Health	tmccarry@institute.org	646-648-2551
35	McClain	Jocelyn	NOEP Coordinator, Ulster County	Hudson Valley Community Services	jmclain@hudsonvalleycs.org	845-339-3281 x 2558
36	McDonough	Patrick		UCOFA	pmcd@co.ulster.ny.us	
37	McKenna	Gabrielle	Environmental Health Aide	UCDOH	gmck@co.ulster.ny.us	845-340-4017
38	Megan	Conroy	Community Prevention Specialist	Family Services/Ulster Prevention	Council/mconroy@fpcny.org	845-458-7458
39	Mena	Grecia		Hitch.org	gmena@hitch.org	
40	Mumper	Nadia	RN/CDE	Institute for Family Health	nmumper@institute.org	845-255-2930
41	Nigro	Shanna	Community Health Worker	Ellenville Regional Hospital	snigro@ellenvilleregional.org	845-647-6400 x 336
42	Reese-Hurd	Kate	Community Member		karehu@gmail.com	845-687-2035
43	Reid	Victoria	Executive Director	Ellenville Regional Hospital	vreid@ellenvilleregional.org	845-647-6400 x 326
44	Revelle	Kristine		American Cancer Society	kristine.revelle@cancer.org	845-440-2515
45	Stafford	Tamara	Enrollment and Success Counselor	SUNY Ulster	staffort@sunyulster.edu	845-688-1560
46	Stemke	Barbara	Community Organizer for Health & Environment	Stop Smart Meters Woodstock NY (SSMWN)	giftofhealth9@gmail.com	845-339-3207
47	Sutcliffe	Carol	Family Advocate	Family Services	csutcliffe@fpcny.org	845-458-7455
48	Valdez	Gloria		Hitch.org	gvaldez@hitch.org	
49						
50						
51	REMOVED (5 Contacts)					
52	Gokey Dudley	Brenna	Breast and Prostate Cancer Educator	Catskill Regional Medical Center	bgokey@ghvhs.org	
53	Lucia	Kathryn	Community Resource Educator	Mental Health Association	klucia@mhainulster.com	
54	Sarrubi	Jesse	Program Coordinator Ellenville Healthy Hearts	Ellenville Regional Hospital	jsarubbi@ellenvilleregional.org	
55	Schuler	Lyle	Owner	MacFitness	lyle@macfitness.net	
56	Wen	Amy		American Cancer Society		

KEY:	(SS): Scientifically Supported	(SE): Some Evidence	(EO): Expert Opinion	(IE): Insufficient Evidence
	(ME): Mixed Evidence:	(EOI): Evidence of Ineffectiveness	(UCS): Ulster County Strategy	

Introduction

The Healthy Ulster Council Inventory for Health, a localized list of prevention activities, is a tool to identify policies and programs in place in Ulster County which have a positive impact on the health and welfare of people who live, work and play within the county. The Inventory can be used to identify strengths and weaknesses in addressing issues that affect health locally. It can also be utilized as a tool for learning which agencies and organizations are working on the identified strategies listed within the Inventory. This document is a living document, and as such is based on the current work as identified through surveys implemented at a given time. This inventory is based on surveys and data collected October-December of 2017, which has been expanded to include local common knowledge.

The framework for organizing the Inventory is based on *What Works for Health*, created by the Robert Wood Johnson Foundation (RWJF) and the University of Wisconsin Population Health Institute on the County Health Rankings and Roadmaps website. *What Works for Health* provides communities with information to help select and implement evidence-informed policies, programs, and system changes that will improve the variety of factors we know affect health.

What Works for Health rates the evidence of effectiveness of various strategies used to improve health. More information detailing what each strategy listed includes, and how it is evaluated, can be found on the *What Works for Health* website: <http://www.countyhealthrankings.org/roadmaps/what-works-for-health>. For the purposes of this document, we have listed a description of the Strategy Effectiveness Ratings below. A Key using the first letters of each Strategy Effectiveness Rating is also listed at the top of each page, so that readers can identify the rating of the strategy while viewing the table. An additional strategy rating has been included for strategies employed in Ulster County which are not rated on the *What Works for Health* website, and are simply titled "Ulster County Strategy". The *What Works for Health* website does not include a list of all of the possible strategies used to support good health. They are adding new strategies each month as they are evaluated.

KEY: (SS): Scientifically Supported	(SE): Some Evidence	(EO): Expert Opinion	(IE): Insufficient Evidence
(ME): Mixed Evidence:	(EOI): Evidence of Ineffectiveness	(UCS): Ulster County Strategy	

KEY: Strategy Effectiveness Ratings

- SS Scientifically Supported:** Strategies with this rating are most likely to make a difference. These strategies have been tested in many robust studies with consistently positive results.
- SE Some Evidence:** Strategies with this rating are likely to work, but further research is needed to confirm effects. These strategies have been tested more than once and results trend positive overall.
- EO Expert Opinion:** Strategies with this rating are recommended by credible, impartial experts but have limited research documenting effects; further research, often with stronger designs, is needed to confirm effects.
- IE Insufficient Evidence:** Strategies with this rating have limited research documenting effects. These strategies need further research, often with stronger designs, to confirm effects.
- ME Mixed Evidence:** Strategies with this rating have been tested more than once and results are inconsistent or trend negative; further research is needed to confirm effects.
- EOI Evidence of Ineffectiveness:** Strategies with this rating are not good investments. These strategies have been tested in many robust studies with consistently negative and sometimes harmful results.
- UCS Ulster County Strategy:** This denotes a strategy not listed on the *What Works for Health* policies and programs that can improve health tool, but it is an activity occurring in Ulster County. Not being listed on the *What Works for Health* website does not mean it is an ineffective strategy. It only means RWJF has not evaluated and listed it yet.

Appendix C

Healthy Ulster Council Inventory for Health 2018

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The *What Works for Health* website categorizes strategies within a variety of factors that we know affect health as shown in the illustration to the left. Likewise our tables are organized in this fashion.

This inventory will help to inform us in our future strategic planning, and is a part of the Ulster County Community Health Improvement Plan.

For questions, comments, or to add your activities to this inventory, contact:

Melinda Herzog

Healthy Communities Program Leader, Cornell Cooperative Extension Ulster County
mmh62@cornell.edu, 845-340-3990 ext. 342

Stacy Kraft

Public Health Education Coordinator, Ulster County Department of Health and Mental Health
stor@co.ulster.ny.us, (845) 334-5527

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Healthy Ulster Council Inventory for Health 2018

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<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
Health Behaviors <ul style="list-style-type: none"> Tobacco Use 	Cell phone-based tobacco cessation interventions (SS)	
	E-Cigarette Regulations (EO)	
	Health care provider reminder systems for tobacco cessation (SS)	American Lung Assoc. (Center for a Tobacco Free Hudson Valley)
	Internet-based tobacco cessation interventions (SS)	American Lung Assoc. (TFAC)
	Mass media campaigns against tobacco use (SS)	TFAC
	Minimum Tobacco Age Laws to 21 (EO)	Ulster County; UCDOH; Healthy Ulster Council TFAC through our tobacco point of sale initiative
	School-based tobacco prevention skill-building programs (SE)	
	Secondhand smoke education (ME)	TFAC
	Smoke-free policies for indoor areas (SS)	TFAC
	Smoke-free policies for multi-unit housing (SS)	
	Smoke-free policies for outdoor areas (SS)	TFAC
	Statewide comprehensive tobacco programs (SS)	TFAC and other NYS TCP partners (no lobbying, just education) ALA, ACS, AHA etc. (advocates, lobbying)
	Tobacco cessation contests (IE)	
	Tobacco cessation therapy affordability (SS)	Ellenville Regional Hospital

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	Tobacco Cessation Group Programs (UCS)	Ellenville Regional Hospital; ShopRite of Kingston
	Tobacco Marketing Restrictions (SE)	TFAC
	Tobacco quitlines (SS)	NYS Smoker's Quitline
	Tobacco retailer licensing (EO)	
	Tobacco retailer location restrictions (EO)	TFAC; UCDOH/Ulster County
	Tobacco taxes (SS)	TFAC and other TCP partners 'educate' state and local lawmakers

<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
<i>Health Behaviors</i> • <i>Diet & Exercise</i>	Active Recess	
	Activity programs for older adults (SS)	Office for Aging RSVP (Stretch band Class) Kingston Parks and Recreation Town of Ulster Senior Center Pine Hill Community Center Woodland Pond (New Paltz) Vineyard Commons (Highland) Marbletown Community Center Stretch Band Rosendale Community Center New Paltz Senior Center Walkill Community Center Milton Harvest (Milton)

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		Golden Sneaker Program at Gyms Saugerties Senior Center Senior Mall Walk YMCA
	Bike and Ped Master Plan (SE)	City of Kingston (Connecting Kingston); Ulster County Transportation Council, Marlborough & Lloyd (9W Corridor Management Plan);
	Breastfeeding promotion programs (SS)	Ulster County WIC; MISN, Ulster County Healthy Families; NAPSACC (component), HAHV Maternity Unit Breastfriendly, IFH Centering Pregnancy Program, Lactation Consortium, Breastfeeding Initiative of UC Taskforce, Doula and Midwife Services, La Leche League, Lactation Consultants
	Community Coalitions/Focus Groups to Improve Healthy Food Access (UCS)	Live Well Kingston-Eat Well Kingston, Family of Woodstock – Hudson Valley Food Collaborative, Kingston Land Trust -Comida y Tierra, Hudson Valley Farm Hub, FeedHV
	Child-focused advertising restrictions for unhealthy foods & beverages (SE)	
	College-based obesity prevention interventions (IE)	
	Community Fitness Programs (SS)	YMCA, City of Kingston Parks & Rec, Town Hurley, Marbletown, Rosendale, Saugerties, Rec Centers, Ulster County Pool, High Falls Hoopers, Center for Creative Ed (Let's Move)

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	Community gardens (SE)	Shandaken Community Gardens (Phoenicia) Catskill Mountainkeeper? CCEUC (Master Gardeners) GW Montessori School and Community Garden Rondout Community Gardens (Kingston) YMCA of Kingston Community Garden CCEUC RAPP Sojourner Truth Memorial Garden Governor Clinton Community Garden (Kingston) Woodstock Community Garden (Woodstock) Gardens for Nutrition (New Paltz) Aiyana Community Garden(Ellenville) Caring Hands Community Garden (Kingston) Feed the Nations Community Garden (Kingston) Shawangunk Community Garden Kingston, New Paltz and Saugerties Garden Clubs, SUNY Ulster Xeriscape Garden (Master Gardeners)
	Community Kitchens for food processing (EO)	Rondout Community Center, Farm to Table Co-Packers, Hudson Valley Harvest
	Community kitchens/ nutrition education (IE)	Hudson Valley Community Services Cornell Cooperative Extension Ulster County, Rondout Community Center, Ulster County Community Action
	Community Supported Agriculture – CSA's (EO)	Evolutionary Organics, New Paltz; Phillies Bridge Farm Project, New Paltz; Rondout Valley Organics,, Ellenville; Second Wind CSA at Four Winds Farm, Gardiner; Taliaferro Farms, New Paltz; Trapani Farms, Milton

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	Community Weight Loss Challenges (EO)	
	Community Based social support for Physical Activity (SS)	Ellenville Healthy Heart Program, Senior Mall Walk, Bike Friendly Kingston Slow Rides, Overlook Mountain Bikes, Fats in the Cats Bike Club, Mid-Hudson Bicycle Club, Hudson Valley Hikers, Catskill 3500 Club,
	Community Wide Physical Activity Campaigns (SE)	Center for Creative Education (Let's Move), Bike Friendly Kingston-Slow Rides; CCEUC ESNY
	Community Coalitions/Focus Groups to Increase Access to Physical Activity (UCS)	Ellenville Healthy Heart Program, Senior Mall Walk, Bike Friendly Kingston Slow Rides, Overlook Mountain Bikes, Fats in the Cats Bike Club, Mid-Hudson Bicycle Club, Hudson Valley Hikers, Catskill 3500 Club,
	Competitive pricing for healthy foods (SS)	FMNP and WIC Checks
	Complete Streets & Streetscapes Design Initiatives (SS)	Live Well Kingston Travel Well Focus Team; City of Kingston On the Move, Wawarsing-Ellenville Complete Streets Advisory Council; Saugerties Transportation Advisory Council; Ulster County Transportation Council; Ulster County DPW (speed feedback signage near schools, road diets) Kingston Land Trust Greenline,
	Electronic Benefit Transfer payment at Farmers' Markets (EO)	Hudson Harvest Farmers Market, Kingston Farmer's Market, New Paltz Farmers Market, Rosendale Farmer's Market, Saugerties Farmer's Market, Woodstock Farmer's Market, YMCA Mobile Market
	Exercise Prescriptions (SS)	
	Extracurricular activities for physical activity (SE)	YMCA (Bike Education, Sports & Recreation, Swim Lessons) City of Kingston Parks & Rec, AYSO Soccer, Little League, Basketball, Girls on the Run

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	Family-based physical activity interventions (SE)	CCEUC-EFNEP
	Farm to school programs (SE)	Rondout Valley School District/Rondout Valley Growers Saugerties Jr. Sr. High School/BOCES
	Farmers' markets/stands (SE)	Ellenville Farmers Market Heart of the Hudson Valley Farmers Market Kingston Farmers' Market New Paltz Farmers' Market Rosendale Farmer's Market Saugerties Farmers' Market Woodstock Farm Festival Market People's Place Farm Stand, Kingston Local Economies Project Pine Street City Farm YMCA Mobile Farm Market
	Financial Rewards for Employee Healthy Behavior(SE)	HAHV
	Food Buying Clubs and Co-ops (EO)	Hudson Valley Harvest, Kingston; Kingston Natural Foods Market, Kingston;
	Food Hubs	Hudson Valley Harvest,
	Food Pantries (UCS)	See list of Ulster County Food Pantries at UlsterCorps: http://www.ulstercorps.org/agencies/food-pantries/

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Healthy Ulster Council Inventory for Health 2018

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	Fresh Produce Donation to Food Pantries (UCS)	Shandaken Community Gardens Food Bank of the Hudson Valley UlsterCorps, Rondout Valley Growers, Family of Woodstock, Phillies' Bridge, Bruderhoff, FeedHV (Community Foundations), Hudson Valley AgriBusiness
	Fruit and Vegetable Gleaning Initiatives (EO)	Rondout Valley Growers; Family of Woodstock, Ulster Corp
	Fruit and Vegetable Taste Testing (SE)	Kingston Farmers' Market ShopRite of Kingston, CCEUC EFNEP, ESNY & RAPP, Mother Earth, Shandaken Community Gardens
	Green space and parks (SE)	Kingston Land Trust Greenline, City of Kingston Parks & Rec, YMCA, Central Hudson
	Group Fitness Classes (UCS)	Woodstock (28 West Gym, Mountain View Studio, Shakti Yoga Studios, Euphoria Yoga, Complete Reality Tai Chi, Mad Max Yoga, Moving Body Pilates Studio, Heart Child Yoga, Woodstock Yoga Center); Phoenicia (Catskills Yoga House- Big Indian, Catskills Movement- Pilates); Saugerties (IXL Health and Fitness, Salt and Soul Yoga, iLoveKickboxing – Saugerties, Shakti Yoga Saugerties, Saugerties Hot Yoga); Kingston (Center for Creative Education, YMCA Kingston/Ulster, Girls on the Run, The Little Gym of Kingston, Fitness By Jules Personal Training & Wellness Coaching, Smartbells Class, MAC Fitness, Kingston Fitness, Fit Factory, The Fitness Connection, Further Fitness, The Yoga House, Stockade Muay Thai, Mudita Yoga Lab, Keith Bennett's Karate Academy, Mainly Pilates, Dance Xross Fitness, Chung Ma's Taekwondo, Studio 9 Kingston, Hudson Valley Pole Arts, Physique Pilates, Ulster Pilates, The Hot Spot, Signature Fitness, Maximum Results Fitness, Planet Fitness, Core Strength Fitness,

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		LLC, Olivia Grimsland Yoga, Kingston Athletics, Innate Movement Parkour, Hudson Valley Circus Arts); Port Ewen (Essential Fitness, Apex Fitness); Lake Katrine (Zumba with Jenny, Dutcher Martial Arts); Ellenville (Moo Duk Kwan, Ellenville MDK Academy); Stone Ridge (The Ridge Gym); New Paltz (Huguenot Strength & Conditioning, Aikido of New Paltz, Juniper Pilates & Wellness, YogAlive, Ashtanga Yoga of New Paltz, Madhuri Yoga & Massage, Pilates of New Paltz, New Paltz Karate Academy, Physique New Paltz, Circuit of Change - New Paltz, NP Rock Yoga, Vitality Yoga Flow, Black Hole Jiu Jitsu New Paltz, Ignite Fitness, Sage Fitness of New Paltz); Kerhonkson (Pure Adrenaline Martial Arts, 30 Minutes of Everything); Accord (Iris Yoga); Gardiner (Gardiner Athletics); Esopus (Esopus Strength & Fitness)
	Health Coaching (UCS)	Steve Shapiro (business) Lei Isaacs (informal in Kingston); Nutrition Street, Jennifer McKinley, Holly Shelowitz, Diane Mueller, Loriman Rhodell
	Healthy Eating Promotion (UCS)	Shandaken Community Gardens CCEUC ESNY, EFNEP, ShopRite of Kingston Hannaford Magazine, Eat Well Focus Team of LWK, Health Insurance Companies (MVP, CDPHP), HAHV Newsletters, UCDOH Wawarsing Council of Agencies Events, People's Place,
	Healthy Food in Convenience Stores (SE)	
	Healthy Food Initiatives in Food Banks (SE)	CCEUC Eat Smart NY NUDGES, People's Place Summer Snack Bags

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	Healthy Foods at Catered Events (EO)	City of Kingston Eat Well policy, CCEUC policy; NYS Healthy Meeting Guidelines: https://www.health.ny.gov/prevention/healthy_lifestyles/guidelines.htm
	Healthy School Lunch Initiatives (SE)	CCEUC Eat Smart NY Smarter Lunchrooms
	Healthy vending machine options (SE)	City of Kingston Eat Well Policy; County of Ulster Vending Machine Policy, Vending Machine policies for during school hours
	Home Meal Delivery (UCS)	Ulster County Office of the Aging; Gateway;
	Homework or extra credit for PE class (SE)	
	Individually-adapted physical activity programs (SS)	CCEUC EFNEP
	Mass media campaigns: healthy food & beverages (UCS)	ESNY; UCDOH
	Mass media campaigns: physical activity (IE)	CCEUC Eat Smart NY, UCDOH
	Mixed-use Development (SS)	
	Mobile markets (EO)	YMCA Farm Project
	Multi-component obesity prevention interventions (SS)	Ulster County WIC; CCEUC ESNY & EFNEP Always There, ShopRite of Kingston
	Multi-component school-based obesity prevention interventions (SS)	CCEUC ESNY & EFNEP CHFFF; School Health and Wellness Committees

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	Multi-component workplace supports for active commuting (SE)	511NYRideshare; City of Kingston Bike Racks
	New grocery stores in underserved areas (EO)	
	Nutrition Education; Community Awareness (UCS)	CCEUC ESNY & EFNEP, Nutrition Street
	Nutrition and physical activity interventions in preschool & childcare (SS)	CCEUC EFNEP; NAP SACC; UCDOH Healthy After School Snack Policy
	Nutrition Prescriptions (EO)	Ellenville Healthy Hearts
	Online grocery stores (IE)	Hannafords; Walmart; Amazon; ShopRite; Vitacost; LuckyVitamin;
	Open gym time (EO)	
	Open Streets (EO)	Kingston Make a Difference Day, Children's Day Parade and other festivals; Ellenville Blueberry Festival; Saugerties Christmas Festival, Car Show; Woodstock Holiday Festival, High Falls Festivals; Rosendale Festivals
	Physically active classrooms (SS)	NAPSACC trained child care centers
	Places for Physical Activity (SS)	Kingston Land Trust (Greenline), Empire State Trail, Marbletown Park increase parking, City of Kingston Kingston Point, Catskill Mountainkeeper; Town of Saugerties Recreation; YMCA Linear Park; Lippman Park; Ulster County Trails Advisory Council
	Point-of-decision prompts: physical activity (SS)	

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	Point-of-purchase prompts: healthy food choices (SE)	ShopRite of Kingston, Hannaford
	Recreational Sports Leagues for Adults (EO)	Municipal Parks and Recreation Departments
	Restaurant Nutrition Labeling (SE)	UCDOH (Chain Restaurants)
	Safe Routes to Schools (SRTS) (SS)	Ulster Co. Transportation Council Study; Ulster County SRTS Action Plans in the Town & Village of Saugerties (Jr & Sr High Schools), Town & Village of New Paltz (Duzine Elem. & Middle)Town of Lloyd (Highland Elem. & Middle), Town of Shawagunk (Ostrander Elem), and Town of Marlborough (Elem. & Middle),Kingston City School District (Walk, Bike, Roll Day), City of Kingston On the Move
	School Breakfast Programs (SS)	CKSD, SCSD, OCSD, RVSD
	School Food & Beverage Restrictions (SE)	Competitive Foods in Schools National Policy?
	School fruit & vegetable gardens (SS)	Shandaken Community Gardens YWCA Childcare Center Marbletown Elementary From the Ground Up Rondout Valley School Kingston School District Gardens (HKK Report) Ellenville Highland Residential Center Little Red Schoolhouse Gardening Program Saugerties High School Cahill Elementary School (Saugerties) Morse Elementary School (Saugerties)

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		Mount Marion Elementary School (Saugerties)
	School Fundraiser Restrictions (EO)	
	School Nutrition Standards (SS)	USDA National School Lunch Program, Nutrition Standards for School Meals; NAPSACC, CACFP (Child and Adult Care Food Program) approved daycare centers
	School-based nutrition education programs (SE)	CCEUC EFNEP CHFFF; MS & HS Health classes NYS Learning Standards
	School based physical education (SS)	
	Screen time reduction for children (SS)	NAPSACC certified child care centers; UCDOH promotes Screen Free Week in May to Ulster County Schools & Community
	Shared use agreements (SE)	
	Soup Kitchen (UCS)	Caring Hands at Clinton Avenue
	Sugar sweetened beverages taxes (SE)	
	Unhealthy snack taxes (SE)	
	Urban agriculture (EO)	CCEUC; YMCA Farm Project; Pine Street City Farm; Kingston Land Trust City of Kingston
	Walking school buses (SS)	George Washington School to Hodge Afterschool Center
	Water availability & promotion interventions (SE)	NAPSACC Trained Child Care Centers;

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	WIC and Senior Farmers' Market Nutrition Programs (SE)	Ulster County WIC YMCA Mobile Farm Market and Stand Kingston Farmers Market Rosendale Farmers Market Saugerties Farmers Market (SNAP & FMNP) Woodstock Farmers Market(WIC only)
	Worksite obesity prevention interventions (SS)	HAHV Fruit and Vegetable Initiative; CCEUC Healthy Meeting Policy & Walking Competitions; Emergency One (Corporate Wellness Program)
	Zoning regulations for chickens and bees (EO)	Kingston Urban Ag Committee
	Zoning regulation for fast food (EO)	
	Zoning regulations for land use policy (SS)	Municipal Comprehensive Plans
<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
<i>Health Behaviors</i> • <i>Alcohol and</i>	Access to medication assisted treatment for opioid use disorder (EO)	See www.ulsterhelps.org
	Administrative license suspension/revocation laws (SS)	
	Alcohol access restrictions in public places (EO)	Open Container Laws

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<i>Drug Use</i>	Alcohol advertising restrictions (SE)	
	Alcohol days of sale restrictions (SE)	
	Alcohol outlet density restrictions (SE)	
	Alcohol screening and brief intervention (SS)	
	Alcohol taxes (SS)	
	Behavioral Interventions to prevent and reduce Substance Abuse (UCS)	Family of Woodstock, Catholic Charities, Ulster Prevention Council, Stop DWI,
	Blood alcohol concentration laws (SS)	NYS Law
	Breath testing checkpoints (SS)	Town and County Law Enforcement
	Campus alcohol bans (IE)	
	Designated driver promotion programs (IE)	
	Dram shop liability laws (SS)	
	Drink special restrictions (SE)	
	Drug courts (SS)	Youth Build,
	Enhanced enforcement of laws prohibiting alcohol sales to minors (SS)	

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	Family treatment drug courts (SS)	Family Court
	Good Samaritan drug overdose laws (EO)	NYS Law
	Ignition interlock devices (SS)	
	Key registration laws (IE)	
	Marijuana legalization (ME)	
	Mass media campaigns against alcohol-impaired driving (SS)	
	Mass media campaigns against underage and binge drinking (EO)	Stop DWI
	Mentoring programs: delinquency (SS)	
	Minimum drinking age laws (SS)	
	Multi-component community interventions against alcohol-impaired driving (SS)	Town and County Law Enforcement
	Naxalone education and distribution programs (SE)	OCFS, UCDOH, IFH,
	Prescription drug monitoring programs (PDMPs)(SE)	NYS, Ellenville Regional Hospital MAX project,
	Proper drug disposal programs (EO)	New York State Drug Take Back, Ulster County Law Enforcement Drop Boxes

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	Responsible beverage server training (RBS/RBST) (SE)	
	Retail alcohol sale privatization (EOI)	
	Sales to intoxicated persons (SIP) law enforcement (IE)	
	School-based social norming: alcohol consumption (ME)	Catholic Charities, Ulster Prevention Council
	Seller & server minimum age (IE)	NYS Law
	Social host laws (EO)	NYS Law
	Street Outreach and Referrals (UCS)	Hudson Valley Community Services
	Syringe Exchange Program (UCS)	Hudson Valley Community Services
	Universal school-based programs: alcohol misuse & impaired driving (SE)	NYS Learning Standards for Health Education
<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
<i>Health Behaviors</i>	Behavioral interventions: HIV and other STIs (SS)	Planned Parenthood Mid-Hudson Valley; NYS Learning Standards for Health
	Clinic based interventions for Human papillomavirus (HPV) vaccination (SE)	UCDOH Patient Services Immunization Program

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<ul style="list-style-type: none"> <i>Sexual Activity</i> 	Comprehensive clinic-based programs for pregnant and parenting teens (SS)	YWCA and Rose Women's Care Services; Planned Parenthood of the Mid-Hudson Valley
	Comprehensive risk reduction sexual education (SS)	Planned Parenthood Mid-Hudson Valley; MISN; Hudson Valley Community Services; NYSDOH
	Computer-based interventions: HIV and other STIs (SS)	
	Condom availability programs (SS)	Planned Parenthood Mid-Hudson Valley, UCDOH Clinic, Hudson Valley Community Services
	Expedited partner therapy for treatable STIs (SS)	
	Family Planning w/Adults (UCS)	Planned Parenthood Mid-Hudson Valley
	HIV, HEP C , and STD testing (UCS)	Hudson Valley Community Services, UCDOH Clinic, Planned Parenthood of the Mid -Hudson Valley
	HIV/STI partner notification by providers (SS)	UCDOH Clinic, Hudson Valley Community Services, Planned Parenthood of the MHV
	Holistic approaches to reduce risky sexual behavior among adolescents (IE)	
	Human papillomavirus (HPV) vaccine education (IE)	American Cancer Society, UCDOH Patient Services Immunization Program
	Intensive case management for pregnant and parenting teens (SE)	

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	Long-acting reversible contraception access (SE)	Planned Parenthood of the MHV, OBGYNs
	Mass media campaigns to prevent pregnancy and STIs (SE)	NYSDOH
	Media restrictions on sexual content (IE)	Ratings System, Parental Blocking
	Multi-component interventions: pregnancy and STIs (SE)	Planned Parenthood; MISN
	School or community- based abstinence only education (ME)	
	School-based health clinics: reproductive health (SE)	
	Social networking site interventions: risky sexual behavior (EO)	Planned Parenthood MHV, UCDOH
	Teen pregnancy prevention programs (SE)	Planned Parenthood Mid-Hudson Valley, YWCA

<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
	Allied dental professional scope of practice (SE)	
	CenteringPregnancy (SS)	Rose Women's Care Service & YWCA B.I.R.T.H. Program, Healthquest

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Health Behaviors <ul style="list-style-type: none"> Access to Care 	Community Health Workers (SE)	MISN; Institute for Family Health; Always There,
	Community water fluoridation (SS)	
	Federally qualified health centers (FQHCs) (SS)	Cornerstones, IFH
	Financial incentives for new nursing faculty (EO)	
	Grady Memorial Hospital Interpregnancy Care Program (EO)	
	Health insurance enrollment outreach & support (SE)	Navigator Programs: MISN, Ulster County Community Action
	Health literacy interventions (SE)	Prostate Cancer 101; Breast and Prostate Cancer Education; Planned Parenthood Mid-Hudson Valley; American Lung Assoc. (HV Asthma Coalition); MISN; Rondout Valley Holistic Healthcare Community; Family of Woodstock; Always There, Institute of Family Health, Mano a Mano
	Health Screenings: Community Health/Mental Health (UCS)	SUNY Ulster (Mental Health), Ulster County Office for the Aging; Ellenville Regional Hospital/IFH DSRIP
	Healthy Births for Healthy Communities (UCS)	IFH Healthy Families Program
	Higher education financial incentives for health professionals serving underserved areas (SE)	
	Immunization Programs (UCS)	UCDOH Immunization Clinic; Emergency One; SUNY Ulster
	J-1 physician visa waivers (IE)	

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	Long acting reversible contraception access LARC (SE)	OBGYN's; Planned Parenthood of the MHV;
	Long-term care employee compensation (EO)	
	Magnolia Project (EO)	
	Medical homes (SS)	IFH Ulster Health Homes
	Mental health benefits legislation (SS)	
	Mentoring for new nurses (SE)	Area Health Education Center
	Mobile reproductive health clinics (SE)	
	Nurse residency programs (SE)	
	Nurse friendly work environments (EO)	
	Parish nursing (EO)	
	Preconception education interventions (SE)	MISN; Text4Baby; OBGYN's, PPMHV
	Reproductive life plans (EO)	
	Retail clinics (EO)	Emergency One
	Rural training in medical education (SS)	
	School dental programs (SS)	
	School based health centers (SS)	
	Synthetic progesterone (17P) access (EO)	
	Telemedicine (SS)	CDPHP
	Telemental health services (SE)	Access Mobile Mental Health
	Text message-based health interventions (SE)	Text4Baby
	Transportation for Seniors - Informal (UCS)	Ulster County Office of the Aging; Unitarian Universalist Congregation;

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<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
Health Behaviors <ul style="list-style-type: none"> Quality of Care 	Behavioral health primary care integration(SS)	Ellenville Regional Hospital referrals to Institute for Family Health; Institute for Family Health
	Case-managed care for community-dwelling frail elders (SE)	RCAL; Always There; Hudson Valley Community Services; Ulster County Office for the Aging, Home Health Care Companion Agency
	Case-managed care for specific diseases (UCS)	Hudson Valley Community Services (HIV/AIDS) Prostate Cancer 101 Institute for Family Health Health Home
	Chronic Disease Management Programs (SS)	HAHV Diabetes Education Center, Ellenville Regional Hospital Referrals to Family Practice Center; Rose Women's Care Service; American Lung Assoc. (HV Asthma Coalition); Rondout Valley Holistic Healthcare Community
	Chronic Disease Self-Management (CDSM) Programs (SS)	HAHV Diabetes Education Center, Ellenville Regional Hospital Referrals to Family Practice Center; Rose Women's Care Service;SUNY Ulster/RSVP (volunteers) Ulster County Office for Aging (CDSM and Diabetes) YMCA CDSM

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		Hudson Valley Community Services Institute for Family Health
	Computerized clinical decision support systems (CDSS) (SS)	IFH, Caremount, Westchester Medical HAHV, Cornerstone Family Healthcare, Premier Medical Group
	Computerized provider order entry (CPOE) (SS)	IFH, Caremount, Westchester Medical HAHV, Cornerstone Family Healthcare, Premier Medical Group
	Consumer participation in health care governance (EO)	Westchester Medical, HAHV, Ellenville Regional Hospital,
	Consumer directed health plans (ME)	MVP
	Cultural competence training for health care professionals (SS)	
	Culturally adapted health care (SS)	
	Electronic health information exchange (SE)	HealthlinkNY
	Green house homes (SE)	
	Health Literacy Interventions (SE)	RCAL, HAHV Diabetes Education Center; MISN; American Cancer Society; Ulster County Department of Health; Ulster County Office for the Aging, Ulster County Literacy Association
	Hospital wristband color standardization (IE)	
	Integrated long-term care for community-dwelling frail elders (SE)	RCAL; Always there, Jewish Family Services
	Medical homes (SS)	IFH Health Homes

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	Multi-component fall prevention interventions among older adults (SS)	RCAL, Always There; Ulster County Office of Aging, Rose Women's Care Services
	Nursing Education Program with community service (UCS)	SUNY Ulster
	Nurse practitioner scope of practice (SS)	
	Nurse-friendly work environments (EO)	Professional Nurses Association of Ulster County; NYS Nurse's Association – Ulster County Regional Chapter
	Patient financial incentives for preventive care (SS)	CDPHP
	Patient navigators (SS)	MISN, Planned Parenthood, IFH Health Home
	Patient safety checklists (SS)	
	Patient shared decision making (SS)	
	Price transparency initiatives for patients (SE)	
	Professionally trained medical interpreters (SS)	Westchester Medical HAHV, Ellenville Regional Hospital,
	Public reporting of health care quality performance (SE)	
	Public reporting of health care-associated infections (EO)	
	Quality improvement practice coaches: primary care (SS)	
	Risk assessments & personalized approaches to fall prevention among older adults (SS)	Ulster County Office of Aging; Always There
	State-level minimum nurse staffing requirements at nursing homes (EO)	
	Tiered drug formulas (ME)	Health Insurance Companies and Drug Stores
	Trauma informed healthcare (EO)	
	Value based insurance design (SS)	

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	Value based purchasing (VBP) (SE)	
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<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
<i>Social and Economic Factors</i> <i>Social and Economic Factors</i> <ul style="list-style-type: none"> <i>Education</i> 	Alternative high schools for at risk students (SS)	Ulster BOCES Phoenix Academy;Ulster YouthBuild
	Attendance interventions for chronically absent students	Ulster BOCES: PTEC, Hudson Valley Pathways Academy
	Basic education & work training programs for hard-to-employ adults (EO)	BOCES, The ARC of Ulster County
	Big Brothers Big Sisters - BBBS (SE)	CCEUC (4-H Mentoring Program)
	Career & technical education for high school graduation (SS)	Ulster BOCES Career and Technical Center; Ulster YouthBuild
	Career Academies (SS)	Ulster County BOCES New Visions Program; The Kingston City School District Nursing Program, Wallkill CSD Technology Services
	Charter Schools (ME)	
	Chicago Child-Parent Centers – CPC (SS)	Office of Temporary and Disability Assistance, UCCAC Early/Head Start,
	Children’s Savings accounts (EO)	Mid-Hudson Valley Federal Credit Union
	College access programs (SS)	SUNY Ulster
	Community schools (SE)	Ulster BOCES; The ARC of Ulster County
	Comprehensive school reform (SE)	
	DARE to be You (EO)	Ulster County Head Start

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	Dropout prevention programs (SS)	Ulster BOCES; Ulster YouthBuild;
	Dropout prevention programs for teen mothers (SS)	
	Early Head Start (EHS) (SS)	Ulster County Community Action EHS
	Families and Schools Together (FAST) (SS)	
	Full-day kindergarten (SS)	UC Schools
	GED Certificate Programs (SE)	Ulster BOCES, Ulster Literacy
	Health career recruitment for minority students (SS)	
	HighScope Perry Preschool Model (SE)	
	Incredible Years (SS)	
	Knowledge is Power Program (KIPP) model: middle schools (SS)	
	Later middle and high school start times (SE)	
	Mentoring programs: high school graduation (SS)	
	No Excuses charter school model (SS)	
	Parents as Teachers (SE)	Ulster County Public Health Home Visits
	Pre-school & child care Quality Rating and Improvement Systems (QRIS) (SE)	
	Preschool education programs (SS)	Ulster County Community Action EHS; Ulster County Agribusiness Childhood Development Centers; for a list of child care centers see: http://www.familyofwoodstockinc.org/ccs/
	Preschool programs with family support services (SS)	Ulster County Community Action EHS; Ulster County Agribusiness Childhood Development Centers

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	Promise Academy (SE)	
	Reach Out and Read (SS)	
	School and district level zero tolerance policies (EOI)	ALL school district
	School breakfast programs (SS)	Ulster County School Districts
	School-based health centers (SS)	Ulster County School Districts
	School-based social and emotional instruction (SS)	
	School-based trauma counseling (SE)	
	School-based violence and bullying prevention programs (SS)	Ulster County No Name Calling Week; Dignity Act Coordinator(DAC) in all schools, New York State Dignity for All Students Act(DASA), Onteora Prevent and Address Cyberbullying Behaviors, Wallkill ROARS,
	School-community liaisons (IE)	Ulster County Mental Health SPOA Program
	School Wellness policies (UCS)	UC Schools
	School-wide Positive Behavioral Interventions and Supports Tier 1 (SWPBIS) (SS)	Highland PBIS, No Out/In School Suspension Event(NOISE),
	Small Elementary Classes (SE)	
	Smart Start North Carolina (SE)	
	Summer learning programs (SS)	SUNY Ulster, Ulster County Schools, YMCA summer camp, Migrant Education Outreach Program
	Technology-enhanced classroom instruction	All Ulster County Districts,
	Trauma-informed schools (SE)	
	Universal pre-kindergarten (SS)	Available to UC pre-schooler aged youth by district

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	Universal school-based suicide awareness & education programs (SE)	SPEAK app
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<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
<i>Social and Economic Factors</i> <ul style="list-style-type: none"> <i>Employment</i> 	Adult vocational training (SS)	
	Basic education & work training programs for hard to employ adults (EO)	Ulster Works
	Exercise and work-oriented back pain management programs (SE)	
	Flexible scheduling (SS)	
	GED certificate programs (SE)	BOCES
	Job-sharing programs (IE)	
	Onsite- child care (IE)	
	Paid family leave (SE)	
	Paid sick leave ordinances (EO)	
	Rural transportation systems (EO)	UCAT, Citi Bus,
	Summer work experience programs (SE)	YMCA, Kingston Cares, YWCA
	Transitional jobs (SS)	Ulster County Office of Employment
	Youth apprenticeship initiatives (EO)	Youth Build, School Internships, Americorps

<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
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<i>Social and Economic Factors</i> • <i>Income</i>	Child care subsidies (SS)	
	Child tax credit expansion (EO)	
	Children's savings accounts (EO)	
	Earned Income Tax Credit Expansion (EITC) (SS)	
	Financial Education for Adults (IE)	
	Full child support pass-through & disregard (SS)	
	Individual Development Accounts (IDAs) (IE)	
	Living wage laws (SE)	Workers' Rights Law Center
	Matched dollar incentives for saving tax refunds (SE)	
	Microfinance and microenterprise programs (IE)	
	<u>Minimum wage increases (ME)</u>	
	New Hope Project (SE)	
	Payday loan regulations (IE)	
	Refundable child and dependent care tax credit (EO)	
	Supplemental Security Income (SSI) benefits (EO)	
	Unemployment insurance - UI (EO)	
<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
<i>Social and Economic Factors</i>	Activity programs for older adults (SS)	City of Kingston Parks and Recreation, CCEUC RAPP, Unitarian Universalist Congregation SUNY Ulster RSVP, Town of Ulster Senior Center, Repair Café,
	Birthing Project Sister Friends (IE)	

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<ul style="list-style-type: none"> <i>Family and Social Support</i> 	Cell phone-based support programs (SE)	
	Community arts programs (EO)	A.S.K, Ione, Lace Factory, Shirt Factory, Art Galleries, BOCES, Outdoor Music Programs, Choral Groups (MHWC, ARS Choralis, Vanacore, Youth Chorale, Jazz Ensemble, KHS Alumnae Choir, etc),
	Community centers (EO)	City of Kingston (Everette Hodge and Rondout Centers, Rosendale Community Center, Town of Rochester Youth Center, Kingston and Saugerties Boys and Girls Club, Woodstock Community Center, Denning Senior Center, Esopus Senior Center, , Marbletown, Saugerties Senior Center New Paltz Senior Center,
	Early childhood home visiting programs (SS)	Institute for Family Health (Healthy Families), Community Health Workers (CHW), UCDOH; Ulster County Healthy Families
	Extracurricular activities for social engagement (SS)	CCEUC RAPP, Kingston Senior Prom, OFA Picnics, Live, Laugh and Learn, Senior Clubs, RSVP, Senior Housing Sites, New Year's Eve Party, Church Bazaars, BINGO, Parks, Trails, County Fair, street Festivals, Town Fairs, LGBTQ Prom
	Father involvement programs (SE)	
	Georgia Fatherhood Program (IE)	

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	Disease/Caregiver Support Groups & Education (UCS)	Breast Cancer Options (Camp Lighthouse for children of survivors, Annual Integrative Medicine Conference), HAHV Albany Medical Center Kingston Multi-Specialty (World AIDS Day and AIDS Walk) Alzheimer's Support Group, AA, NA, Step One, Bridge Back, (see Sunday Freeman)
	Emergency Shelters Adolescents & Adults (UCS)	Family of Woodstock; Clinton Avenue Methodist
	Faith-based Wellness Programs (UCS)	Unitarian Universalist Congregation
	Grocery, housing & utilities cooperatives (IE)	
	Group-based parenting programs (SS)	CCEUC RAPP & Sober Parenting Journey; Rose Women's Care Service & YWCA B.I.R.T.H.E. Program; Nurturing Parent Program,(Family Services), YWCA Parenting Program (DSS mandated), DSS Celebrating Families; Ulster County Mental Health Parenting Journey; Ulster County DSS Celebrating Families Program
	Healthy Families America (HFA) (SE)	Ulster County Healthy Families
	Intergenerational communities (EO)	CCEUC RAPP
	Intergenerational mentoring (EO)	
	National Fatherhood Initiative's 24/7 Dad (IE)	
	National Fatherhood Initiative's InsideOut Dad (IE)	
	Neighborhood associations (EO)	Neighborhood Watch, Safe Home

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	Nurse Family Partnership (NFP (SS))	
	Open Streets (EO)	
	Outdoor/experiential education and wilderness therapy (SS)	Hudson River Sloop Clearwater; Wild Earth
	Social media for civic participation (SE)	Studio 21
	Social Service Integration (EO)	Family of Woodstock; UCOFA NY Connects; SPOA, DRC, Catholic Charities, Respite Care, LTHC, (long Term Home Health Care
	Stress Reduction Programs (UCS)	Mudita Yoga (business) The Fitness Connection (business)
	Trauma-informed approaches to community building (EO)	
	Volunteer Coordination (UCS)	UlsterCorps, CCEUC 4-H & Master Gardener, RSVP, Family of Woodstock, SSIP (Serving and Staying In Place)
	Youth leadership programs (EO)	CCEUC 4-H & RAPP; Boys & Girls Club; YMCA, YWCA Girls Inc
	Youth peer mentoring (SE)	
<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>

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Healthy Ulster Council Inventory for Health 2018

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<i>Social and Economic Factors</i> <ul style="list-style-type: none"> <i>Community Safety</i> 	Advocacy for victims of intimate partner violence (SE)	
	Bicycle helmet laws (SS)	NYS Bicycle Helmet Law
	Bicycle paths, lanes & tracks (SE)	Bike-Friendly Kingston; Ulster Co. Trails Advisory Council; Catskill Mountainkeeper; Woodstock Land Conservancy; Village of Saugerties; Complete Streets Advisory Councils in Ellenville, Saugerties, and Kingston
	Big Brothers Big Sisters (BBBS) (SE)	CCEUC (4-H Mentoring Program)
	Car seat distribution & education programs (SS)	SUNY Ulster Institute for Health and Safety
	Car seat education & enforcement campaigns (SS)	
	Car seat incentive & education programs (SS)	
	Child bicycle helmet promotion programs (SS)	SUNY Ulster Institute for Health and Safety
	Child firearm access prevention laws (SE)	
	Cognitive-behavioral therapy (CBT): recidivism (SS)	
	Community policing (SS)	
	Comprehensive firearm background checks (SE)	
	Court mandated programs for male perpetrators of intimate partner violence (ME)	Family of Woodstock
	CPR Training (UCS)	Rose Women's Care Service; American Heart Association
	Cure Violence Health Model (SE)	
	Drug courts (SS)	
	Early childhood home visiting programs (SS)	
	Enhanced seat belt enforcement programs (SS)	

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	Family treatment drug courts (SS)	
	Firearm licensing laws (SS)	
	Focused deterrence strategies (SS)	
	Functional Family Therapy (FFT) (SS)	Coordinated Children's Services; Family of Woodstock
	Health care screening & follow-up for intimate partner violence (SE)	
	Home water temperature safety education (SS)	
	In-vehicle monitoring & feedback for novice drivers and families (SE)	
	Juvenile curfews (EOI)	
	Kinship care for children removed from home due to maltreatment (SS)	Ulster County DSS; CCEUC - Relatives as Parents Program
	Mentoring programs: delinquency (SS)	
	Multi-component fall prevention interventions among older adults (SS)	
	Multisystemic Therapy (MST) for juvenile offenders (SS)	Coordinated Children's Services
	Neighborhood watch (SS)	
	Out of town bypasses (SE)	
	Playground safety regulations (SE)	
	Primary seat belt enforcement laws (SS)	
	Restorative justice in criminal justice system (SS)	
	Risk assessments & personalized approaches to fall prevention among older adults (SS)	RCAL

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	Rollover protection structures (ROPS) (SE)	
	Scared Straight (EOI)	
	School- based intimate partner violence prevention programs (SE)	
	Speed enforcement detection devices (SE)	
	Sports-related brain injury education (EO)	
	Strong graduated driver licensing laws (SS)	
	Swimming pool fencing (SS)	
	Traffic calming (SS)	
	Trauma-informed juvenile justice systems (EO)	
	Treatment Foster Care (SS)	
	Treatment Foster Care Oregon (SS)	
	Universal distracted driving laws (EO)	
	Universal firearm background checks (SE)	
	Universal motorcycle helmet laws (SS)	
	Youth in adult justice system (EOI)	
<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
	Alternative fuels initiatives (EO)	

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Physical Environment <ul style="list-style-type: none"> Air and Water Quality 	(CAFO) regulations (EO)	
	Carpool and rideshare programs (EO)	511 NY Rideshare/ Metropool, Inc.
	Clean diesel technology fleet transition programs (SS)	
	Clean Water Advocacy/Education (UCS)	Hudson River Sloop Clearwater CCEUC AWSMP and Sea Grant
	Conservation Reserve Enhancement Program (CREP) (SE)	
	Conservation tillage practices (SS)	CCEUC (Ag Program)
	Green Living Education (UCS)	Catskill Mountainkeeper City of Kingston Parks and Rec NY for Clean Power
	Integrated pest management (IPM): agriculture and outdoor use (SS)	CCEUC (Ag Program)
	Lead contaminated soil abatement (EO)	
	Lead pipe & plumbing material replacement (EO)	
	Multi-component groundwater management programs (SE)	
	Nutrient management plans (SS)	CCEUC (Ag Program)
	Permeable pavement projects (SS)	City of Kingston
	Proper drug disposal programs (EO)	County of Ulster
	Rain barrels (SE)	CCEUC Master Gardeners; Kingston Parks and Recreation
	Rain gardens & other bioretention systems (SS)	CCEUC Master Gardeners Xeroscape Garden
	Scrap programs for old vehicles (EO)	
	Vehicle anti-idling initiatives (SE)	
	Vehicle inspection and maintenance (I/M) programs (SE)	NYS

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<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
Physical Environment <ul style="list-style-type: none"> Housing and Transit 	Affordable housing tax increment financing (TIF) (EO)	
	Bicycle/pedestrian master plans (SE)	City of Kingston, Village of New Paltz Planning
	Carpool and rideshare programs (EO)	
	Community Development Block Grants (CDBGs) (SE)	City of Kingston
	Community land trusts (SE)	Kingston Land Trust
	Complete Streets & streetscape design initiatives (SS)	County of Ulster, Complete Streets Advisory Councils (Town/Village of Saugerties, Town of Wawarsing/Village of Ellenville (WECSAC), City of Kingston On the Move (CSAC), Kingston Land Trust (Greenline), Catskill Mountainkeeper; Travel Well Kingston
	Healthy home environment assessments (SS)	Bed Bug Coalition of Ulster County
	HOME Investment Partnership Program (EO)	
	Household lead control education interventions (EOI)	
	Housing Choice Voucher Program (Section 8)	RUPCO
	Housing First (SS)	
	Housing mediation services (IE)	Bed Bug Coalition of Ulster County; Dispute Resolution Center
	Housing rehabilitation loan & grant programs (SS)	RUPCO

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	Housing trust funds (EO)	
	Inclusionary zoning (SE)	
	Individual incentives for public transportation (SE)	
	Integrated pest management (IPM): indoor use (SS)	
	Land banking (SE)	
	Lead paint abatement programs (SS)	UCDOH
	Low Income Home Energy Assistance Program (HEAP) (EO)	UCDSS
	Low Income Housing Tax Credits (LIHTCs) (SE)	
	Mixed-use development (SS)	City of Kingston
	Multi-component workplace supports for active commuting (SE)	
	Out of town bypasses (SE)	
	Public transportation systems (SS)	
	Radon mitigation programs (SE)	
	Rapid re-housing programs (SE)	
	Rural transportation systems (EO)	
	Safe Routes to Schools (SRTS) (SS)	Kingston, Ellenville, Saugerties
	Service-enriched housing (SE)	
	Speed enforcement detection devices (SS)	
	Traffic calming (SS)	City of Kingston On the Move, Village of New Paltz Planning
	Walking school buses (SS)	George Washington School (Kingston)
	Weatherization Assistance Program (WAP) (SE)	

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	Zoning regulations for land use policy (SS)	Kingston Land Trust Kingston Urban Ag Committee City of Kingston Comprehensive Plan Village of New Paltz Planning
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Priority Initiatives

The Inventory for Health Survey included the following open-ended question:

Q52: If you had to choose the 3 most important health initiatives that we, as a community, should focus on to significantly improve chronic disease prevention efforts and advance the goal of making Ulster the healthiest county in New York State, what would they be?

- 48 people responded to Q52; providing 141 responses
- Responses were open ended and sometimes a single response included two topics: ie. Healthy eating and physical activity
- Some responses could fit under more than one RWJF Policies and Program Category, but for this study were listed only once, under a single category.

Responses were organized by RWJF *Policies and Programs That Can Improve Health:*

Tobacco Use	Times Chosen: 10
Tobacco/Vape Availability to Minors	1
Tobacco Prevention and Dependence Treatment	9
Diet and Exercise	Times Chosen: 44
Active Transportation	1
Breastfeeding Support	1
Eating Local Foods	1
Healthy Eating/Food Access	16

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Healthy Cooking Skills	2
Healthy Food Policies Schools	2
Nutrition Education	5
School Gardens/Curriculum	1
Physical Activity Increase Access and Amount	11
Physical Activity in Schools	1
Promoting Rail Trails	1
Whole food vs. Processed Food Education	2
Alcohol and Drug Use	Times Chosen: 23
Harm Reductive Approach to drug epidemic	1
Substance Abuse Prevention (including Opioids)	6
Substance Abuse Treatment (including Opioids)	16
Sexual Activity	Times Chosen: 1
Sexual Health Education	1
Access to Care	Times Chosen: 14
Dental Care Access	1
Health Care Access	5
Health Literacy	3
Health Planning in all Policies – Community Involvement	1
Preventative Care Services (including mobile)	2
Service Coordination	1
Veterans Healthcare	1
Quality of Care	Times Chosen: 29

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Asthma	1
Behavioral Health	1
Cancer	1
Chronic Disease Self-Management	3
COPD Support	1
Diabetes Education/Control	3
Heart	1
Mental Health Support	8
Obesity Prevention/Treatment	8
Self Care Education	1
Wellness	1
Education	Times Chosen: 3
Education	3
Employment	Times Chosen: 2
Employment and Income	2
Income	Times Chosen: 1
Local Living Wage Law	1
Family and Social Support	Times Chosen: 5
Elder Abuse	1
Parenting Education	1
Prenatal Care	1
Seniors Social Opportunities	1
Social Determinants of Health	1
Community Safety	Times Chosen: 0
Air and Water Quality	Times Chosen: 0

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Housing and Transit	Times Chosen: 6
Building Safety/Inspections	1
Housing/Access to Affordable	1
Increased Access to Transportation	3
Kingston on the Move	1
Other	Times Chosen: 5
Accessibility of Energy Medicine	1
Fostering Community: Secular	1
Coalitions for Health: Live Well Kingston	1
Focus Groups: Determine community needs	1
Pet Food Closet	1