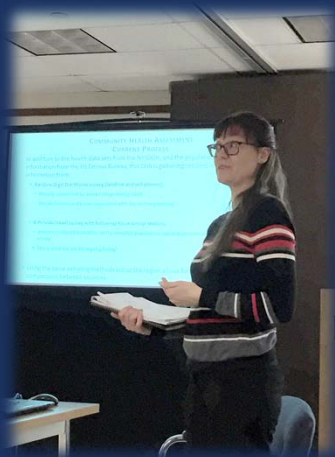




2019 HEALTHY ULSTER COUNCIL



PURPOSE

- The Healthy Ulster Council is a coalition of community agencies and organizations that meet bi-monthly for professional development, networking and collective action.



PROFESSIONAL DEVELOPMENT

- **“Protecting You and the Public”**, presented by Wendy Johnson RN, BSN, MPS, Supervising Public Health Nurse at the Ulster County Department of Health and Mental Health
- **“The Roads We Share”**, presented by Rose Quinn, Traffic Safety Assistant at the Mid-Hudson Traffic Safety Institute at SUNY Ulster
- **“Live Well Kingston”**, presented by Emily Flynn, Director of Health and Wellness at the City of Kingston



PROFESSIONAL DEVELOPMENT (CONTINUED)

- **“Home Ownership Opportunity with Habitat for Humanity”**, presented by Christine Brady LaValle, Director, and Kelsey Van Etten, Family Services Coordinator, of Ulster County Habitat for Humanity
- **“Breast and Prostate Cancer”**, presented by Gloria Valdez, Program Coordinator at Hitch
- **“CSE: Comprehensive Sex Education in NYS”**, presented by Jessie Moore, MPH, CHES, Director of Sexuality Education at Planned Parenthood Mid-Hudson Valley



PROFESSIONAL DEVELOPMENT (CONTINUED)

- **“Raising Hope Women Mentoring Women Program: The Impact of Mentoring”**, presented by Amy Summers, Program Director at Raising Hope, United Way of Ulster County
- **“Ulster County’s Opioid Response Plan & CHA/CHIP Update”**, presented by Vincent Martello, Director of Community Health Relations and Stacy Kraft, Public Health Education Coordinator at the Ulster County Department of Health and Mental Health



PROFESSIONAL DEVELOPMENT (CONTINUED)

- **“Upstate New York Poison Center: Services and Educational Programming”**, presented by Gail Banach, Director of Public Education & Communication at the Upstate Poison Center
- **“The Role of Community Health Workers in Addressing Maternal Mortality and Racial Disparities in New York State”**, presented by Jaqueline Kellachan, MPH, Director of Community Health and Sandy O’Brien, Community Health Worker at Maternal Infant Services Network



NETWORKING

- Every Healthy Ulster Council Meeting included 30 minutes of networking
- 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.



COLLECTIVE ACTION

- The collective power of the coalition was harnessed at the March 2019 Healthy Ulster Council, where attendees participated in a Focus Group to inform the update of the Community Health Improvement Plan (CHIP). The Focus Group was facilitated by the Ulster County Department of Health and Mental Health with assistance from HealtheConnections.



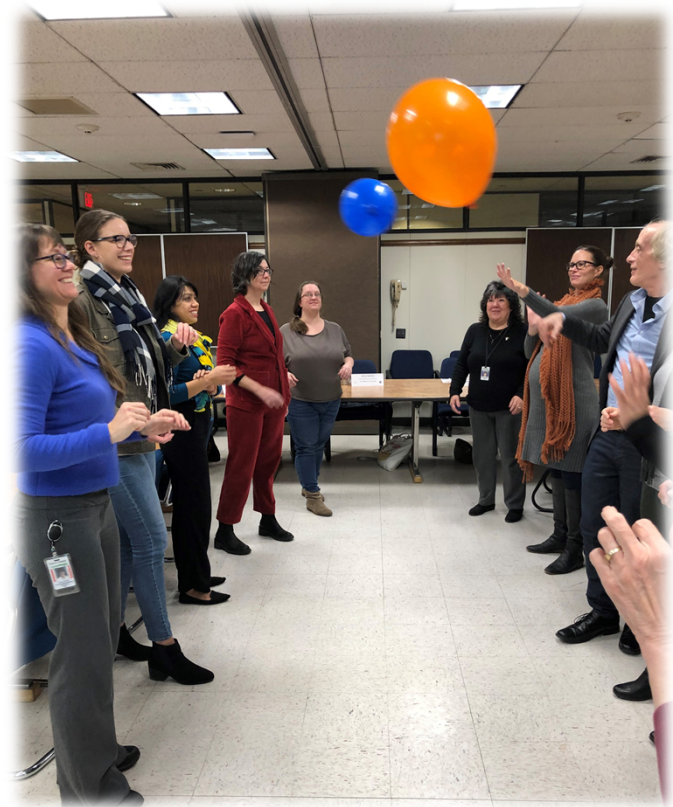
HEALTHY MEETING BEHAVIOR

- **Healthy Meeting Behavior** was incorporated into all Healthy Ulster Council meetings and included both healthy snacks and a 5-10 minute physical activity break.



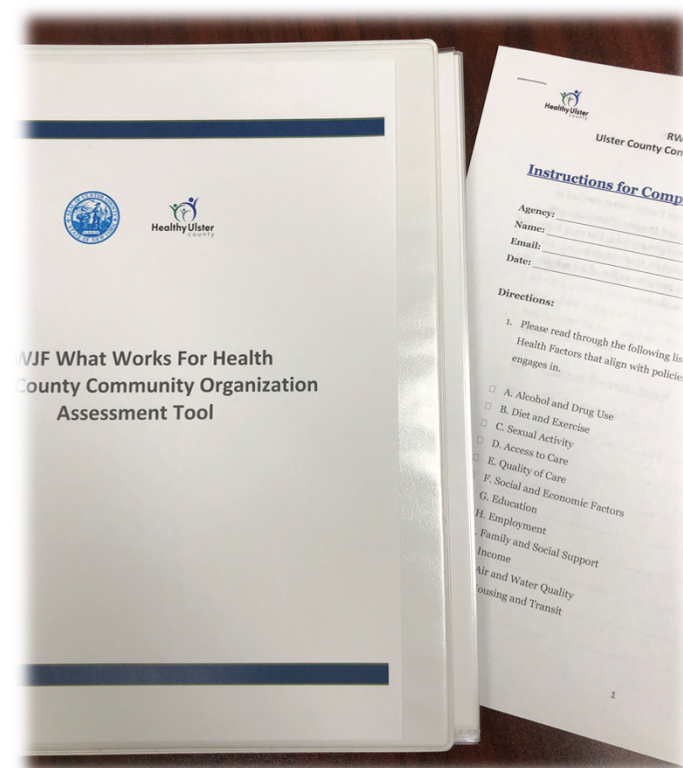
MOVEMENT BREAKS

- **Beyoutifuliving 5 Minute Break – Office Yoga**
- **Stretching**
- **Outdoor Walk in Honor of Healthy Ulster County Week**
- **Gentle Stretch**
- **5 Minute Health Boosting Walk From 3 Mile Calorie Blast,**
- **It's a Lift, Balloon Games**



INVENTORY FOR HEALTH

- A new Assessment Tool was developed in 2019 to collect data from agencies and organizations for the purposes of updating the Ulster County Inventory for Health.
- The Inventory for Health was designed to align directly with the Robert Wood Johnson “What Works for Health” policies and programs. These strategies are a menu of tools, policies, and programs that can be used locally to improve health outcomes.



NEW ASSESSMENT TOOL

- The new Assessment Tool has likewise been designed to align directly with the language and descriptions included in the RWJF “What Works for Health Policies and Programs”, and has been divided into 12 Health Factor sections. These include:
 - Alcohol and Drug Use
 - Diet and Exercise
 - Sexual Activity
 - Access to Care
 - Quality of Care
 - Social and Economic Factors
 - Education
 - Employment
 - Family and Social support
 - Income
 - Air and Water Quality
 - Housing and Transit

2019 HEALTHY ULSTER COUNCIL: WHO ATTENDED

- **Sixty-six professionals** from **33 organizations** attended these meetings for the purposes of professional development, networking and collective action

- Agri-Business Child Development Center
- American Lung Association
- Breast & Prostate Cancer Education
- Catholic Charities
- City of Kingston Health and Wellness
- Cornell Cooperative Extension of Ulster County
- Central Hudson
- Cornerstone Family Healthcare
- Edible Independence
- Ellenville Regional Hospital

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- Esopus Business Alliance
 - Health Alliance of the Hudson Valley
 - Hand in Hand
 - HealthLink
 - Hudson Valley Community Services
 - Institute of Family Health
 - Hudson Valley Community Services
 - Maternal Infant Services Network
 - NYCPG/MHGRC
 - Planned Parenthood MHV
 - Raising Hope (United Way of Ulster County)

- Rose Women's Care Service
- RUPCO
- SUNY New Paltz
- SUNY Ulster Health & Safety
- Ulster County Community Action
- Ulster County Department of Health and Mental Health
- Ulster County Habitat for Humanity
- Ulster County Legislature
- Ulster County Mental Health Association
- Ulster County Department of Social Services Safe Harbour Program
- Ulster County Office of the Aging
- Upstate Poison Control Center