



Michael P. Hein
County Executive



2017 Healthy Ulster Council Annual Report

In 2017, in a partnership with the Ulster County Department of Health, Cornell Cooperative Extension of Ulster County facilitated **6 bi-monthly Healthy Ulster Council meetings**. **Forty-eight professionals** from **22 organizations** attended these meetings for the purposes of networking, learning and collective action.

The Ulster County Department of Health in partnership with Cornell Cooperative Extension of Ulster County, provided the Council with current local health data, including technical interpretations of county health ranking metrics. The meetings were a platform for the Director of Community Health Relations, Vincent Martello to present topics geared toward accomplishing Ulster County's newly updated Community Health Improvement Plan and attaining Ulster County's goal of becoming the number one county in the Robert Wood Johnson Foundation's (RWJF) County Health Rankings. These presentations included **"Updated Community Health Improvement Plan (CHIP)"**, and **"Interpreting Ulster County's Recent Improvement in the RWJF County Health Rankings"**. Both Vincent Martello and Stacy Kraft, the Public Health Education Coordinator at the Ulster County Department of Health, shared **"The Potential Impact of the Ulster County CHIP on RWJF Identified Disparities in Ulster"** with the Council. The meetings were also an opportunity to share relevant and important public health information with agencies and organizations that regularly work with the people of Ulster County. Stacy Kraft shared vital information on "Tick Bite Prevention".

Professional development at Council meetings included **guest presenters from 8 agencies and organizations** that work in Ulster County and addressed the three main focus areas impacting health, as identified by the council: (1) Healthy Food, (2) Physical Activity, and (3) Family and Social Support. The 2017 Healthy Ulster Council meetings featured the following presenters, organized by focus area:

Healthy Food:

- Christina Carranceja, the Regional Diabetes Project Coordinator at the Institute for Family Health: **"Institute for Family Health Sweet Team"**
- Katie Sheehan Lopez, the Eat Smart New York at Cornell Cooperative Extension of Ulster County: **"Eat Smart New York"**

Physical Activity

- Julia Farr, the Executive Director of the Kingston Land Trust: **"The Kingston Geenline: Developing Vital Pathways, Living Landscapes and Active Communities"**
- Caroline Stupple, the Outreach Manager at 511NY Rideshare: **"Travel Smarter and Greener with 511NY Rideshare"**

Family and Social Support

- Anique D'Angelo, the Education Outreach Specialist at Planned Parenthood of the Mid-Hudson Valley: **"Planned Parenthood Mid-Hudson Valley Services"**
- Susan Lennon, the Tobacco Program Manager at the Center for a Tobacco-Free Hudson Valley: **"Tobacco Dependence Treatment-Improving Health Systems for a Healthier New York"**

Vision: *We envision our county as a place where a strong culture of health supports healthy lifestyles for people of different socioeconomic backgrounds.*

Mission: *The Healthy Ulster Council strengthens collaboration between organizations working to promote wellness, prevent illness, and improve health outcomes through collective action and projects.*



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Family and Social Support (continued)

- Tomasine Oliphant, Hudson Valley Director, Adoption and Guardianship Assistance Program for Everyone (AGAPE) at the Adoptive and Foster Family Coalition of New York: **“Post-Adoption and Post-Guardianship Support: AGAPE”**
- Stacey Rein, the President and CEO; United Way of Ulster County: **“ALICE: A Study Revealing Financial Hardship in Working Families in NYS and Ulster County”**

Healthy Ulster Council Meetings included 30-45 minutes for networking and collective action. Topics discussed included:

- *A Facilitated Discussion on Our Impact on Health as a Council*
- *Using the RWJF CHR/CHNA/NYSPA/CHIP/ALICE as Tools to Identify Environment, Systems and Policy Change Projects*
- *Strategies to improve disparities identified by RWJF*
- *Mechanisms for Collective Action as a Council*
- *CHIP Priorities*
- *Mechanisms for Collective Action: Agency Commitment*

Healthy Ulster Council meetings role modeled healthy meeting behavior and included both healthy snacks and a ten minute physical activity break. Physical activity breaks included: **Move to Improve**, led by Katie Sheehan Lopez, the Eat Smart New York Educator at Cornell Cooperative Extension of Ulster County; **Meeting Fun with Balloons, and Workouts for the Office with Denise Austin** (<https://www.youtube.com/watch?v=eNO7QNFXypA>), led by Melinda Herzog, the Healthy Communities Program Leader at Cornell Cooperative Extension of Ulster County; **Gentle Stretching for Business Meetings, and Hooping for Fun** led by Stacy Kraft, the Public Health Education Coordinator for the Ulster County Department of Health; and **A Short Outdoor Walk to Honor Healthy Ulster Week** led by Melinda Herzog and Stacy Kraft.

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. In an effort to update the Constant Contact Database, CCEUC sent an email based survey to members of the Healthy Ulster Council listserv in April of 2017 to both affirm interest as a member of the list and to update contact information. After reviewing, condensing and editing the listerv, there are now **371 relevant members on the Healthy Ulster Council listserv**. 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.

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CCEUC updated the framework for the Ulster County Inventory for Health with the purpose of making it more relevant and user friendly. A survey to update the information listed on the Inventory was sent out on October 10th, 2017 via Survey Monkey, to the Healthy Ulster Council Constant Contact and Google Group database. It was also widely shared through the Bringing Agencies Together and Human Services listservs. The survey period, set to close on November 10th, was extended to December 1st. There were a total **67 responses collected with a 79% completion rate**. CCEUC has compiled the existing data and is currently engaged in contacting survey respondents who did not fully complete the survey, in order to obtain more data. The data collected will be used to update the Inventory for Health in early 2018.

2017 Healthy Ulster Council Participating Organizations

511Rideshare
AGAPE American Heart Association
American Lung Association Northeast
Breast & Prostate Cancer Education Program
Catholic Guild for the Blind
Catskill Mountainkeeper
Center for a Tobacco Free Hudson Valley
City of Kingston
Cornell Cooperative Extension of Ulster County
Ellenville Regional Hospital
Hamaspik Choice
HealthAlliance of the Hudson Valley
HV Asthma Coalition
Institute of Family Health
Kingston Land Trust
Maternal Infant Services Network
Planned Parenthood Mid-Hudson Valley
Rose Women's Care Center
Ulster County Department of Health and Mental Health
Ulster County Office of the Aging
United Way of Ulster County
YMCA

***Respectfully submitted by Melinda Herzog
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Cornell Cooperative Extension of Ulster County
Healthy Communities Program Leader
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