

Introduction

This inventory of prevention activities happening in Ulster County began in November 2014 with an online survey distributed widely to agencies throughout the County, including those who had participated in the Ulster County Department of Health (UCDOH) Partners in Public Health initiative, newly identified partners, and those included on the Ulster County Human Services listserv serviced by Cornell Cooperative Extension of Ulster County. By December 2014, 60 people had participated in the survey.

The following tables summarize the activities described by survey takers as well as activities known to be occurring by the author of this report. To organize the information collected, a framework, *What Works for Health*, created by the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute on the County Health Rankings and Roadmaps website was used. *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 used to improve health. More information about how each strategy 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 ratings below. The typeface of the rating is used in the following tables so that readers can identify the rating of the strategy while viewing the table. One category that is not part of the *What Works for Health* ratings is also listed, which is a strategy employed in Ulster County, but not yet rated on the *What Works for Health* website. The *What Works for Health* website does not include an exhaustive list of all strategies used to support good health. They are adding new strategies each month as they are evaluated.

Ratings

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.

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.

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.

Insufficient Evidence: Strategies with this rating have limited research documenting effects. These strategies need further research, often with stronger designs, to confirm effects.

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.

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.

New Strategy Used in Ulster Co.: This strategy was not listed on the *What Works for Health* table, 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 they have not evaluated and listed it yet.



The *What Works for Health* website categorizes strategies within a variety of factors that we know affect health as show 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. In the future, we will add a column to the table for opportunities for addition or expansion of existing activities.

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

Kristen Wilson

Senior Resource Educator, Cornell Cooperative Extension Ulster County
kew67@cornell.edu, 845-340-3990 ext. 347

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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KEY: Scientifically Supported Some Evidence Expert Opinion Insufficient Evidence Mixed Evidence Evidence of Ineffectiveness UC 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	
	Health care provider reminder systems: tobacco cessation	Center for a Tobacco Free Hudson Valley
	Increase funding for a comprehensive statewide tobacco program	TFAC and other NYS TCP partners (no lobbying, just education) ALA, ACS, AHA etc. (advocates, lobbying)
	Increase the price of tobacco	TFAC and other TCP partners 'educate' state and local lawmakers
	Mass media campaigns: tobacco use	TFAC
	Proactive tobacco quitlines	
	Reduce cost for tobacco cessation therapy	
	Smoke-free policies: indoor and outdoor areas	TFAC
	Technology-based tobacco cessation interventions	TFAC
	Education to reduce home exposure to secondhand smoke	TFAC
	Restrict minor access to tobacco	UCDOH/ATUPA TFAC through our tobacco point of sale initiative
	Restrict tobacco marketing	TFAC
	Reduce tobacco retail outlet density around homes and schools	TFAC UCDOH/Mike Hein
	Regulate e-cigarettes	
	Tobacco cessation contests	
	<u>Group Tobacco Cessation Programs</u>	ShopRite of Kingston
	<u>Personal Budgeting and Finance</u>	RUPCO? CCEUC before

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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"> <i>Diet</i> 	Breastfeeding promotion programs	MISN, 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
	Competitive pricing in schools	
	School fruit & vegetable gardens	Shandaken Community Gardens YWCA Daycare Center Marbletown Elementary From the Ground Up Farm Hub connection to Rondout Valley School? Kingston School District Gardens (HKK Report) Ellenville? Highland Residential Center Little Red Schoolhouse Gardening Program
	Community gardens	Shandaken Community Gardens Catskill Mountainkeeper CCEUC (CHP and Master Gardeners) George Washington School Community Garden Rondout Community Gardens? YMCA of Kingston Community Garden Ellenville Community Garden
	Corner stores: healthy food	CCEUC CHP
	Farm to school programs	Rondout Valley Growers UlsterCorps?
	Farmers' markets/stands	Kingston Farmers' Market Saugerties Farmers' Market

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	Woodstock Farmers' Market New Paltz Farmers' Market People's Place Farm Stand, Kingston, Local Economies Project
Healthy vending machine options	City of Kingston Eat Well Policy
Label nutrition information at restaurants	? –ask Stacy
Limit access to competitive foods and beverages in schools	Competitive Foods in School National Policy?
Make water available; promote consumption	NAPSACC Day Care Centers
Nutrition standards for food sold in schools	Competitive Foods in School National Policy? NAPSACC CACFP (Child and Adult Care Food Program) approved daycare centers
Point-of-decision prompts: healthy food choices	ShopRite of Kingston Hannaford Corner Stores Enrolled in CCEUC CHP program
Reduce advertising for unhealthy foods and beverages	
School-based nutrition education programs	Deb Zale (Health Teacher) at KHS Lindsey Meads (Health Teacher) at ESDHS Meads (Health Teacher) at ESDMS
Taste testing fruits & vegetables	Kingston Farmers' Market ShopRite of Kingston
Tax sugar sweetened beverages	
WIC and Senior Farmers' Market Nutrition Programs	YMCA of Kingston Urban Farm
Attract new grocery stores to low income areas	
Community kitchens: food processing	Farm to Table Co-Packers
Electronic Benefit Transfer (EBT) payment at farmers' markets	Kingston
Food buying clubs & co-ops	Kingston Buying Club High Falls Coop

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Food hubs	Hudson Valley Farm Hub
Healthy foods at catered events	City of Kingston Eat Well policy
Mobile markets	YMCA Urban Farm
Prohibit sale of unhealthy foods at school fundraisers	
Tax unhealthy snacks	
Urban agriculture	CCEUC (CHP and Master Gardeners) YMCA Urban Farm Kingston Land Trust
Zoning regulations: chickens and bees	Kingston Urban Ag Committee
Zoning regulations: fast food	
Community kitchens/ nutrition education	Hudson Valley Community Services Cornell Cooperative Extension Ulster County Fitness Connection (business) ShopRite of Kingston
Online grocery stores	
Food Pantries	Hudson Valley Community Services Praise Dominion Family Worship Center SUNY Ulster/RSVP (volunteers at pantries) UlsterCorps (volunteers at pantries) Caring Hands Soup Kitchen, partnership with Kingston City School District and Local Economies Project
Fresh Produce Donation to Pantries	Shandaken Community Gardens Food Bank of the Hudson Valley UlsterCorps
Home Meal Delivery	SUNY Ulster/RSVP (Meal delivery to 350 p.) Lei Isaacs (informal in Kingston)
Healthy Eating Promotion	Shandaken Community Gardens CCEUC (CHP via social media) ShopRite of Kingston

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Inventory of Prevention Activities 2014-2015



Michael P. Hein
County Executive

		Hannaford Magazine Eat Well Focus Team of LWK Health Insurance Companies (MVP) HAHV Newsletters Wawarsing Council of Agencies Events
	<u>Food System Advisory Council</u>	CCEUC CHHC UCDOH

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KEY: Scientifically Supported Some Evidence Expert Opinion *Insufficient Evidence* Mixed Evidence ~~Evidence of Ineffectiveness~~ ~~UC Strategy~~

<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>Exercise</i>	Access to places for physical activity	Kingston Land Trust (Greenline) Catskill Mountainkeeper CCEUC (LWK & CHP) City of Kingston Parks and Rec YWCA (Swimming at the YMCA) Lippman Park Ulster County Trails Advisory Council
	Activity programs for older adults	Office for Aging RSVP (Stretchband Class) Kingston Parks and Recreation Town of Ulster Senior Center Pine Hill Community Center Woodland Pond (New Paltz) Vineyard Commons (Highland) Rosendale Community Center New Paltz Senior Center Walkill Community Center Milton Harvest (Milton) Golden Sneaker Program at Gyms
	Physically active classrooms	YWCA Livingston Street Childcare NAPSACC
	Point-of-decision prompts: physical activity	
	Safe Routes to Schools (SRTS)	Ulster Co. Transportation Council Study -Village of Saugerties, Town of Lloyd, Town and Village of New Paltz, Town of Shawagunk Kingston City School District (Walk, Bike, Roll)

		Day)
	Social support for physical activity: community settings	
	Structured recess	
	Walking school buses	George Washington School, Kingston
	Zoning regulations: land use policy	City of Kingston Comprehensive Plan Kingston Complete Streets Advisory Council Saugerties Comprehensive Plan
	Fitness Programs in Community Settings	CHHC & SUNY/RSVP (Stretch Band) CHHC (Let's Move a Little) Center for Creative Ed (Let's Move)
	Bicycle/pedestrian master plans	Bike-Friendly Kingston
	Community-wide campaigns	Center for Creative Education (Let's Move)
	Extracurricular activities: physical activity	
	Homework or extra credit for PE class	
	Increase green space/parks	CCEUC (CHP) City of Kingston Parks and Recreation
	Joint use agreements	
	Multi-component workplace supports for active commuting	
	Open gym time	
	Recreational sports leagues for adults	City of Kingston Parks and Rec
	<i>Mass media campaigns: physical activity</i>	
	<u>Group Fitness Classes</u>	The Fitness Connection (business) Mudita Yoga (business) Center for Creative Ed (business)

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What Works For Health Area	What Works for Health Policies and Programs	Current Ulster County Activities
Health Behaviors - Diet and Exercise Together	Multi-component obesity prevention interventions	Always There (nurse and social worker ed) ShopRite of Kingston
	Nutrition and physical activity interventions in preschool and child care	CCEUC (NAPSAAC) CHHC Rose Women's Care Service Family of Woodstock (Childcare Council) UCDOH (Afterschool Snack Policy) YWCA (NAPSAAC)
	Worksite obesity prevention interventions	Emergency One (Corporate Wellness Program)
	Multi-component school-based obesity prevention interventions	Ulster BOCES Healthy Schools (policy work) Deb Zale (Health Teacher) at KCSD
	Financial rewards for employee healthy behavior	
	<u>Community weight loss challenges</u>	
	<u>Family-based social support</u>	
	<u>College-based obesity prevention interventions</u>	
	<u>Health Coaching</u>	Steve Shapiro (business) Lei Isaacs (informal in Kingston)

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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 - Alcohol and Drug Use	Alcohol screening and brief intervention	
	Blood alcohol concentration (BAC) laws	
	Breath testing checkpoints	
	Dram shop liability laws	
	Drug courts	
	Family treatment drug courts	
	Functional Family Therapy (FFT)	
	Ignition interlock devices	
	Increase alcohol excise tax	
	Maintain current minimum drinking age laws	
	Mass media campaigns: alcohol-impaired driving	
	Mentoring programs: delinquency	
	Multi-component interventions with community mobilization: alcohol-impaired driving	
	Reduce or limit alcohol outlet density	
	Vigorous enforcement of existing underage drinking laws & minimum legal drinking age	
	Increase access to naloxone	
	License suspension/revocation for alcohol violations	
	Limit days/times of alcohol sales	
	Prescription drug monitoring programs (PDMPs)	
	Responsible beverage server training (RBS/RBST)	
	Restrict alcohol advertising placement and content	
	Restrict drink specials	
	Universal school-based programs: alcohol misuse & impaired driving	

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Michael P. Hein
County Executive

	Good Samaritan drug overdose laws	
	Mass media campaigns: underage and binge drinking	
	Proper drug disposal programs	
	Restrict alcohol availability at public events and on public property	
	Social host laws	
	Campus alcohol bans	
	Designated driver promotion programs	
	Keg registration laws	
	Overservice law enforcement initiatives	
	Seller & server minimum age	
	<u>Legalize marijuana</u>	
	<u>School-based social norming: alcohol consumption</u>	
	<u>Privatization of retail alcohol sales</u>	
	<u>Syringe Exchange Program</u>	Hudson Valley Community Services
	<u>Street Outreach and Referrals</u>	Hudson Valley Community Services

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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>Health Behaviors</i> <i>- Sexual Activity</i>	Behavioral interventions: HIV and other STIs	Planned Parenthood MidHudson Valley
	Comprehensive clinic-based programs: rapid repeat pregnancies among adolescents	
	Computer-based interventions: HIV and other STIs	
	Condom availability programs	Planned Parenthood MidHudson Valley
	Partner counseling and referral services (PCRS)	
	Service learning programs	UlsterCorps
	Sexual education: Comprehensive risk reduction programs	Planned Parenthood MidHudson Valley MISN Hudson Valley Community Services
	Intensive case management for pregnant and parenting teens	
	Mass media campaigns: pregnancy and STIs	
	Multi-component clinic-based interventions: human papillomavirus (HPV)	
	Multi-component interventions: pregnancy and STIs	MISN
	School-based health clinics: reproductive health	
	Teen pregnancy prevention programs	Planned Parenthood MidHudson Valley
	<u>Social networking site interventions: Risky sexual behavior</u>	
	<u>Education: Human papillomavirus (HPV) vaccination</u>	
	<u>Interventions with work, vocational training, or sports: risky sexual behavior</u>	
	<u>Reduce adolescent access to sexual content in the media</u>	
	<u>Sexual education: abstinence-only</u>	
	<u>HIV, HEP C , and STD testing</u>	Hudson Valley Community Services
	<u>Family Planning w/Adults</u>	Planned Parenthood MidHudson Valley

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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>Health Behaviors</i> - Access to Care	CenteringPregnancy	
	Community water fluoridation	
	Expand rural training tracks and programs in medical education	
	Extend scope of practice for nurse practitioners (NPs)	
	Federally qualified health centers (FQHCs)	
	Financial incentives for patients undergoing preventive care	
	Increase wages & benefits for long-term care (LTC) workers	
	Medical homes	
	Mental health benefits legislation	
	Patient shared decision making (SDM)	
	School dental programs	
	Systems navigators and integration (e.g., patient navigators)	
	Telemedicine	
	Expand higher education financial incentives for health professionals serving underserved areas	
	Expand role of allied dental professionals	
	Expand use of community health workers (CHWs)	Institute for Family Health
	Improve work environments for nurses	
	Interventions to improve health literacy	
	Mobile reproductive health clinics	
	Nurse residency programs	
	Preconception education interventions	
	School-based health clinics: reproductive health	

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	Telemental health services	
	Text message-based health interventions	
	Tiered drug formularies	
	Ensure appropriate access to 17P	
	Financial incentive programs for nursing graduate students	
	Grady Memorial Hospital Interpregnancy Care Program	
	Magnolia Project	
	Mentoring programs for new nurses	
	Parish nursing	
	Reproductive life plans	
	Retail clinics	Emergency One
	Expand use of J-1 physician visa waivers	
	Healthy Births for Healthy Communities	
	Consumer-directed health plans	
	Informal Transport for Seniors	SUNY Ulster/RSVP (Rides for Seniors to Appt.) Unitarian Universalist Congregation
	Immunization Programs	Emergency One SUNY Ulster
	Community Health/Mental Health Screenings	SUNY Ulster (mental health) Ulster County Office for the Aging

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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>Health Behaviors</i> - <i>Quality of Care</i>	AHRQ Health Care Innovations Exchange	
	Chronic disease self-management (CDSM) programs	SUNY Ulster/RSVP (volunteers) Ulster County Office for Aging (CDSM and Diabetes) Hudson Valley Community Services Institute for Family Health
	Computerized clinical decision support systems (CDSS)	
	Computerized provider order entry (CPOE)	
	Integrate behavioral health into primary care practice	Institute for Family Health
	Medical homes	
	Multi-component fall prevention interventions among older adults	Always There Ulster County Office of Aging
	Patient safety checklists	
	Quality improvement practice coaches: primary care	
	Risk assessments & personalized approaches to fall prevention among older adults	Ulster County Office of Aging
	Value-based insurance design	
	Case-managed care: community-dwelling frail elders	Hudson Valley Community Services RCAL (NHTD Program)
	Electronic health information exchange	
	Integrated long-term care (LTC): community-dwelling frail elders	RCAL (NHTD Program)
	Price transparency initiatives with contextual information	
	Public reporting: health care quality performance	
	Involve consumers in health care governance	
	Public reporting: health care-associated infections (HAIs)	

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	Standardize hospital wristband colors statewide	
	State-level minimum staffing requirements: nursing homes	
	Case-managed care for specific diseases	Hudson Valley Community Services (HIV/AIDS) Prostate Cancer 101 Institute for Family Health Health Home

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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>- Education</i>	Career Academies	Ulster County BOCES, The Kingston City School District Nursing Program, Wallkill CSD Technology Services,
	Chicago Child-Parent Centers (CPC)	Office of Temporary and Disability Assistance, UCCAC Early/Head Start,
	Comprehensive early childhood development programs	
	Dropout prevention programs	
	Dropout prevention programs for teenage mothers	
	Early Head Start (EHS)	Ulster County Community Action
	Enhance instruction with educational technology	
	Families and Schools Together (FAST)	Marlboro Special Children's Organization for Parents and Educators(SCOPE),
	Full-day kindergarten	
	Incredible Years	
	Knowledge is Power Program (KIPP) model: middle schools	
	Mentoring programs: high school graduation	
	No Excuses charter school model	
	Preschool education programs	
	Reach Out and Read	
	School breakfast programs	Ulster School Districts
	School-based programs to reduce violence and bullying	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-based social and emotional instruction	
	School-wide Positive Behavioral Interventions and Supports	Highland PBIS, No Out/In School Suspension

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	(SWPBIS)	Event(NOISE),
	Summer learning programs	SUNY Ulster, Kingston Cares, All 9 school districts, YMCA summer camp, Migrant Education Outreach Program
	Targeted programs to increase college enrollment	Naviance,
	Targeted truancy interventions	PINS-(Probation-School districts)
	Universal pre-kindergarten (pre-K)	YWCA,
	Big Brothers Big Sisters (BBBS)	CCEUC (4-H Mentoring Program)
	Comprehensive school reform to improve student achievement	Kingston Diversity Cadre,
	HighScope Perry Preschool approach	
	Parents as Teachers	Home School System
	Programs to help obtain GED or similar certificates	BOCES, Ulster Literacy
	Promise Academy	
	Quality Rating and Improvement Systems (QRIS)	
	Reduce class size	
	Smart Start statewide early education system	
	Career pathway and bridge programs for adults	
	DARE to be You	Onteora Belleayre Bash,
	<u>Charter schools</u>	
	<u>Zero tolerance policies</u>	ALL school districts, Onteora Belleayre Bash,
	<u>School Wellness policies</u>	BOCES Healthy Schools

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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>Employment</i>	<i>Flexible scheduling</i>	
	Exercise and work-oriented back pain management programs	
	Paid family leave	
	Transitional employment	
	Work environment modification: rollover protection structures (ROPS)	
	<i>Career pathway and bridge programs for adults</i>	Ulster Works
	<i>Paid sick leave ordinances</i>	
	<i>Rural transportation systems</i>	UCAT, Kingston Bus System, Medical Vans
	<i>Summer work experience programs</i>	YWCA, Kingston Cares,
	<i>Youth apprenticeship initiatives</i>	Youth Build, School Internships, Americorps
	<i>Job-sharing programs</i>	

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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>Income</i>	Child support pass-through and disregard	
	Increase funding for child care subsidy	
	Increase the Earned Income Tax Credit (EITC)	
	Living wage laws	Workers' Rights Law Center
	New Hope Project	
	Unemployment insurance (UI)	
	<u>Expanded child tax credit</u>	
	<u>Increase Supplemental Security Income (SSI) program benefit amounts</u>	
	<u>Refundable child and dependent care tax credit</u>	
	<u>Individual Development Accounts (IDAs)</u>	
	<u>Microfinance and microenterprise programs</u>	
	<u>Payday loan regulations</u>	
	<u>Increase the minimum wage</u>	

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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>Family and Social Support</i>	Activity programs for older adults	City of Kingston Parks and Recreation Unitarian Universalist Congregation SUNY Ulster RSVP, Town of Ulster Senior Center, Repair Café,
	Early childhood home visiting programs	Institute for Family Health (Healthy Families), Community Health Workers (CHW), UCDOH
	Extracurricular activities: social engagement	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
	Group-based parenting programs	Nurturing Parent Program, (Family Services), YWCA Parenting Program (DSS mandated), RAPP
	Nurse-Family Partnership (NFP)	
	Outdoor/experiential education and wilderness therapy	City of Kingston Parks and Recreation Hudson River Sloop Clearwater
	Cell phone-based support programs	
	Healthy Families America (HFA)	
	Programs that support father involvement	
	Youth empowerment programs	
	Community centers	City of Kingston (Everette Hodge and Rondout Centers, Rosendale Community Center, Town of Rochester Youth Center, Marbletown, Saugerties Senior Center, Boys and Girls Club, Town of Denning, Esopus Senior Center, Woodstock Community Center, New Paltz Senior Center,

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	Integrate social services	SPOA, DRC, Catholic Charities, Respite Care, LTHC, (long Term Home Health Care)
	Intergenerational mentoring	
	Neighborhood associations	Neighborhood Watch, Safe Home
	Promote community arts programs	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)
	Social media & other technologies to increase citizen participation	Studio 21
	<i>24/7 Dad</i>	
	<i>Georgia Fatherhood Program</i>	
	<i>Grocery, housing & utilities cooperatives</i>	
	<i>InsideOut Dad</i>	
	<i>The Birthing Project USA SisterFriends</i>	
	<u>Stress Reduction Programs</u>	Mudita Yoga (business) The Fitness Connection (business)
	<u>Faith-based Wellness Programs</u>	Unitarian Universalist Congregation
	<u>Volunteer Coordination</u>	UlsterCorps, RSVP, SSIP (Serving and Staying In Place)
	<u>Disease/Caregiver Support Groups & Education</u>	Breast Cancer Options (Camp Lighthouse for children of survivors, Annual Integrative Medicine Conference) 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)

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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>- Community Safety</i>	Bicycle helmet laws	NYS Bicycle Helmet Law
	Child bicycle helmet promotion programs	SUNY Ulster Institute for Health and Safety
	Child safety seat distribution & education programs	SUNY Ulster Institute for Health and Safety
	Child safety seat incentive & education programs	
	Cognitive-behavioral therapy (CBT): recidivism	
	Community-wide information & enhanced enforcement: child safety seats	
	Comprehensive early childhood development programs	
	Drug courts	
	Early childhood home visiting programs	
	Education & home safety equipment: tap water temperature	
	Enhanced seat belt enforcement programs	
	Family treatment drug courts	
	Focused deterrence strategies (i.e., Pulling levers)	
	Functional Family Therapy (FFT)	
	Kinship care for children removed from home due to maltreatment	CCEUC - Relatives as Parents Program
	Mentoring programs: delinquency	
	Multi-component fall prevention interventions among older adults	
	Multidimensional Treatment Foster Care	
	Neighborhood watch	
	Primary seat belt enforcement laws	
	Risk assessments & personalized approaches to fall prevention among older adults	

**Ulster County Chronic Disease Prevention Council
Inventory of Prevention Activities 2014-2015**

	Traffic calming	
	Universal motorcycle helmet laws	
	Zoning regulations: swimming pool fencing	
	Bicycle paths, lanes & tracks	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)	CCEUC (4-H Mentoring Program)
	Cure Violence model	
	Enhanced enforcement of distracted driving laws	
	In-vehicle monitoring & feedback for novice drivers and families	
	Multisystemic Therapy (MST) for families	
	Out of town bypasses	
	Playground safety regulations (e.g., SAFE playgrounds)	
	Restorative justice	
	Speed enforcement detection devices	
	Strong graduated driver licensing (GDL) laws	
	Treatment Foster Care	
	Youth programs to prevent intimate partner violence	
	Education regarding sports-related brain injuries	
	Routine screening for intimate partner violence	
	<i>Advocacy for victims of intimate partner violence</i>	
	<i>Firearm laws</i>	
	<u>Court mandated programs for male perpetrators of intimate partner violence</u>	Family of Woodstock
	Transfer youth to adult justice system	

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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>Physical Environment</i> <i>- Air and Water Quality</i>	Clean diesel technology fleet transition programs	
	Conservation tillage practices	CCEUC (Ag Program)
	Integrated pest management (IPM): agriculture and outdoor use	CCEUC (Ag Program)
	Nutrient management plans	CCEUC (Ag Program)
	Conservation Reserve Enhancement Program (CREP)	
	Multi-component groundwater management programs	
	Rain barrels	Kingston Parks and Recreation
	Vehicle inspection and maintenance (I/M) programs	
	<u>Alternative fuels initiatives</u>	
	<u>Carpool and rideshare programs</u>	511 NY Rideshare/ Metropool, Inc.
	<u>Proper drug disposal programs</u>	
	<u>Scrap programs for old vehicles</u>	
	<u>Green Living Education</u>	Catskill Mountainkeeper City of Kingston Parks and Rec
	<u>Clean Water Advocacy/Education</u>	Hudson River Sloop Clearwater CCEUC (Environment Program)

KEY: Scientifically Supported Some Evidence Expert Opinion *Insufficient Evidence* Mixed Evidence *Evidence of Ineffectiveness* UC Strategy

<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
<i>Physical Environment</i> - <i>Housing and Transit</i>	Housing Choice Voucher Program (Section 8)	RUPCO
	Housing First program	
	Housing rehabilitation loan & grant programs	RUPCO
	Improve streetscape design	Cornell Cooperative Extension Ulster County (CHP and LWK) Kingston Land Trust (Greenline) Complete Streets Advisory Councils (Ellenville, Kingston & Saugerties) Catskill Mountainkeeper
	Integrated pest management (IPM): indoor use	
	Mixed-use development	
	Moving to Opportunity (MTO)	
	Public transportation: system introduction or expansion	
	Safe Routes to Schools (SRTS)	
	Traffic calming	
	Walking school buses	George Washington School (Kingston)
	Zoning regulations: land use policy	Kingston Land Trust Kingston Urban Ag Committee City of Kingston Comprehensive Plan
	Bicycle/pedestrian master plans	
	Community Development Block Grants (CDBGs)	City of Kingston
	Community land trusts	
	Inclusionary or incentive zoning	
	Lead abatement programs	UCDOH
	Low Income Housing Tax Credits (LIHTCs)	
	Master Home Environmentalist program	

Ulster County Chronic Disease Prevention Council
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	Out of town bypasses	
	Public transportation: individual incentives	
	Radon mitigation programs	
	Service-enriched housing	
	Speed enforcement detection devices	
	Weatherization Assistance Program (WAP)	
	Affordable housing tax increment financing (TIF)	
	Carpool and rideshare programs	
	HOME Investment Partnership Program	
	Housing trust funds	
	Land banking	
	Low Income Home Energy Assistance Program (LIHEAP)	
	Rural transportation systems	
	Housing mediation services	Dispute Resolution Center

Priority Initiatives

In the survey, we asked Ulster County participants the following open-ended question. Following the question is a table of the answers provided.

If you had to choose 3 things/initiatives that we, as a community, could focus on to significantly improve chronic disease PREVENTION efforts and help push forward the goal of making Ulster the healthiest county in New York State, what would they be?

Priority Initiative	Times Chosen
Nutrition/Healthy Eating Education	21
Local Healthy Food Access	15
Exercise/Active Living	14
Education	10
Tobacco Cessation	7
Active Transportation (Trail, Complete Streets)	8
Mindfulness Practice/Education	6
Substance Abuse Prevention	4
Obesity	4
Healthy Cooking Classes	4
HIV/STD Prevention/Education	4
Increased access to preventative healthcare	4
Affordable Exercise Opportunities	4
Breastfeeding Education	3
Mental Health and Suicide Prevention	3
Teen Pregnancy Prevention	2
Partnership with Providers	2
Affordable Safe Housing	2
Pollution Prevention/Environmental Hazard Education	2
Domestic Violence Prevention	2
Improve Medical Care/Prevention	2
Political Support/Leadership	2
Chronic Disease Management	
Walking Clubs/Programs	
Bilingual Offerings	

**Ulster County Chronic Disease Prevention Council
Inventory of Prevention Activities 2014-2015**



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Farm to School	
School Gardens	
Mandates for Health Education for those on public assistance	
Community Planning for Health	
Providers Role Modeling Health	
Limit Screen Time	
Free Rabies Shots for Companion Animals	
Safe Driving/Sports Education	
Behavioral Change	
Assist Seniors to Navigate Healthcare	
Church Wellness Initiatives	
Economic Development	
Eliminating Homelessness	
Community Kitchen	
Food Systems Advisory Council	
Free Flu Shots	
Positive Body Image	
Winter Exercise Opportunities	
Healthy Ulster Rewards Program	
Living Wage	
Age Well	
Climate Crisis Mitigation	
Free latex gloves for community food programs	
Healthy Childcare	
Healthier Schools	
Emergency Medical Training	
Community Resources	