



CREATING HEALTHY SCHOOLS AND COMMUNITIES

WINTER '24-'25



Creating Healthy Schools
and Communities
in Broome County

What is the Creating Healthy Schools and Communities (CHSC) program?

CHSC is a five-year (2021-2026) public health initiative that implements a comprehensive, equitable, community-based participatory approach to increasing opportunities for physical activity and access to healthy food for people across the life span. NYSDOH has funded local organizations and county health departments to work in approximately 225 under-resourced communities statewide. Broome County Health Department holds the grant for both Broome and Tioga counties.

CHSC has four main strategies:

1. Implement **food service guidelines (FSG)** in worksites and community settings to increase the availability of healthy foods.
2. Implement policies, practices, and environments for physical activity and nutrition in **early care and education (ECE)** settings.
3. Implement community planning and active transportation interventions to increase safe **physical activity access (PAA)**.
4. Improve policies, practices, and environments for physical activity and nutrition in **schools**.



CHSC is funded through the New York State Physical Activity and Nutrition (SPAN) program - CDC Cooperative Agreement and the Supplemental Nutrition Assistance Program Education (SNAP-Ed) via the USDA and NYS Office of Temporary and Disability Assistance.

Meet the Team!



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Our Subcontractors



The CHSC Team are active members of many community organizations and committees, including:

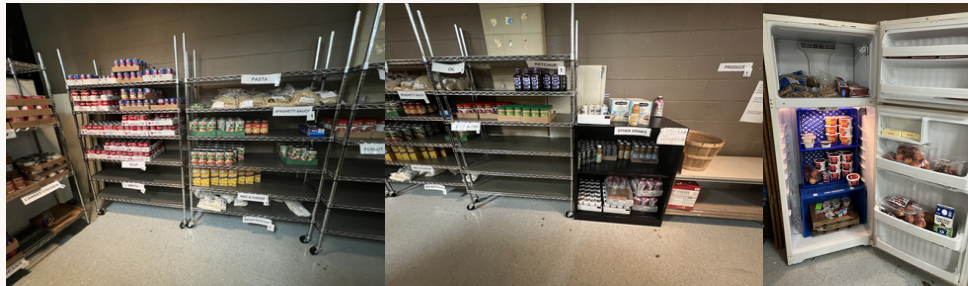
Broome County Food Council, Broome County Traffic Safety Board, Building Brighter Futures Coalition, Safe Streets and Roads for All Steering Committee, NYS Prevention Agenda Workgroups, and more!

Year 4 Successes

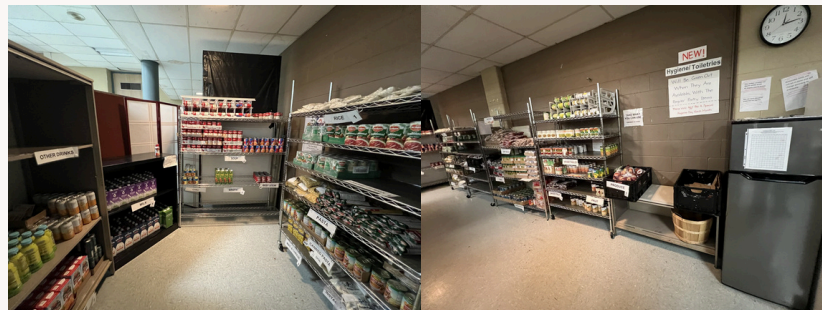
The CHSC year runs from June to May; during the first half of Year 4 (June 2024–December 2024), the CHSC team and our subcontractors worked with 29 community sites: 19 food service venues, 3 ECE sites, 3 municipalities, and 3 school districts.

Pantry Redesign!

While it may not look very different, let's see how some small and inexpensive tweaks promote healthier choices in a food pantry.



BEFORE: An old fridge with milk crates as shelves make the refrigerated items seem unappealing. Clients are presented with less nutritious items, such as sugary drinks, oil, and high-sodium soups, as soon as they enter the pantry.



AFTER: A new fridge makes refrigerated items more attractive. Clients are presented with more nutritious items, such as produce and whole grains, before food categories typically high in calories and sodium. Healthier options are placed at eye level to catch attention, and can organizers allow for clients to safely select their items.

Stay Tuned! Upcoming CHSC Projects...

- Whitney Point CSD and Newark Valley CSD school wellness initiatives
- New gardens in church food pantries
- ECE Physical Activity Learning Session (PALS) training
- Broome and Tioga County walkability/movability updates
- **Look out for information on mini-grant applications in the next newsletter!**