



Building Healthy Communities

Overview

Improve community health outcomes in our most underserved neighborhoods

- Increase access to physical activity and open space
- Increase access to affordable and nutritious foods
- Promote safe public spaces

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Challenge

Lack of physical activity and unhealthy eating are major contributors to obesity and chronic diseases.

- **More than half of adult** New Yorkers are overweight or obese, and **1 in 5** kindergarten students is obese
- **40%** of adults in some neighborhoods do not meet national physical-activity guidelines – **2x** the rate of higher-income neighborhoods.
- **81%** of NYC public high school students do not meet recommended levels of aerobic physical activity
- **16%** of New Yorkers are food insecure, not sure how they will get their next nutritional meal
- **90%** of New Yorkers' time is spend indoors, on average.

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Addressing the Problem

- Align the resources and programs of 11 agencies in high need neighborhoods to maximize impact
- Leverage the City's investments to secure significant private funding and support
- Achieve collective impact by individuals, communities, businesses, nonprofits and government



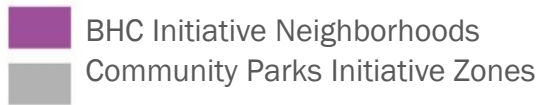
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Neighborhood Selection Criteria

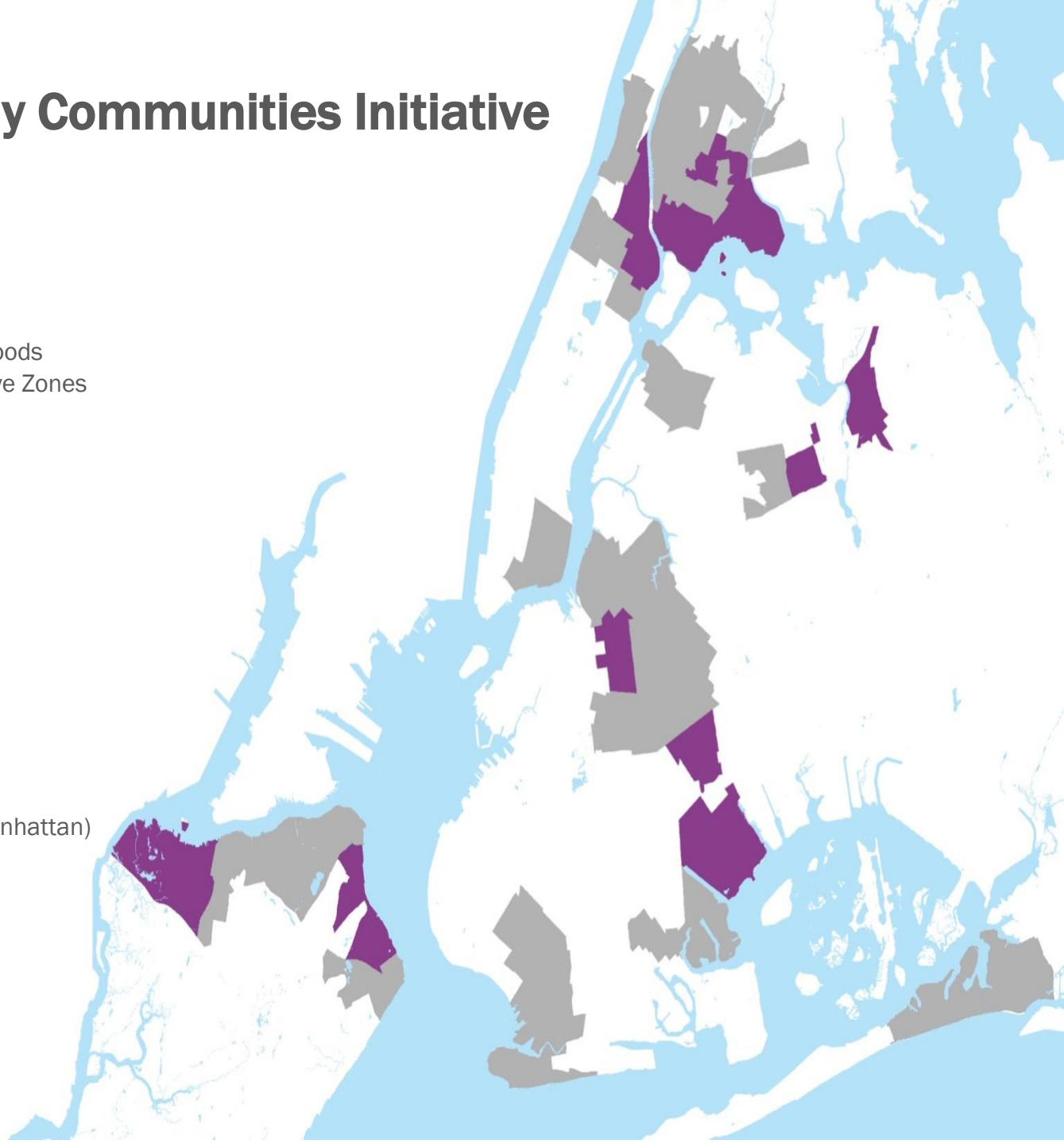
- Community Parks Initiative criteria
 - High poverty
 - High population density
 - Lack of access to open space
 - Historic lack of investment in parks
 - High population growth
- Health and Crime Indicators
 - No Exercise in last 30 days
 - Self-reported fair or poor health status
 - Psychological distress
 - High rates of violent crime

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Building Healthy Communities Initiative Neighborhoods



- Brownsville (Brooklyn)
- Bed-Stuy (Brooklyn)
- Canarsie (Brooklyn)
- Mott Haven (Bronx)
- Hunts Point (Bronx)
- Morrisania (Bronx)
- East Harlem North (Manhattan)
- Central Harlem North-Polo Grounds (Manhattan)
- Flushing (Queens)
- Corona (Queens)
- Mariners Harbor (Staten Island)
- Stapleton-Rosebank (Staten Island)



Physical Activity & Open Space

- NYC Department of Parks & Recreation
 - Capital improvements to parks, playgrounds and recreation centers
 - Install adult exercise equipment
 - Offer exercise classes and physical activities
- NYC Department of Transportation
 - Create more pedestrian plazas and open space
 - Establish wayfinding paths



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Affordable & Nutritious Food

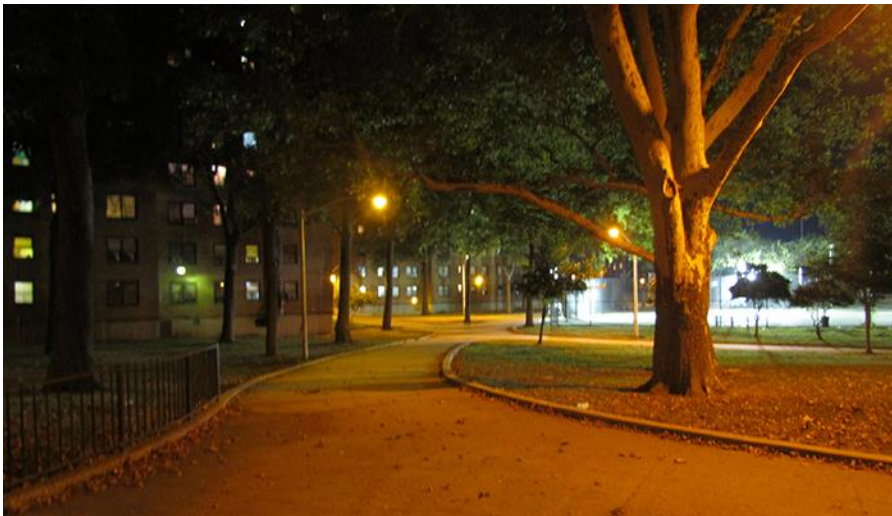
- NYC Department of Health
 - Promote and distribute Health Bucks at Farmers Markets
 - Offer classes in nutrition and healthy eating at schools and markets
- NYC Housing Authority
 - Establish five urban gardens at NYCHA sites
 - Provide cooking and horticulture classes
 - Train 50 master urban gardeners
- GreenThumb & GrowNYC
 - Install farmer's markets
 - Build additional school and youth gardens
 - Support community garden infrastructure and programming



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Safe Public Spaces

- Mayor's Office of Criminal Justice & NYPD
 - Lead crime prevention through environmental design
 - Remove sidewalk shedding
 - Install lights & cameras
 - Expand hours of NYCHA community centers



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Partners



MAYOR'S OFFICE
OF
STRATEGIC PARTNERSHIPS



NYC Parks



NYC Parks
GreenThumb



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Short-Term Outcomes

- Safe and welcoming public spaces
- Active indoor recreation spaces
- Open outdoor green and recreational spaces
- Safe access to and between public spaces
- Healthy eating options
- Healthy eating awareness
- Physical fitness infrastructure and activities

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Long-Term Impact

- Increase in regular consumption of fruits and vegetables
- Increase in exercise in past 30 days
- Reduction in obesity
- Childhood BMI
- Reduction in incarceration rate
- Local economic growth
- Increase in social cohesion and civic engagement

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