

Plan4Health: Live Well Kingston Kingston, NY

SUMMARY

Plan4Health connects communities across the country, funding work at the intersection of planning and public health. Anchored by American Planning Association (APA) Chapters and American Public Health Association (APHA) Affiliates, Plan4Health supports creative partnerships to build sustainable, cross-sector coalitions. Live Well Kingston (New York), a coalition of public and private partners, aims to encourage active living and healthy eating in various environments throughout the City of Kingston. Coalition members work to expand Complete Streets and trail infrastructure and policy, appealing parkspaces and programs, worksite wellness, and better access to healthy food and produce.



CHALLENGE

The 2013 Community Health Needs Assessment of Ulster County indicated that there is significant concern in the area of chronic disease and unmet needs for chronic disease prevention in the general population. The Ulster County Department of Health reported heart disease as the leading cause of death in the county in 2013, with diabetes mellitus as one of the leading causes of death in men. According to the Ulster County Priority Health Indicator 2012 Report Card,

Ulster County received an F regarding overweight/obesity among children and adolescents and a C regarding overweight/obesity amongst adults. In the city of Kingston the same chronic disease concerns apply, with an additional concern related to poverty: the subsidized school lunch rate is 48 percent with the overall poverty rate just over percent. Childhood overweight and obesity rates for the City of Kingston School District are high at 44 percent.

YOUR INVOLVEMENT IS KEY

If you are a resident of Kingston, consider joining the Live Well Coalition and one of the many focus teams targeting the specific needs and concerns of residents. Follow coalition activities on the newly updated website: www.livewellkingston.org.

To learn more about this project and all coalitions participating in Plan4Health, check out the project website: www.plan4health.us. Join the national conversation at the intersection of planning and public health on social media by using and following #plan4health.

"The Live Well Kingston coalition is built upon collaboration, shared resources and a common vision of creating a community that supports healthy lifestyles. Live Well Kingston has found success because of the diverse expertise and backgrounds of its partners and by creating a network in which all coalition members are acknowledged and valued."

- Megan Weiss-Rowe
Chair of the Live Well Kingston
and Community Member

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SOLUTION

Building on the work of an established coalition, Live Well Kingston's Plan4Health initiative brings together a comprehensive set of strategies, targeting population groups as well as specific focus areas. Organizing the coalition's effort around focus teams—Eat Well, Live Well, Play Well, Age Well, and Heal Well—Live Well Kingston brings together a range of perspectives, emphasizing the interconnectedness of healthy communities.

RESULTS

As each focus team begins to launch Plan4Health specific strategies, innovative and exciting partnerships are propelling the work forward. Coalition members, for example, are leveraging a new partnership with the local Chamber of Commerce, bringing business leaders into the worksite wellness conversation and strengthening cross-sector allies with an eye towards creating a Kingston Work Well Focus Team. Building on the excitement and energy of Bike Month in May, coalition members also successfully advocated for local decision-makers to include a protected bike lane in the conceptual design for the *Building a Better Broadway* planning project, now making the safety of bicyclists a strong priority on a major road in Kingston. And, the coalition has leveraged media connections through the APHA affiliate team, receiving coverage in *The Nation's Health*, a print publication received by members across the country.

SUSTAINING SUCCESS

Live Well Kingston will be launching a new website and communications plan, ensuring the work of the coalition reaches community members, APA and APHA members, and stakeholders across Ulster County. Live Well Kingston is also committed to sustainability, strengthening the coalition's membership to reflect the make-up of Kingston as well as energizing the fundraising and development subcommittee of the coalition.

Plan4Health is made possible with funding from the Centers for Disease Control and Prevention (CDC). The views expressed in this newsletter do not necessarily reflect the official policies of the CDC or imply endorsement by the U.S. Government. Learn more about Plan4Health and the National Implementation and Dissemination for Chronic Disease Prevention project at www.cdc.gov/communityhealth.