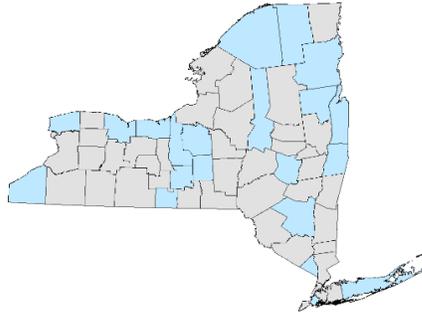


Creating Healthy Places to Live Work and Play



New York State Department of Health funded 22 Creating Healthy Places (CHP) contractors from 2010-2015. These contractors were charged with increasing opportunities for physical activity and improving access to nutritious foods in 21 counties in New York State.

Core Community Strategies		Initiated <i>n</i>	Completed <i>n</i> %		Potential Reach
Physical Activity	Joint use agreements adopted ¹	40	31	77%	2,489,185
	Walking/biking trails created or enhanced	96	79	82%	
	Physical activity spaces created or enhanced	127	116	91%	
	Complete Streets policies adopted ²	108	79	73%	
Nutrition	Community gardens created or expanded	142	137	94%	2,683,828
	Farmers markets created or expanded	81	70	86%	
	Retail stores increased access to fruits, vegetables and healthy foods	203	169	83%	977,605
	Restaurants increased or promoted healthy options	85	52	61%	
Both	Child care centers implemented 'Nutrition and Physical Activity Self-Assessment for Child Care' (NAP SACC) ³	157	127	81%	21,083
	After-School sites completed the 'Cornell Healthy After-School Environment' assessment tool (CHASE) ⁴	145	121	83%	
	Worksites implemented comprehensive worksite wellness	88	80	92%	26,796

¹Joint use agreements are formal arrangements between government entities, such as schools and towns, to share the use of public property.
²Complete Streets are designed to enable safe access for all users, including pedestrians, bicyclists, motorists and transit riders.
³NAP SACC is an evidence-based program for improving health through better nutrition and physical activity in early care and education programs.
⁴The CHASE assessment tool is designed to examine and improve support for healthy eating and active play in after-school programs.

To increase opportunities for physical activity, CHP contractors:

- Worked with communities to adopt 31 joint use agreements and 79 complete streets policies
- Helped create or enhance 79 trails and 116 other physical activity spaces
- Leveraged over \$2,500,000 in additional dollars for environmental improvements—municipal funds for specific projects, community fundraisers for playground equipment, grants for safe routes to school, etc.

To improve access to nutritious foods, CHP contractors:

- Helped create or expand 207 community gardens and farmers markets
- Supported improvements in 221 individual retail stores and restaurants
- Impacted 127 child care centers, 121 after-school sites, and 80 worksites

All CHP contractors conducted local evaluation projects and used results to:

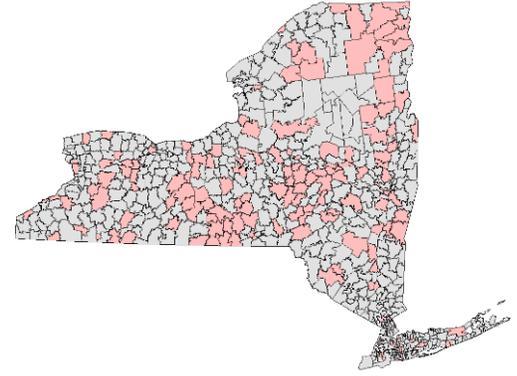
- Inform program planning
- Demonstrate progress
- Advocate for change

NYS collected surveillance data on adult obesity with the Expanded Behavioral Risk Factor Surveillance Survey:

- Statewide rate was 23.2% in 2009 and 24.9% in 2014
- Rate for counties with CHP programs was 22.5% in 2009 and 24.1% in 2014
- <https://health.data.ny.gov/Health/Expanded-Behavioral-Risk-Factor-Surveillance-Surve/jsy7-eb4n>

Healthy Schools New York

New York State Department of Health funded 18 Healthy Schools New York (HSNY) contractors from 2010-2015. These contractors were charged with improving nutrition environments and increasing physical activity opportunities in school districts in NYS. HSNY contractors worked with school district personnel to assess school wellness policies and develop or strengthen key policy elements, regulations, and practices.



Region	HSNY school districts	School buildings in HSNY districts	Staff in HSNY districts	Students in HSNY districts
Upstate	174	838	2,706	451,900
New York City	1	61	216	31,490
Statewide Total	175	899	2,922	483,390

HSNY contractors worked on policy adoption in 174 upstate districts:

- 87 nutrition policies were adopted
- 81 physical activity and education policies were adopted
- 34 physical education plans were adopted

HSNY contractors worked on policy implementation in 61 buildings in New York City:

- 48 nutrition policies were implemented
- 48 physical activity and education policies were implemented
- 6 physical education plans were implemented

HSNY contractors assessed the comprehensiveness and strength of district policies with the Wellness School Assessment Tool (WellsAT):

- Comprehensiveness scores increased from 58 to 83 during the funded period (out of 100)
- Strength scores increased from 24 to 55 during the funded period (out of 100)

For nutrition environments, the following key policy components were strengthened in HSNY districts:

- Increasing participation in school meals programs
- Ensuring adequate time to eat
- Increasing fresh produce sold and served
- Limiting sugar content of beverages sold and served

For physical activity opportunities, the following key policy components were strengthened in HSNY districts:

- Provision of daily recess and physical activity breaks in elementary school
- Written PE curriculum/program for each grade level
- Time per week of physical education
- Structured physical activity before or after school

HSNY contractors reached high need districts ($\geq 50\%$ of students eligible for free and reduced meals):

- 29% of districts in NYS are high need
- 49% of districts that participated in HSNY are high need

NYS collects data on obesity with the Student Weight Status Category Reporting system:

- <https://health.data.ny.gov/Health/Student-Weight-Status-Category-Reporting-Results-B/es3k-2aus>