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.

<table>
<thead>
<tr>
<th>Core Community Strategies</th>
<th>Initiated n</th>
<th>Completed n</th>
<th>Potential Reach</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Physical Activity</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Joint use agreements</td>
<td>40</td>
<td>31</td>
<td>2,489,185</td>
</tr>
<tr>
<td>Walking/biking trails</td>
<td>96</td>
<td>79</td>
<td></td>
</tr>
<tr>
<td>Physical activity spaces</td>
<td>127</td>
<td>116</td>
<td></td>
</tr>
<tr>
<td>Complete Streets policies</td>
<td>108</td>
<td>79</td>
<td>2,506,057</td>
</tr>
<tr>
<td><strong>Nutrition</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community gardens</td>
<td>142</td>
<td>137</td>
<td>2,683,828</td>
</tr>
<tr>
<td>Farmers markets</td>
<td>81</td>
<td>70</td>
<td></td>
</tr>
<tr>
<td>Retail stores</td>
<td>203</td>
<td>169</td>
<td>977,605</td>
</tr>
<tr>
<td>Restaurants</td>
<td>85</td>
<td>52</td>
<td></td>
</tr>
<tr>
<td><strong>Both</strong></td>
<td></td>
<td></td>
<td>21,083</td>
</tr>
<tr>
<td>Child care centers</td>
<td>157</td>
<td>127</td>
<td></td>
</tr>
<tr>
<td>After-School sites</td>
<td>145</td>
<td>121</td>
<td></td>
</tr>
<tr>
<td>Worksites implemented</td>
<td>88</td>
<td>80</td>
<td>26,796</td>
</tr>
</tbody>
</table>

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
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.

<table>
<thead>
<tr>
<th>Region</th>
<th>HSNY school districts</th>
<th>School buildings in HSNY districts</th>
<th>Staff in HSNY districts</th>
<th>Students in HSNY districts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upstate</td>
<td>174</td>
<td>838</td>
<td>2,706</td>
<td>451,900</td>
</tr>
<tr>
<td>New York City</td>
<td>1</td>
<td>61</td>
<td>216</td>
<td>31,490</td>
</tr>
<tr>
<td>Statewide Total</td>
<td>175</td>
<td>899</td>
<td>2,922</td>
<td>483,390</td>
</tr>
</tbody>
</table>

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