

Introduction

This inventory of prevention activities happening in Ulster County began in November 2014 with an online survey distributed widely to agencies throughout the County, including those who had participated in the Ulster County Department of Health (UCDOH) Partners in Public Health initiative, newly identified partners, and those included on the Ulster County Human Services listserv serviced by Cornell Cooperative Extension of Ulster County. By December 2014, 60 people had participated in the survey.

The following tables summarize the activities described by survey takers as well as activities known to be occurring by the author of this report. To organize the information collected, a framework, *What Works for Health*, created by the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute on the County Health Rankings and Roadmaps website was used. *What Works for Health* provides communities with information to help select and implement evidence-informed policies, programs, and system changes that will improve the variety of factors we know affect health.

What Works for Health rates the evidence of effectiveness of various used to improve health. More information about how each strategy is evaluated can be found on the *What Works for Health* website: <http://www.countyhealthrankings.org/roadmaps/what-works-for-health>. For the purposes of this document, we have listed a description of the ratings below. The typeface of the rating is used in the following tables so that readers can identify the rating of the strategy while viewing the table. One category that is not part of the *What Works for Health* ratings is also listed, which is a strategy employed in Ulster County, but not yet rated on the *What Works for Health* website. The *What Works for Health* website does not include an exhaustive list of all strategies used to support good health. They are adding new strategies each month as they are evaluated.

Ratings

Scientifically Supported: Strategies with this rating are most likely to make a difference. These strategies have been tested in many robust studies with consistently positive results.

Some Evidence: Strategies with this rating are likely to work, but further research is needed to confirm effects. These strategies have been tested more than once and results trend positive overall.

Expert Opinion: Strategies with this rating are recommended by credible, impartial experts but have limited research documenting effects; further research, often with stronger designs, is needed to confirm effects.

Insufficient Evidence: Strategies with this rating have limited research documenting effects. These strategies need further research, often with stronger designs, to confirm effects.

Mixed Evidence: Strategies with this rating have been tested more than once and results are inconsistent or trend negative; further research is needed to confirm effects.

~~Evidence of Ineffectiveness:~~ Strategies with this rating are not good investments. These strategies have been tested in many robust studies with consistently negative and sometimes harmful results.

New Strategy Used in Ulster Co.: This strategy was not listed on the *What Works for Health* table, but it is an activity occurring in Ulster County. Not being listed on the *What Works for Health* website does not mean it is an ineffective strategy. It only means they have not evaluated and listed it yet.



The *What Works for Health* website categorizes strategies within a variety of factors that we know affect health as show in the illustration to the left. Likewise our tables are organized in this fashion.

This inventory will help to inform us in our future strategic planning. In the future, we will add a column to the table for opportunities for addition or expansion of existing activities.

For questions, comments, or to add your activities to this inventory, contact:

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KEY: Scientifically Supported Some Evidence Expert Opinion *Insufficient Evidence* Mixed Evidence Evidence of Ineffectiveness UC Strategy

<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
Health Behaviors <ul style="list-style-type: none"> Tobacco Use 	Cell phone-based tobacco cessation interventions	
	Health care provider reminder systems: tobacco cessation	Center for a Tobacco Free Hudson Valley
	Increase funding for a comprehensive statewide tobacco program	TFAC and other NYS TCP partners (no lobbying, just education) ALA, ACS, AHA etc. (advocates, lobbying)
	Increase the price of tobacco	TFAC and other TCP partners 'educate' state and local lawmakers
	Mass media campaigns: tobacco use	TFAC
	Proactive tobacco quitlines	
	Reduce cost for tobacco cessation therapy	
	Smoke-free policies: indoor and outdoor areas	TFAC
	Technology-based tobacco cessation interventions	TFAC
	Education to reduce home exposure to secondhand smoke	TFAC
	Restrict minor access to tobacco	UCDOH/ATUPA TFAC through our tobacco point of sale initiative
	Restrict tobacco marketing	TFAC
	Reduce tobacco retail outlet density around homes and schools	TFAC UCDOH/Mike Hein
	Regulate e-cigarettes	
	Tobacco cessation contests	
Group Tobacco Cessation Programs	ShopRite of Kingston	

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<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
Health Behaviors <ul style="list-style-type: none"> <i>Diet</i> 	Breastfeeding promotion programs	MISN
	Competitive pricing in schools	
	School fruit & vegetable gardens	Shandaken Community Gardens YWCA
	Community gardens	Shandaken Community Gardens Catskill Mountainkeeper CCEUC (CHP and Master Gardeners)
	Corner stores: healthy food	CCEUC
	Farm to school programs	Rondout Valley Growers
	Farmers' markets/stands	Kingston Farmers' Market Saugerties Farmers' Market Woodstock Farmers' Market New Paltz Farmers' Market
	Healthy vending machine options	City of Kingston Eat Well Policy
	Label nutrition information at restaurants	
	Limit access to competitive foods and beverages in schools	
	Make water available; promote consumption	
	Nutrition standards for food sold in schools	
	Point-of-decision prompts: healthy food choices	ShopRite of Kingston Hannaford
	Reduce advertising for unhealthy foods and beverages	
	School-based nutrition education programs	Deb Zale (Health Teacher) at KCSD
	Taste testing fruits & vegetables	Kingston Farmers' Market ShopRite of Kingston
	Tax sugar sweetened beverages	
WIC and Senior Farmers' Market Nutrition Programs		

Attract new grocery stores to low income areas	
Community kitchens: food processing	Farm to Table Co-Packers
Electronic Benefit Transfer (EBT) payment at farmers' markets	Kingston
Food buying clubs & co-ops	Kingston Buying Club High Falls Coop
Food hubs	Hudson Valley Farm Hub
Healthy foods at catered events	City of Kingston Eat Well policy
Mobile markets	YMCA Urban Farm
Prohibit sale of unhealthy foods at school fundraisers	
Tax unhealthy snacks	
Urban agriculture	CCEUC (CHP and Master Gardeners) YMCA Urban Farm Kingston Land Trust
Zoning regulations: chickens and bees	Kingston Urban Ag Committee
Zoning regulations: fast food	
Community kitchens/ nutrition education	Hudson Valley Community Services Cornell Cooperative Extension Ulster County Fitness Connection (business) ShopRite of Kingston
Online grocery stores	
Food Pantries	Hudson Valley Community Services Praise Dominion Family Worship Center SUNY Ulster/RSVP (volunteers at pantries) UlsterCorps (volunteers at pantries)
Fresh Produce Donation to Pantries	Shandaken Community Gardens Food Bank of the Hudson Valley UlsterCorps
Home Meal Delivery	SUNY Ulster/RSVP (Meal delivery to 350 p.) Lei Isaacs (informal in Kingston)
Healthy Eating Promotion	Shandaken Community Gardens

		CCEUC (CHP via social media) ShopRite of Kingston
	<u>Food System Advisory Council</u>	CCEUC CHHC UCDOH

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<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
<i>Health Behaviors</i> <i>- Exercise</i>	Access to places for physical activity	Kingston Land Trust (Greenline) Catskill Mountainkeeper CCEUC (LWK & CHP) City of Kingston Parks and Rec YWCA (Swimming at the YMCA) Lippman Park Ulster County Trails Advisory Council
	Activity programs for older adults	SUNY Ulster/RSVP (Stretch band Class) Kingston Parks and Recreation
	Physically active classrooms	YWCA Livingston Street Childcare
	Point-of-decision prompts: physical activity	
	Safe Routes to Schools (SRTS)	Ulster Co. Transportation Council Study -Village of Saugerties, Town of Lloyd, Town and Village of New Paltz, Town of Shawagunk Kingston City School District (Walk, Bike, Roll Day)
	Social support in community settings	
	Structured recess	
	Walking school buses	George Washington School, Kingston
	Zoning regulations: land use policy	City of Kingston Comprehensive Plan Kingston Complete Streets Advisory Council Saugerties Comprehensive Plan
	Fitness Programs in Community Settings	CHHC & SUNY/RSVP (Stretch Band) CHHC (Let's Move a Little) Center for Creative Ed (Let's Move)

	Bicycle/pedestrian master plans	Bike-Friendly Kingston
	Community-wide campaigns	Center for Creative Education (Let's Move)
	Extracurricular activities: physical activity	
	Homework or extra credit for PE class	
	Increase green space/parks	CCEUC (CHP) City of Kingston Parks and Recreation
	Joint use agreements	
	Multi-component workplace supports for active commuting	
	Open gym time	
	Recreational sports leagues for adults	City of Kingston Parks and Rec
	<i>Mass media campaigns: physical activity</i>	
	<u>Group Fitness Classes</u>	The Fitness Connection (business) Mudita Yoga (business) Center for Creative Ed (business)

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What Works For Health Area	What Works for Health Policies and Programs	Current Ulster County Activities
Health Behaviors - Diet and Exercise Together	Multi-component obesity prevention interventions	Always There (nurse and social worker ed.) ShopRite of Kingston
	Nutrition and physical activity interventions in preschool and child care	CCEUC (NAPSAAC) CHHC Rose Women’s Care Service Family of Woodstock (Childcare Council) UCDOH (Afterschool Snack Policy) YWCA (NAPSAAC)
	Worksite obesity prevention interventions	Emergency One (Corporate Wellness Program)
	Multi-component school-based obesity prevention interventions	Ulster BOCES Healthy Schools (policy work) Deb Zale (Health Teacher) at KCSD
	Financial rewards for employee healthy behavior	
	<i>Community weight loss challenges</i>	
	Family-based social support	
	<i>College-based obesity prevention interventions</i> <u>Health Coaching</u>	Steve Shapiro (business) Lei Isaacs (informal in Kingston)

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What Works For Health Area	What Works for Health Policies and Programs	Current Ulster County Activities
Health Behaviors - Alcohol and Drug Use	Alcohol screening and brief intervention	
	Blood alcohol concentration (BAC) laws	
	Breath testing checkpoints	
	Dram shop liability laws	
	Drug courts	
	Family treatment drug courts	
	Functional Family Therapy (FFT)	
	Ignition interlock devices	
	Increase alcohol excise tax	
	Maintain current minimum drinking age laws	
	Mass media campaigns: alcohol-impaired driving	
	Mentoring programs: delinquency	
	Multi-component interventions with community mobilization: alcohol-impaired driving	
	Reduce or limit alcohol outlet density	
	Vigorous enforcement of existing underage drinking laws & minimum legal drinking age	
	Increase access to naloxone	
	License suspension/revocation for alcohol violations	
	Limit days/times of alcohol sales	
	Prescription drug monitoring programs (PDMPs)	
	Responsible beverage server training (RBS/RBST)	
Restrict alcohol advertising placement and content		
Restrict drink specials		
Universal school-based programs: alcohol misuse & impaired driving		

	Good Samaritan drug overdose laws	
	Mass media campaigns: underage and binge drinking	
	Proper drug disposal programs	
	Restrict alcohol availability at public events and on public property	
	Social host laws	
	<i>Campus alcohol bans</i>	
	<i>Designated driver promotion programs</i>	
	<i>Keg registration laws</i>	
	<i>Overservice law enforcement initiatives</i>	
	<i>Seller & server minimum age</i>	
	<u>Legalize marijuana</u>	
	<u>School-based social norming: alcohol consumption</u>	
	<u>Privatization of retail alcohol sales</u>	

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<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
Health Behaviors - Sexual Activity	Behavioral interventions: HIV and other STIs	Planned Parenthood MidHudson Valley
	Comprehensive clinic-based programs: rapid repeat pregnancies among adolescents	
	Computer-based interventions: HIV and other STIs	
	Condom availability programs	
	Partner counseling and referral services (PCRS)	
	Service learning programs	UlsterCorps
	Sexual education: Comprehensive risk reduction programs	Planned Parenthood MidHudson Valley MISN
	Intensive case management for pregnant and parenting teens	
	Mass media campaigns: pregnancy and STIs	
	Multi-component clinic-based interventions: human papillomavirus (HPV)	
	Multi-component interventions: pregnancy and STIs	MISN
	School-based health clinics: reproductive health	
	Teen pregnancy prevention programs	Planned Parenthood MidHudson Valley
	Social networking site interventions: Risky sexual behavior	
	<i>Education: Human papillomavirus (HPV) vaccination</i>	
	<i>Interventions with work, vocational training, or sports: risky sexual behavior</i>	
	<i>Reduce adolescent access to sexual content in the media</i>	
	<u>Sexual education: abstinence-only</u>	
<u>Family Planning w/Adults</u>	Planned Parenthood MidHudson Valley	

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<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
Health Behaviors - Access to Care	CenteringPregnancy	
	Community water fluoridation	
	Expand rural training tracks and programs in medical education	
	Extend scope of practice for nurse practitioners (NPs)	
	Federally qualified health centers (FQHCs)	
	Financial incentives for patients undergoing preventive care	
	Increase wages & benefits for long-term care (LTC) workers	
	Medical homes	
	Mental health benefits legislation	
	Patient shared decision making (SDM)	
	School dental programs	
	Systems navigators and integration (e.g., patient navigators)	
	Telemedicine	
	Expand higher education financial incentives for health professionals serving underserved areas	
	Expand role of allied dental professionals	
	Expand use of community health workers (CHWs)	Institute for Family Health
	Improve work environments for nurses	
	Interventions to improve health literacy	
	Mobile reproductive health clinics	
	Nurse residency programs	
Preconception education interventions		
School-based health clinics: reproductive health		

Telemental health services	
Text message-based health interventions	
Tiered drug formularies	
Ensure appropriate access to 17P	
Financial incentive programs for nursing graduate students	
Grady Memorial Hospital Interpregnancy Care Program	
Magnolia Project	
Mentoring programs for new nurses	
Parish nursing	
Reproductive life plans	
Retail clinics	Emergency One
<i>Expand use of J-1 physician visa waivers</i>	
<i>Healthy Births for Healthy Communities</i>	
<u>Consumer-directed health plans</u>	
<u>Informal Transport for Seniors</u>	SUNY Ulster/RSVP (Rides for Seniors to Appt.) Unitarian Universalist Congregation
<u>Immunization Programs</u>	Emergency One SUNY Ulster
<u>Community Health/Mental Health Screenings</u>	SUNY Ulster (mental health) Ulster County Office for the Aging

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<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
<i>Health Behaviors</i> - <i>Quality of Care</i>	AHRQ Health Care Innovations Exchange	
	Chronic disease self-management (CDSM) programs	SUNY Ulster/RSVP (volunteers) Ulster County Office for Aging (CDSM and Diabetes)
	Computerized clinical decision support systems (CDSS)	
	Computerized provider order entry (CPOE)	
	Integrate behavioral health into primary care practice	Institute for Family Health
	Medical homes	
	Multi-component fall prevention interventions among older adults	Always There Ulster County Office of Aging
	Patient safety checklists	
	Quality improvement practice coaches: primary care	
	Risk assessments & personalized approaches to fall prevention among older adults	Ulster County Office of Aging
	Value-based insurance design	
	Case-managed care: community-dwelling frail elders	Hudson Valley Community Services RCAL (NHTD Program)
	Electronic health information exchange	
	Integrated long-term care (LTC): community-dwelling frail elders	RCAL (NHTD Program)
	Price transparency initiatives with contextual information	
	Public reporting: health care quality performance	
	<i>Involve consumers in health care governance</i>	
<i>Public reporting: health care-associated infections (HAIs)</i>		
	Standardize hospital wristband colors statewide	
	State-level minimum staffing requirements: nursing homes	

	<u>Case-managed care for specific diseases</u>	Hudson Valley Community Services (HIV/AIDS) Prostate Cancer 101 Institute for Family Health Health Home
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<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
<i>Social and Economic Factors</i> <i>- Education</i>	Career Academies	
	Chicago Child-Parent Centers (CPC)	
	Comprehensive early childhood development programs	
	Dropout prevention programs	
	Dropout prevention programs for teenage mothers	
	Early Head Start (EHS)	Ulster County Community Action
	Enhance instruction with educational technology	
	Families and Schools Together (FAST)	
	Full-day kindergarten	
	Incredible Years	
	Knowledge is Power Program (KIPP) model: middle schools	
	Mentoring programs: high school graduation	
	No Excuses charter school model	
	Preschool education programs	
	Reach Out and Read	
	School breakfast programs	Kingston City School District
	School-based programs to reduce violence and bullying	
	School-based social and emotional instruction	
	School-wide Positive Behavioral Interventions and Supports (SWPBIS)	
	Summer learning programs	
Targeted programs to increase college enrollment		
Targeted truancy interventions		
Universal pre-kindergarten (pre-K)		
Big Brothers Big Sisters (BBBS)	CCEUC (4-H Mentoring Program)	
Comprehensive school reform to improve student		

	achievement	
	HighScope Perry Preschool approach	
	Parents as Teachers	
	Programs to help obtain GED or similar certificates	
	Promise Academy	
	Quality Rating and Improvement Systems (QRIS)	
	Reduce class size	
	Smart Start statewide early education system	
	Career pathway and bridge programs for adults	
	DARE to be You	
	Charter schools	
	Zero tolerance policies	
	School Wellness policies	BOCES Healthy Schools

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<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
<i>Social and Economic Factors</i> - <i>Employment</i>	<i>Flexible scheduling</i>	
	Exercise and work-oriented back pain management programs	
	Paid family leave	
	Transitional employment	
	Work environment modification: rollover protection structures (ROPS)	
	<i>Career pathway and bridge programs for adults</i>	
	<i>Paid sick leave ordinances</i>	
	<i>Rural transportation systems</i>	
	<i>Summer work experience programs</i>	
	<i>Youth apprenticeship initiatives</i>	
<i>Job-sharing programs</i>		

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<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
<i>Social and Economic Factors</i> - <i>Income</i>	Child support pass-through and disregard	
	Increase funding for child care subsidy	
	Increase the Earned Income Tax Credit (EITC)	
	Living wage laws	
	New Hope Project	
	Unemployment insurance (UI)	
	<u>Expanded child tax credit</u>	
	<u>Increase Supplemental Security Income (SSI) program benefit amounts</u>	
	<u>Refundable child and dependent care tax credit</u>	
	<i>Individual Development Accounts (IDAs)</i>	
	<i>Microfinance and microenterprise programs</i>	
	<i>Payday loan regulations</i>	
<u>Increase the minimum wage</u>		

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<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
<i>Social and Economic Factors</i> - <i>Family and Social Support</i>	Activity programs for older adults	City of Kingston Parks and Recreation Unitarian Universalist Congregation SUNY Ulster RSVP
	Early childhood home visiting programs	Institute for Family Health (Healthy Families)
	Extracurricular activities: social engagement	
	Group-based parenting programs	
	Nurse-Family Partnership (NFP)	
	Outdoor/experiential education and wilderness therapy	City of Kingston Parks and Recreation Hudson River Sloop Clearwater
	Cell phone-based support programs	
	Healthy Families America (HFA)	
	Programs that support father involvement	
	Youth empowerment programs	
	Community centers	City of Kingston (Everette Hodge and Rondout Centers)
	Integrate social services	
	Intergenerational mentoring	
	Neighborhood associations	
	Promote community arts programs	
	Social media & other technologies to increase citizen participation	
	<i>24/7 Dad</i>	
	<i>Georgia Fatherhood Program</i>	
<i>Grocery, housing & utilities cooperatives</i>		
<i>InsideOut Dad</i>		
<i>The Birthing Project USA SisterFriends</i>		

	<u>Stress Reduction Programs</u>	Mudita Yoga (business) The Fitness Connection (business)
	<u>Faith-based Wellness Programs</u>	Unitarian Universalist Congregation
	<u>Volunteer Coordination</u>	UlsterCorps
	<u>Disease/Caregiver Support Groups & Education</u>	Breast Cancer Options (Camp Lightheart for children of survivors, Annual Integrative Medicine Conference) Albany Medical Center Kingston Multi-Specialty (World AIDS Day and AIDS Walk)

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<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
<i>Social and Economic Factors</i> <i>- Community Safety</i>	Bicycle helmet laws	NYS Bicycle Helmet Law
	Child bicycle helmet promotion programs	SUNY Ulster Institute for Health and Safety
	Child safety seat distribution & education programs	SUNY Ulster Institute for Health and Safety
	Child safety seat incentive & education programs	
	Cognitive-behavioral therapy (CBT): recidivism	
	Community-wide information & enhanced enforcement: child safety seats	
	Comprehensive early childhood development programs	
	Drug courts	
	Early childhood home visiting programs	
	Education & home safety equipment: tap water temperature	
	Enhanced seat belt enforcement programs	
	Family treatment drug courts	
	Focused deterrence strategies (i.e., Pulling levers)	
	Functional Family Therapy (FFT)	
	Kinship care for children removed from home due to maltreatment	CCEUC - Relatives as Parents Program
	Mentoring programs: delinquency	
	Multi-component fall prevention interventions among older adults	
	Multidimensional Treatment Foster Care	
	Neighborhood watch	
	Primary seat belt enforcement laws	
Risk assessments & personalized approaches to fall prevention among older adults		

Traffic calming	
Universal motorcycle helmet laws	
Zoning regulations: swimming pool fencing	
Bicycle paths, lanes & tracks	Bike-Friendly Kingston Ulster Co. Trails Advisory Council Catskill Mountainkeeper Woodstock Land Conservancy Village of Saugerties Complete Streets Advisory Councils in Ellenville, Saugerties, and Kingston
Big Brothers Big Sisters (BBBS)	CCEUC (4-H Mentoring Program)
Cure Violence model	
Enhanced enforcement of distracted driving laws	
In-vehicle monitoring & feedback for novice drivers and families	
Multisystemic Therapy (MST) for families	
Out of town bypasses	
Playground safety regulations (e.g., SAFE playgrounds)	
Restorative justice	
Speed enforcement detection devices	
Strong graduated driver licensing (GDL) laws	
Treatment Foster Care	
Youth programs to prevent intimate partner violence	
Education regarding sports-related brain injuries	
Routine screening for intimate partner violence	
<i>Advocacy for victims of intimate partner violence</i>	
<i>Firearm laws</i>	
<u>Court mandated programs for male perpetrators of intimate partner violence</u>	Family of Woodstock
Transfer youth to adult justice system	

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<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
Physical Environment - Air and Water Quality	Clean diesel technology fleet transition programs	
	Conservation tillage practices	CCEUC (Ag Program)
	Integrated pest management (IPM): agriculture and outdoor use	CCEUC (Ag Program)
	Nutrient management plans	CCEUC (Ag Program)
	Conservation Reserve Enhancement Program (CREP)	
	Multi-component groundwater management programs	
	Rain barrels	Kingston Parks and Recreation
	Vehicle inspection and maintenance (I/M) programs	
	<u>Alternative fuels initiatives</u>	
	<u>Carpool and rideshare programs</u>	511 NY Rideshare/ Metropool, Inc.
	<u>Proper drug disposal programs</u>	
	<u>Scrap programs for old vehicles</u>	
	<u>Green Living Education</u>	Catskill Mountainkeeper City of Kingston Parks and Rec
<u>Clean Water Advocacy/Education</u>	Hudson River Sloop Clearwater CCEUC (Environment Program)	



**Ulster County Chronic Disease Prevention Council
Inventory of Prevention Activities 2014-2015**



Michael P. Hein
County Executive

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<i>What Works For Health Area</i>	<i>What Works for Health Policies and Programs</i>	<i>Current Ulster County Activities</i>
<i>Physical Environment</i> <i>- Housing and Transit</i>	Housing Choice Voucher Program (Section 8)	RUPCO
	Housing First program	
	Housing rehabilitation loan & grant programs	RUPCO
	Improve streetscape design	Cornell Cooperative Extension Ulster County (CHP and LWK) Kingston Land Trust (Greenline) Complete Streets Advisory Councils (Ellenville, Kingston & Saugerties) Catskill Mountainkeeper
	Integrated pest management (IPM): indoor use	
	Mixed-use development	
	Moving to Opportunity (MTO)	
	Public transportation: system introduction or expansion	
	Safe Routes to Schools (SRTS)	
	Traffic calming	
	Walking school buses	George Washington School (Kingston)
	Zoning regulations: land use policy	Kingston Land Trust Kingston Urban Ag Committee City of Kingston Comprehensive Plan
		Bicycle/pedestrian master plans
	Community Development Block Grants (CDBGs)	City of Kingston
	Community land trusts	
	Inclusionary or incentive zoning	
	Lead abatement programs	UCDOH
	Low Income Housing Tax Credits (LIHTCs)	
	Master Home Environmentalist program	

Ulster County Chronic Disease Prevention Council
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Michael P. Hein
County Executive

	Out of town bypasses	
	Public transportation: individual incentives	
	Radon mitigation programs	
	Service-enriched housing	
	Speed enforcement detection devices	
	Weatherization Assistance Program (WAP)	
	Affordable housing tax increment financing (TIF)	
	Carpool and rideshare programs	
	HOME Investment Partnership Program	
	Housing trust funds	
	Land banking	
	Low Income Home Energy Assistance Program (LIHEAP)	
	Rural transportation systems	
	<i>Housing mediation services</i>	Dispute Resolution Center

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Priority Initiatives

In the survey, we asked Ulster County participants the following open-ended question. Following the question is a table of the answers provided.

If you had to choose 3 things/initiatives that we, as a community, could focus on to significantly improve chronic disease PREVENTION efforts and help push forward the goal of making Ulster the healthiest county in New York State, what would they be?

Priority Initiative	Times Chosen
Nutrition/Healthy Eating Education	19
Local Healthy Food Access	14
Exercise/Active Living	13
Education	9
Tobacco Cessation	6
Active Transportation (Trail, Complete Streets)	6
Mindfulness Practice/Education	6
Substance Abuse Prevention	4
Obesity	4
Healthy Cooking Classes	4
HIV/STD Prevention/Education	4
Increased access to preventative healthcare	4
Affordable Exercise Opportunities	4
Breastfeeding Education	3
Mental Health and Suicide Prevention	3
Teen Pregnancy Prevention	2
Partnership with Providers	2
Affordable Safe Housing	2
Pollution Prevention/Environmental Hazard Education	2
Domestic Violence Prevention	2
Improve Medical Care/Prevention	2
Political Support/Leadership	2
Chronic Disease Management	
Walking Clubs/Programs	
Bilingual Offerings	

Ulster County Chronic Disease Prevention Council
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County Executive

Farm to School	
School Gardens	
Mandates for Health Education for those on public assistance	
Community Planning for Health	
Providers Role Modeling Health	
Limit Screen Time	
Free Rabies Shots for Companion Animals	
Safe Driving/Sports Education	
Behavioral Change	
Assist Seniors to Navigate Healthcare	
Church Wellness Initiatives	
Economic Development	
Eliminating Homelessness	
Community Kitchen	
Food Systems Advisory Council	
Free Flu Shots	
Positive Body Image	
Winter Exercise Opportunities	
Healthy Ulster Rewards Program	
Living Wage	
Age Well	
Climate Crisis Mitigation	
Free latex gloves for community food programs	
Healthy Childcare	
Healthier Schools	
Emergency Medical Training	