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OUR YEAR IN REVIEW

2017



Building Healthy Communities.



Glens Falls Hospital
HEALTH PROMOTION CENTER

IT ALL BEGINS WITH **HEALTHY PARTNERSHIPS**



The Health Promotion Center of Glens Falls Hospital works to improve the health and well-being of the people and communities in our region. We partner with communities, businesses, school districts, hospitals, and healthcare provider organizations to support healthy lifestyles for our patients and community members. Our work focuses on strategies to make it easier for people to eat well, be tobacco-free, be physically active, and obtain preventive care.





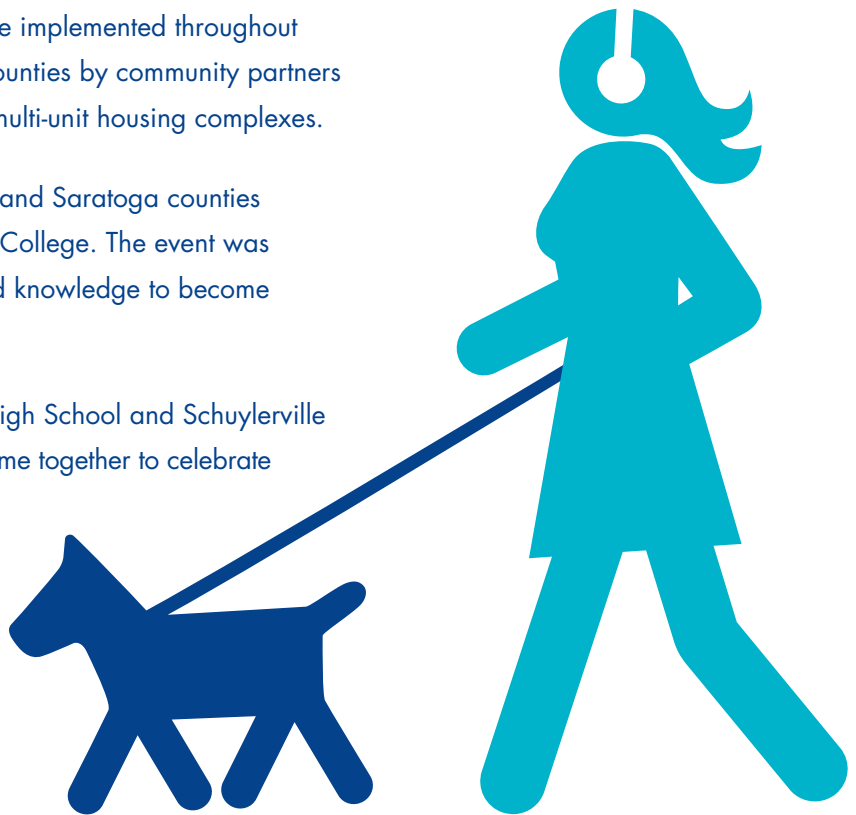
The following community health improvements, supported through three grant-funded initiatives, highlight our achievements in 2017.

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LIVING TOBACCO-FREE

The **Advancing Tobacco-Free Communities** component of the Living Tobacco-Free initiative engages and educates community stakeholders, leaders, organizations, and the general public on ways to strengthen tobacco-related policies that prevent and reduce tobacco use, reduce youth exposure to harmful tobacco marketing, and limit exposure to secondhand smoke. In 2017 the following achievements were made:

- 10 Tobacco or Smoke-Free policies were implemented throughout Warren, Washington, and Saratoga Counties by community partners in areas such as parks, worksites, and multi-unit housing complexes.
- Nine youth from Warren, Washington, and Saratoga counties attended a Youth Summit at Cazenovia College. The event was designed to give attendees the skills and knowledge to become leaders in the fight against tobacco use.
- Students from Burnt Hills-Ballston Lake High School and Schuylerville High School chapter of Reality Check came together to celebrate World No Tobacco Day. The students planted 146 pinwheels to represent the number of teens who become new daily smokers every week in New York State.



Living Tobacco-Free is a multi-component initiative to encourage community members in Clinton, Essex, Fulton, Franklin, Hamilton, Montgomery, Saratoga, Warren, and Washington counties to address the major health implications of tobacco-use and dependency through education, mobilization, and policy change.

The **Health Systems for Tobacco-Free New York** component of the Living Tobacco-Free initiative provides resources and consultation to physical healthcare providers and behavioral healthcare providers to improve the delivery of comprehensive, evidence-based interventions for tobacco use and dependence. In 2017 the following achievements were made:

- 13 Medical Health and 17 Behavioral Health systems partners continued to enhance interventions, policies, and workflow protocols to address tobacco dependence with their clients and patients.
- Supported 10 Public Housing Authorities to provide tobacco cessation opportunities for residents as they develop tobacco-free living spaces as per a new federal housing law.
- Sponsored a training to address the need for community-based tobacco cessation opportunities, resulting in 26 new tobacco treatment professionals in the region.



CREATING HEALTHY SCHOOLS & COMMUNITIES

The Creating Healthy Schools and Communities initiative partners with members of school districts and surrounding communities to implement sustainable policy, system and environmental changes focusing on increasing access to healthy, affordable foods, and opportunities for physical activity for students, staff, families, and community members. In 2017 the following achievements were made:

- Three local school districts updated their wellness policies to ensure a healthier school environment. Enhancements include incorporating physical activity during the school day, providing a variety of healthy food options at school events, and urging staff to model healthy eating and drinking behaviors.
- Hosted *Math and Movement* Family Nights in the Granville Central School District and the Hadley-Luzerne Central School District to bring families together to improve students' math skills while being physically active. The events hosted approximately 120 students and their families.
- Provided equipment and supplies to local school districts to encourage quality nutrition and physical activity. These items include tower herb gardens, yoga mats, and bowling equipment. Additional support was provided to Physical Education departments to send staff to a national conference on best practices for physical activity in schools.





Small Changes, Lasting Rewards.

GOOD MOVE.

Good Move encourages individuals and families to take steps toward good health in the community, workplace, and school. Find your Good Move today by visiting us at GlensFallsHospital.org/GoodMove.



The Health Promotion Center supports two health communication campaigns to promote healthy living in the region

fix it!

Live Tobacco-free!

Fix It! is a campaign that mobilizes individuals to fix the negative effects that tobacco use and dependency have on our communities. Go to GlensFallsHospital.org/FixIt to learn how you can help.



Contact us for more information
on the Health Promotion Center or
to get involved in one of our initiatives.



Glens Falls Hospital

HEALTH PROMOTION CENTER

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GlensFallsHospital.org/Services/Community-Service/Health-Promotion-Center