

# 2019 Healthy Ulster Council Annual Report



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## 2019 Healthy Ulster Council Annual Report

The Healthy Ulster Council (HUC) is a coalition of community agencies and organizations that meet bi-monthly to foster communications, awareness, and potential synergies in and among organizations and individuals working on various aspects of community wellness and prevention. The mission of HUC is to strengthen collaboration between organizations working to promote wellness, prevent illness and improve health outcomes through collective action and projects.

The 2019 Annual Report summarizes the outcomes of Council meetings, networking opportunities, collective action, and communications. It also includes an update on the status of the Inventory for Health. The report is organized into 4 sections: Healthy Ulster Council Meetings, Collective Action, Communications, and the Inventory for Health. In addition, a list of the 2019 participating agencies and organizations as well as meeting photos have been included. There are 3 Appendices to the report, which include 2019 HUC Meeting Attendance, 2019 HUC Constant Contact List Updates, and the 2019 Inventory for Health Assessment Tool.

### I. Healthy Ulster Council Meetings

In 2019, in a partnership with the Ulster County Department of Health, Cornell Cooperative Extension of Ulster County provided coordination and facilitation for **6 bi-monthly Healthy Ulster Council meetings**. **Sixty-six professionals** from **33 organizations** attended these meetings for the purposes of professional development, networking and collective action (see Appendix A). The number of attendees in 2019 decreased slightly when compared to 2018 where 82 professionals from 40 organizations attended. Attendance in 2019 remained higher than in 2017 where 48 professionals from 22 organizations attended meetings. The 2019 average meeting attendance was 21 persons per meeting.

Healthy Ulster Council meetings provided an opportunity for professional development, announcements from the Ulster County Department of Health and Mental Health, and facilitated as well as informal networking among agencies and organizations. Meetings purposefully included healthy snacks as well as movement breaks to demonstrate how to easily incorporate health and wellness in meetings, and within the office.

- A. **Professional Development** at HUC meetings included two formal presentations from the Ulster County Department of Health and Mental Health. One focused on the importance of immunizations to both individuals and the public, and the other on the Ulster County Opioid Response Plan, and the Community Health Assessment and update of the Community Health Improvement Plan. Additional professional development, provided by guest presenters from 8 other agencies and organizations that work within Ulster County, addressed the NYS Prevention Agenda priorities identified in the updated 2016-18 Ulster County Community Health Improvement Plan: *Prevent Chronic Disease and Promote Mental Health/Prevent Substance Abuse*. All of these professional development presentations are listed below in chronological order:

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1. **“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
  2. **“The Roads We Share”**, presented by Rose Quinn, Traffic Safety Assistant at the Mid-Hudson Traffic Safety Institute at SUNY Ulster
  3. **“Live Well Kingston”**, presented by Emily Flynn, Director of Health and Wellness at the City of Kingston
  4. **“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
  5. **“Breast and Prostate Cancer”**, presented by Gloria Valdez, Program Coordinator at Hitch
  6. **“CSE: Comprehensive Sex Education in NYS”**, presented by Jessie Moore, MPH, CHES, Director of Sexuality Education at Planned Parenthood Mid-Hudson Valley
  7. **“Raising Hope Women Mentoring Women Program: The Impact of Mentoring”**, presented by Amy Summers, Program Director at Raising Hope, United Way of Ulster County
  8. **“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
  9. **“Upstate New York Poison Center: Services and Educational Programming”**, presented by Gail Banach, Director of Public Education & Communication at the Upstate Poison Center
  10. **“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 Sendy O’Brien, Community Health Worker at Maternal Infant Services Network
- B. **Networking** and promoting synergies among health and wellness agencies and organizations is one of the goals of HUC. Opportunities for networking were provided at each bi-monthly HUC meeting and were fostered through a thirty minute facilitated program sharing session. Program sharing was captured in the meeting notes for each Council meeting and posted on the [www.healthyulstercounty.org](http://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](http://www.healthyulstercounty.org) website and the Healthy Ulster Council Google Group for a greater reach. HUC attendees were additionally offered the opportunity to sign up to present relevant programs at HUC meetings, and/or on the Healthy Ulster radio show.

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- C. **Healthy Meeting Behavior** was incorporated into all Healthy Ulster Council meetings and included both healthy snacks and a 5-10 minute physical activity break. Physical activity breaks included youtube videos, as well as exercises and movement games led by Melinda Herzog, the HUC Coordinator, and Healthy Communities Program Leader at Cornell Cooperative Extension of Ulster County, Stacy Kraft, the Public Health Education Coordinator for the Ulster County Department of Health, and Katie Sheehan-Lopez, the SNAP-Ed Nutrition Educator at Cornell Cooperative Extension of Ulster County. Movement breaks included:
1. **Beyoutifuliving 5 Minute Break – Office Yoga**  
<https://www.youtube.com/watch?v=6fnLKyRJsrs>
  2. **Stretching**, led by Katie Sheehan-Lopez
  3. **Outdoor Walk in Honor of Healthy Ulster County Week**, led by Stacy Kraft and Melinda Herzog
  4. **Gentle Stretch**, led by Stacy Kraft
  5. **5 Minute Health Boosting Walk From 3 Mile Calorie Blast**,  
<https://www.youtube.com/watch?v=bLRZagrneAl>
  6. **It's a Lift**, balloon games led by Melinda Herzog

## II. 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. The Healthy Ulster Council attendees provided much needed feedback as part of the Community Health Assessment (CHA) which serves to inform the CHIP. Data collected via phone surveys was primarily through participants 50 years of age or older. Data was needed for clients younger than 50 years of age. The Healthy Ulster Council provided feedback on the needs of clients served, 50 years of age and younger. The discussion was robust, and the data collected valuable for the development of the CHIP.

## III. Communications

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

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Bringing Agencies Together and the Ulster County Human Services listservs. **There are currently 456 contacts listed on the Healthy Ulster Constant Contact listserv.** The list is updated bi-monthly, with **46 new contacts** added in 2019, and **4 removed** (See Appendix B). New members are added upon attending a Healthy Ulster Council meeting and by request. Use of the [healthyulstercounty.net](http://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. Members were also encouraged to list their events on the event page of the site.

#### IV. 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. (See Appendix C). The Inventory for Health was designed to align directly with the Robert Wood Johnson "What Works for Health" policies and programs <http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health>. These strategies are a menu of tools, policies, and programs that can be used locally to improve health outcomes. 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:

1. Alcohol and Drug Use
2. Diet and Exercise
3. Sexual Activity
4. Access to Care
5. Quality of Care
6. Social and Economic Factors
7. Education
8. Employment
9. Family and Social support
10. Income
11. Air and Water Quality
12. Housing and Transit

Community agencies and organizations will be asked to self identify which health factors are relevant to the policies and programs that they work on. They will then be asked to review the section in the Inventory Assessment for each of the relevant health factors which they identified, to determine which policies and programs in the particular section aligns with policies and programs they engage in. For each policy or program selected they are asked to list the name of their program.

The new Assessment Tool will be a far more accurate instrument in updating the Inventory for Health in 2020, as the language used in the Assessment Tool aligns directly with the language in the Inventory for Health, and will not require any interpretation by the administrator of the instrument.

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## 2019 Healthy Ulster Council Participating Organizations

1. Agri-Business Child Development Center
2. American Lung Association
3. Breast & Prostate Cancer Education
4. Catholic Charities
5. City of Kingston Health and Wellness
6. Cornell Cooperative Extension of Ulster County
7. Central Hudson
8. Cornerstone Family Healthcare
9. Edible Independence
10. Ellenville Regional Hospital
11. Esopus Business Alliance
12. Health Alliance of the Hudson Valley
13. Hand in Hand
14. HealthLink
15. Hudson Valley Community Services
16. Institute of Family Health
17. Hudson Valley Community Services
18. Maternal Infant Services Network
19. NYCPG/MHGRC
20. Planned Parenthood MHV
21. Raising Hope (United Way of Ulster County)
22. Rose Women's Care Service
23. RUPCO
24. SUNY New Paltz
25. SUNY Ulster Health & Safety
26. Ulster County Community Action
27. Ulster County Department of Health and Mental Health
28. Ulster County Habitat for Humanity
29. Ulster County Legislature
30. Ulster County Mental Health Association
31. Ulster County Department of Social Services Safe Harbour Program
32. Ulster County Office of the Aging
33. Upstate Poison Control Center

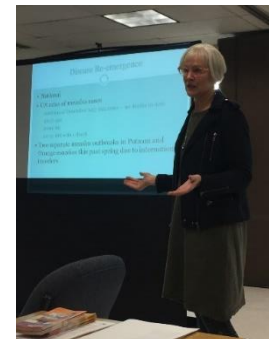
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## 2019 Healthy Ulster Council Photos



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