

## Healthy Ulster Council Meeting Notes

239 Golden Hill Office Building, Kingston, NY 12401

August 11, 2016

**Present:** Stacy Kraft, UCDOH; Vin Martello, UCDOH; Maria Elena Ferrer Harrington, IFH; Melinda Herzog, CCEUC; Diane Mueller, UC Office for the Aging & Red Cross; Laurie Mozian, HAHV; Dylan Johanson, Kingston Parkour; Jennifer Patterson, CCEUC; Kathy Nolan, Catskill Mountainkeeper; Brain Slack, UCTC; Natalie Ward, PPNHV; Gloria Waslyn; Rachel Evans, Montefiore Hudson Valley Collaborative; Rhea Paniesin, Paniesin Consulting; Katie Sheehan-Lopez, CCEUC; Fern Suess, CCEUC; Barbara Hill, citizen; Ilona Ross, High Falls Food Co-op.

**Melinda Herzog** opened the meeting and asked attendees to introduce themselves and share one new healthy habit or thing that they have adopted recently. Some responses were: hula hooping, increased bicycling, eating a lot more vegetables joining Weight Watchers, taking the stairway each morning instead of the elevator, drinking homemade herbal teas, playing Pokemon Go.

**Brian Slack**, Principal Transportation Planner for the Ulster County Transportation Council (UCTP), guest speaker, talked about the three Issues of Transportation that impact Public Health:

1. Physical Activity
2. Access to goods and services: 22% of residents in City of Kingston residents do not have access to a vehicle, compared to 8% in Ulster County overall.
3. Traffic: Auto crashes are the leading cause of death in the US for children and young adults.

Ulster County is listed as #15 Focus County in the NYS Pedestrian Safety Action Plan.

What are seen as the solutions to the problem areas focused on by the Plan?

1. Complete Streets
2. Safe Routes to School
3. Seamless Transit
4. Active Transportation
5. Ride Share
6. Car Share

Brian explained and delineated many of the details concerning each of the focus areas.

Information can be found in detail on the UCTP planning site: <http://ulstercountyny.gov/planning/ulster-county-planning-board-documents-and-publications>

Brian spoke briefly about the “Building a Better Broadway” project, the benefits of *road diets*, roundabouts, even painting on the streets to slow down, are all beneficial in reducing the number of auto crashes.

**Physical Activity Break:** Dylan Johanson of “Innate Movement Parkour” led a lively series of physical activities demonstrating how the use of your surrounding environment to become more active can be fun.

**Jennifer Patterson** of CCEUC talked about RAPP, the Relatives as Parents Program which serves 80 families, both active and inactive. Relatives as caregivers is a growing population, with 1700 kinship care families reported in Ulster County, and serves the needs of grandparents and other relatives who are raising relative children which may include grandchildren, nieces, nephews and cousins.

The RAPP program offers monthly meetings, with a focus on caregiver support and youth development. They offer resources and referrals, host speakers on contemporary parenting issues, and provide parenting, nutrition and financial literacy education. Intergenerational events are planned for both the caregivers’ and the RAPP youth to enjoy together. The goal of RAPP is keeping kids out of foster care, by housing them with a

family member. Jennifer's presentation included a video that featured interviews with some of the caregivers, as they talked about some of the problems they face. Some photo highlights showed the youth working at their community garden, volunteering at the milk shake booth at the Fair, going to a baseball game and participating in the Runners' Club. Effective September 2016, RAPP will receive grant funding from the Office of Child and Family Services (OCFS); they continue to be funded by the Dyson Foundation, United Way and Ulster Savings Charitable Foundation.

**Vin Martello** of UCDOH gave updates on the CHA (Community Health Assessment) and CHIP (Community Health Improvement Plan) The Health Department has chosen two of the five focus areas as priorities: Obesity and Opioid Abuse. 70% of opioids on the streets come from medicine cabinets in the home. In Ulster County, there are 85 drop off points for unused medications. Soon, there will be a push for legislation to provide drop off containers in every pharmacy. A startling statistic with regard to the tobacco free campaign that the UCDOH has been working on: the tobacco industry spends two and a half million dollars a day on marketing and the marketing is specifically targeted to lower income neighborhoods.

The meeting adjourned at 4:20pm.