

Healthy Ulster Council Meeting Notes

239 Golden Hill Office Building, Kingston, NY 12401

October 13, 2016

Attendees

Lisa Berger, Sarah Brannen, Christopher Decker, Diane Dintruff, Marge Gagnon, Melinda Herzog, Kathleen Nolan, Stacy Kraft, Aliza Krevolin, Vincent Martello, Diane Mueller, Christine Noble, Rhea Paniesin, Jennifer Patterson, Ilona Ross, Gloria Waslyn

The meeting began at 2:00pm.

Attendees were asked to introduce themselves and share a healthy activity that they participated in since the last meeting.

The first presenter was **Sarah Brannen, Associate Director of Programs for the Local Economies Project of the New World Foundation** who gave a 20 minute presentation on Successful Food Policy Change, citing examples from her work on the Fresh Food Retail Expansion program, Food Works and a kitchen incubator in La Marqueta, NYC. She shared Ingredients for Success:

1. **Policy Defined:** Gather information and frame what your key issues are
2. **Policy Window:** prioritize where there is urgency and opportunity
3. **Build Support:** identify key champion and advocate
4. **Policy Tool:** craft your response and identify policy tool that is practical and politically feasible
5. **Publicize Success:** keep the momentum going

The first presentation was followed by a physical activity break led by Milly Slater, Personal Trainer and Group Fitness Instructor of the YMCA of Kingston and Ulster County

The second presenter was **Lisa Berger, Director of the Ulster County Office of Employment and Training** who gave a 20 minute presentation on *Connecting Ulster County Residents and Employers*. Lisa shared the programs offered by UCOET with the Council. UCOET houses the Ulster Works Career Center and provides the Ulster Works OneStop program, located at the Business Resource Center in Kingston. Ulster Works OneStop, in a partnership with the NYS Department of Labor, SUNY Ulster, the UC Department of Social Services and UC BOCES, provides career development, job training and employment location services for low income adults in one location. UCOEC provides career counseling, job listings, training opportunities, computer, internet, fax and copying services. UCOEC provides free job posting services and recruitment events for area employers to connect with the Ulster County workforce.

The presentations were followed by an update from Vincent Martello of the Ulster County Department of Health on the Community Health Assessment (CHA) and the Community Health Improvement Program (CHIP) and how we can work together on helping improve the health of Ulster County residents. Vin shared that the leading causes of death in Ulster County are cardiovascular disease, cancers, respiratory disease, stroke and injuries. Ulster County's chosen focus in the NYS Prevention Agenda is on Chronic Disease Prevention, with three areas of focus:

Focus Area 1 – Reduce obesity in children and adults

Focus Area 2 – Reduce illness, disability and death related to tobacco

Focus Area 3 - Increase Access to high quality chronic disease care and management in both clinical and community settings

Areas Examined in Ulster County and gathering interventions are:

- Stats for Heart Attack
- Premature Deaths
- Obesity
- Consumption of Sugary Beverages
- Food Insecurity
- Smokers
- Poor Mental Health Days
- Suicide
- Opioid Addiction

A discussion ensued among the Council members present regarding opioid addicted residents in New Paltz in relation to providing meaningful work as a way to relieve addiction.

The Coordinator shared the opportunity to sign up as a presenter in 2017 with the members present at the meeting.

The meeting ended at 4:00pm.