

# Plan4Health: Living Well in Kingston, NY

"Live Well Kingston gives us the opportunity to communicate to, and get input from, many segments of the community that our organization could never hope to reach."

*Tom Polk  
Director of Development  
YMCA of Kingston And Ulster County*

*The coalition launched a new website during the Plan4Health project and used the website as a platform to engage the community, sharing successes via a blog and social media outlets, and to inform the community about local health-related events.*

## Success Stories



## SUMMARY

Plan4Health connects communities across the country, funding work at the intersection of planning and public health. Anchored by the American Planning Association (APA) and the American Public Health Association (APHA), 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 worked to develop Complete Streets and trail infrastructure, increase access to healthy food and beverages, assess challenges for senior citizens to live a high quality of life, and connect healthcare providers to prevention resources.

## 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 rate for the City of Kingston school District are high at 44 percent.

## Contact

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## SOLUTION

Live Well Kingston's Plan4Health initiative brings together a comprehensive set of strategies, targeting population groups and specific focus areas. Organizing the coalition's efforts around focus teams – Eat Well, Work Well, Play Well, Age Well, Heal Well, Travel Well – Live Well Kingston cultivates a range of perspectives, emphasizing the interconnectedness of healthy communities. The Live Well Kingston coalition found great success in leveraging existing partnerships and building new ones. The coalition has also been successful at diversifying their funding portfolio, ensuring that this work continues beyond the funding period.

## SUSTAINABLE SUCCESS

The work in Kingston, NY is an example for other communities of how to change environments to make healthy living easier where people live, learn, work, and play.

If you are a resident of Kingston, consider joining the Live Well Coalition and one of the many teams targeting the specific needs and concerns of residents. For more information about Kingston, NY and all of the coalitions participating in Plan4Health, check out the project website ([www.plan4health.us](http://www.plan4health.us)) and join the conversation on social media with #plan4health.

## RESULTS

One component of Live Well Kingston, Travel Well, found particular success during Plan4Health. The initiative pursued efforts that resulted in the approval by a Common Council to develop an RFP for proposal for a bike/ pedestrian plan, increased participation in family-style bike rides across the community, and increased awareness and outreach for the Building a Better Broadway project to redesign a 0.8 mile stretch of a main street for safer walking and bicycling.

Plan4Health is made possible with funding from the Centers for Disease Control and Prevention (CDC). The views expressed in this success story 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 of Chronic Disease Prevention project at [www.cdc.gov/communityhealth](http://www.cdc.gov/communityhealth).

## Success Stories

<http://nccd.cdc.gov/nccdsuccessstories/>