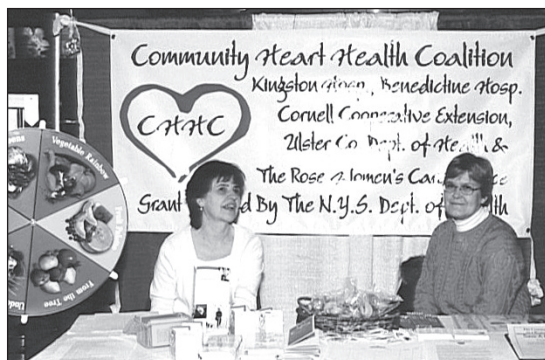


## Future Objectives

- Increase the availability and consumption of locally grown fruits and vegetables for all residents of Ulster County
- Increase Breastfeeding opportunities for Ulster County Women



- Promotion of Worksite Wellness Opportunities
- Promotion of the Prevention of Childhood Obesity
- Empowerment of people in Ulster County to make healthier lifestyle choices across the lifespan

## Mission Statement

It is the mission of the Community Heart Health Coalition of Ulster County to create and support an environment with opportunities for individuals within our communities to choose healthier lifestyles.



Health Alliance of the Hudson Valley  
105 Mary's Avenue  
Kingston, New York 12401  
(845) 338-2500 x 4061  
laurie.mozian@hahv.org  
[www.chhculster.org](http://www.chhculster.org)



## Community Heart Health Coalition of Ulster County



## Who We Are?

The Community Heart Health Coalition of Ulster County was created in 1997 to promote heart health. We advocate for and create nutrition and physical activity opportunities that result in disease prevention across the lifespan. We strive to create policy, behavioral and environmental changes that make our communities healthier places to live.

### **Please feel free to contact any of the following members:**

HealthAlliance of the Hudson Valley  
(845) 338-2500 x 4061

Cornell Cooperative Extension of Ulster County  
(845) 340-3990

The Ulster County Department of Health  
(845) 340-3160

The Rose Women's Care Service Community Resource Center  
(845) 691-7984

Maternal Infant Services Network  
(845) 928-7448

Family of Woodstock's Child Care Council  
(845) 331-7080

## Our Accomplishments

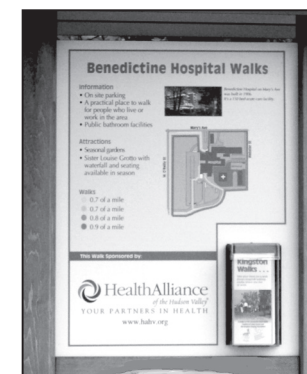
- Community Nutrition Workshops
- Community Heart Healthy Dinners



- Senior Exercise Stretch band Program/Brochure and companion DVD
- Worksite Wellness Initiatives including fitness rooms at Benedictine and Kingston Hospitals
- Implementation of the BodyWorks Program in Ulster County
- Rail Trail and public park enhancements
- Developed the Healthy Snack Food Guidelines for Ulster County endorsed by the Ulster County Department of Health



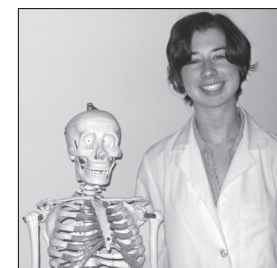
*Students resurfacing a Rail Trail walking path*



- Launched the Kingston Walks program and maps in Ulster County

*A kiosk describing neighborhood walks in Kingston*

- Best Bones Forever! Selection as a National Pilot site: Providing osteoporosis prevention information for girls 9-14 and their parents



*Student learning about bone health*

- Implementation of Nutrition and Physical Activity Self-Assessment for Child Care Centers (NAPSACC)
- Chair of the Healthy After School Snack Food Committee for Healthy Kingston for Kids Partnership
- Partner of Creating Healthy Places to Live, Work and Play in Ulster County