

# Healthy Insider

News from the Health Promotion Center

VOLUME 1, ISSUE 3

WINTER 2012



## UPCOMING EVENTS

**February 1, 2012**  
**National Girls and Women  
in Sports Day**

**February 29, 2012**  
**7:30 - 9:30 am**  
**Holiday Inn, Lake George**

**New Strategies for New  
Business – Improve your  
Bottom Line with  
Universal Design**

**March 5 - 9, 2012**  
**National School Breakfast  
Week**

**March, 21, 2012**  
**Kick Butts Day**

**April 18 - 19, 2012**  
**New York State  
Public Health Association  
Annual Conference**

**For a FREE Quit  
Smoking kit, call the  
New York State  
Smokers' Quitline or  
visit online at  
[www.nysmokefree.com](http://www.nysmokefree.com)**

## Healthy Classroom Rewards

As adults we often turn to eating “comfort foods” to improve our moods, especially during the chilly winter months in upstate New York. Our days are shorter, the temperature is colder and suddenly it becomes easy to add on a few extra pounds. Where does this unhealthy habit come from?

According to Centers for Science in the Public Interest, there is one theory that when linking a child’s behavior and performance in school to food rewards, it coaches the students to associate food with emotion. While only a few studies have investigated the long-term effects of using food as a reward, the long-term implications are worth considering.

When it comes to rewarding students in the classroom, there is a long-standing tradition of offering candy or other sweet treats. This reward method sends a confusing message to our children; they are being taught the importance of making healthy choices, yet are being given unhealthy foods for a job well done.

Ideally, experts recommend that food, even healthy options, should not be used as a reward. This reward system may encourage children to eat even if they are not hungry and can develop into a lifelong habit. The additional calories add up over time. Administrators and teachers have begun to explore other rewards such as special privileges in the classroom including a “no homework” pass, listening to music while working, and/or making deliveries to the main office.



For additional ideas on using non-food items as a reward, contact the Healthy Schools NY Program at Glens Falls Hospital at 926-5904 or [ckerman@glensfallshosp.org](mailto:ckerman@glensfallshosp.org).

Sources: [http://www.cspinet.org/nutritionpolicy/constructive\\_rewards.pdf](http://www.cspinet.org/nutritionpolicy/constructive_rewards.pdf)  
<http://nyshepa.org/documents/Rewards%20in%20Classroom.pdf>

## 2012: The Year to Quit

The New Year is the universal sign of renewal and can be a time to prepare for new beginnings. Quitting smoking is one of the most common New Year’s resolutions, but it is easier said than done. According to the American Lung Association, six out of 10 smokers require multiple attempts before successfully kicking the habit.

Quitting smoking is the single most important step New Yorkers can take to improve their health! The start of a fresh New Year is a great time for smokers to implement a plan to quit and reap the health and financial benefits of a smoke-free lifestyle.

Although no single approach works best for everyone, many effective quit methods are available. Encourage family and friends to talk to their doctors or healthcare providers about quitting. To prepare a quit plan call the New York State Smokers’ Quitline at 866-697-8487 or visit [www.nysmokefree.com](http://www.nysmokefree.com) for **FREE** information and support.



## Creating Healthy Places to Live Work & Play - Worksite Wellness

The Centers for Disease Control and Prevention suggests that “the use of effective workplace programs and policies can reduce health risks and improve the quality of life for American workers.” (1)

The Health Promotion Center is assisting business leaders in Warren County with exploring that premise through the **Creating Healthy Places to Live, Work & Play - Worksite Wellness** initiative, funded by the New York State Department of Health. The Health Promotion Center staff is collaborating with Warren County employers, with fewer than 1,000 employees, who are motivated to develop comprehensive worksite wellness programs to address:

- ⇒ access to and consumption of healthy foods;
- ⇒ engagement in physical activity;
- ⇒ lactation support for working mothers; and
- ⇒ access to and use of preventive health programs designed to reduce risk factors for chronic disease.

According to the Centers for Disease Control and Prevention, worksite wellness programs typically consist of “a coordinated and comprehensive set of strategies which include programs, policies, benefits, environmental supports, and links to the surrounding community designed to meet the health and safety needs of all employees.” (2) The CDC offers guidance and resources addressing workforce health promotion at the *Healthier Worksite Initiative* page of its website. In addition, a variety of toolkits from the CDC and other organizations addressing strategies to support employee health are available at <http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/index.htm>.

Business leaders and personnel managing wellness and employee benefits programs in Warren County workplaces interested in worksite wellness strategies, policies, and resources are invited to contact Erin Krivitski, Program Coordinator, at 926-5919 or [ekrivitski@glensfallshosp.org](mailto:ekrivitski@glensfallshosp.org).

(1, 2) <http://cdc.gov/workplacehealthpromotion/businesscase/>



## Creating Healthy Places to Live, Work & Play - Complete Streets

A healthy, physically active community includes roads that are safe for all users – bicyclists, pedestrians, public transit riders, and motorists. Complete Streets design features may include paved shoulders, bicycle lanes, crosswalks, traffic calming devices, curb cuts, and bus pull outs which contribute to creating a safe environment that encourages physical activity for individuals of all ages and abilities. This is a key focus for the Creating Healthy Places to Live, Work & Play initiative in Warren and Washington Counties, funded by the New York State Department of Health.



Bay Rd., Queensbury

Governor Cuomo’s decision to pass legislation directing transportation agencies to consider Complete Streets design features in projects using Federal or State funding (1) speaks to the importance of addressing safety, accessibility, and environmental preservation throughout New York communities. However, there are some exclusions to this law. Complete Street accommodations do not need to be considered in roads owned by villages, towns, or counties, projects that have already been designed, but not yet constructed, and resurfacing, maintenance, and pavement recycling projects (2). Local attention and policy can help to fill in these gaps.

The Creating Healthy Places to Live, Work & Play initiative of the Health Promotion Center is working with local communities in Warren and Washington Counties to adopt Complete Streets policies at a local level. Stakeholders from the villages of Fort Edward and Lake George participated in Complete Streets assessment workshops, in their respective communities, this past October. Important steps are being taken in these villages to promote the safety of pedestrians and bicyclists and to encourage physical activity. Citizens and government officials in other local communities are encouraged to join the movement to “complete the streets” and routinely design streets that are safe, accessible, and conducive to physical activity.

To learn more about the Creating Healthy Places to Live, Work & Play initiative, please visit our blog at <http://creatinghealthyplaces.wordpress.com/> or contact Melissa Chinigo at 926-5967 or [mchinigo@glensfallshosp.org](mailto:mchinigo@glensfallshosp.org).

(1) <http://www.governor.ny.gov/press/08152011CompleteStreetsLegislation>

(2) <http://www.nybc.net/wp-content/uploads/NYBC-Statewide-Complete-Streets-Law-text2.pdf>