

CREATING HEALTHY SCHOOLS AND COMMUNITIES

THE WHY

Located in the Hudson Valley as the Ulster County seat, Kingston is a vibrant city of 24,000 people. While there is a rich culture of food and active lifestyles in the surrounding Hudson Valley and nearby Catskills, there are also still disparities in health outcomes. We work to reduce these by fostering a culture of health and wellness in Kingston where healthy choices are easy choices for everyone.

3,229

people in Kingston

are food insecure, meaning they worry about having enough to eat



1 in every 3

adults in Ulster County do not eat fruits or vegetables daily

Fruit & Veggie Consumption in Kids

7%

eat the recommended amount of fruit daily

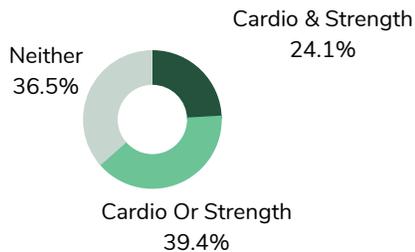


2%

eat the recommended amount of veggies daily



Adults Meeting Physical Activity Guidelines in Ulster County



OUR APPROACH

Creating Healthy Schools and Communities approaches change from a systemic level, rather than an individual level. We do this through three ways:

Strategy

P

POLICY:
WRITTEN
GUIDELINE

S

SYSTEMS:
NEW WAYS OF
DOING THINGS

E

ENVIRONMENT:
CREATING A CULTURE OF
WELLNESS

Category

Nutritious Foods



Physical Activity



Setting

Community



Schools



Daycares



OUR WORK BY THE NUMBERS

2021 - 2023

- 1 Pedestrian Bicycle Master Plan Policy Created
- 3 KCSD School-Based Wellness Committees Formed
- 5 Community Nutrition Policies Created
- 5 Water Fill Stations Installed
- 162 People Trained in Nutrition and Physical Activity
- 1554 Kids Reached

Launched in late 2021, the Creating Healthy Schools and Communities (CHSC) team has been hard at work implementing policy, systems, and environmental changes across our 5 strategic focus areas:

- Food Service Guidelines (Community Nutrition)
- Connecting Routes to Destinations (Community Physical Activity)
- School Nutrition & Physical Activity
- Early Care and Education Nutrition and Physical Activity
- Communications, Sustainability, and Health Equity

PROJECT HIGHLIGHTS

Designing Post Office Square

In 2022-2023, the City of Kingston partnered with a local landscape design firm to do extensive and innovative community outreach to create a design for 2 new greenspaces in Midtown Kingston, a neighborhood historically under-resourced. The designs will support and encourage Kingston residents in being physically active.



Training Local Food Security Workers

In May 2022 the City of Kingston partnered with The Teaching Kitchen, a program of the Lenox Hill Neighborhood House, to host a culinary nutrition training for 8 volunteers and staff members from local food-based organizations, like food pantries and a youth farm project.



More Fruits & Veggies in Our Schools

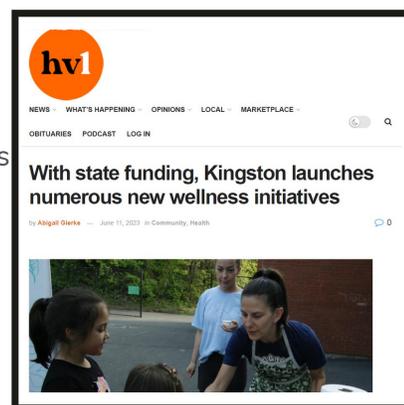


The USDA Fresh Fruit and Vegetable Program (FFVP) highlights a vegetable of the month that is served at least once, but often multiple times with different variations. Between

Year 1 and Year 2 the program expanded from 1 to 3 elementary schools in Kingston City School District, and multiplied its reach over 18x from 60 to over 1,110 kids.

Hudson Valley 1 Feature

A comprehensive full length feature on the activities and successes of Creating Healthy Schools and Communities in a regional publication.



LEARN MORE

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 <https://kingston-ny.gov/health-and-wellness/CHSC>



**Creating Healthy Schools
and Communities**



Cornell University
Cooperative Extension
Ulster County

