

Chronic Disease Prevention Program

From senior centers, faith-based organizations, schools, libraries, bodegas, housing projects, food pantries and shopping malls to community and cultural events, Westchester County is reaching out to the public to promote healthy lifestyle changes.

The Chronic Disease Prevention Program (CDPP) promotes the importance of making healthy lifestyle choices to reduce risk factors for preventable diseases such as obesity, diabetes, heart disease and cancer. In addition to participating in numerous community outreach activities, the CDPP is also involved in other initiatives:

- **Westchester County Faith-based Health Initiative**, a coordinated partnership with the American Heart Association, Women Organized Around Wellness (WOW), Affinity Health Plan, American Diabetes Association and Hudson River Health Care to provide education, health screenings and technical support to faith organizations interested in developing healthy lifestyle activities.
- **Low-Fat Milk Project**, a pilot program in New Rochelle to promote the health benefits of low-fat and nonfat milk through partnerships with 20 New Rochelle bodegas.
- **Soul Food Cookout** in partnership with the Westchester County Office of African American Affairs, American Heart Association, Union Baptist Church/Greenburgh Health & Wellness Initiative. Westchester sponsors a Soul Food Cook-Out program twice each summer to bring healthy eating to more communities across the county. The two events held so far, in Greenburgh and Port Chester, promoted health screenings in the African American community while offering a fun day in the park and lots of free healthy food. Participants were offered pre-screenings done for body weight intake, glucose, cholesterol and blood pressure. Contact: Tracey Mitchell at 995-2934.
- **Walking Works**, to promote increased walking by county staff. More than 600

county employees have pledged to walk at least 20 minutes a minimum of three times per week.

The CDPP works with many community partners to promote health throughout the county using interactive health educational information, nutrition workshops, low-fat milk taste tests and healthy cooking demonstrations.

To arrange for the CDPP to provide information for your agency or upcoming event, please contact the Division of Community Health Speakers Bureau at (914) 813-5227.

TeenAWARE Program

Peer leaders provide health education to youth 12-19 as part of the TeenAWARE, a program to promote healthy lifestyle choices. The TeenAWARE program has integrated the BeFit Westchester message into the program, educating youth on how to reduce risks of developing chronic diseases such as heart disease, diabetes and obesity by eating a balanced diet and being more physically active. For more information on the TeenAWARE program, please contact the Division of Community Health at (914) 813-5227.

Senior Programs

- **Salute to Seniors:** The Salute to Seniors annual Health and Wellness Fair is held each spring at the Salute to Seniors Day event. The wellness fair offers blood pressure tests, information on foot care and acupuncture, demonstrations of Tai Chi and risk screenings for diabetes, oral cancer, osteoporosis and high cholesterol and healthy food samples.
- **National Senior Health and Fitness Day:** This “day” is organ each Septemberized by the Mature Market Resource Center, a national information clearinghouse for the older adult market. In Westchester, programs are coordinated by The Department of Senior Programs & Services’ (DSPS) Health and Wellness Coalition. The day features activities such as dancing, healthy cooking demonstrations, water

aerobics and tai chi at various locations throughout the county including adult day-care programs, senior nutrition sites, senior centers, the YMCA and YWCA in White Plains and Club Fit in Yorktown and Briarcliff Manor. There is also a program for Spanish-speaking seniors.

- **Health Forum:** The Health and Wellness Coalition of the Department of Senior Programs and Services holds a health forum every spring in partnership with the County’s Department of Health. This year’s topic was “Steps to a Healthier Lifestyle for All Ages,” and the theme was ways to prevent obesity. Last years’ keynote was a nationally recognized authority on obesity.
- **Eating Better – Moving More™:** The Department of Senior Services’ nutrition unit sponsors programs on healthy eating at senior nutrition sites and centers throughout the county. One of these programs is Eating Better- Moving More, a 12-week program which features exercise and walking programs (with pedometers) and expanded information on proper nutrition. For more information, contact your local senior nutrition center. For a listing of nutrition sites in your area call (914) 813-6400 to request a brochure or visit our website at www.westchestergov.com and look under ‘seniors.’
- **And For Spanish-speaking seniors:** The DSPS’ Coalition on Hispanic Aging holds a “viviendo saludablemente” conference for Spanish-speaking seniors every fall. The topics vary. Last year’s program focused on memory-related issues and the importance of good mental health. For more information, call (914) 813-6393. The Westchester Public/Private Partnership for Aging Services Inc. is also a sponsor of this event.

Call 914-813-6400 for more information on all senior programs.

For more information on BeFit programs, call (914) 995-2950 or visit westchestergov.com

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Andrew J. Spano, Westchester County Executive
County Board of Legislators



Programs to Encourage Healthy Eating and More Physical Activity

Department of Parks, Recreation and Conservation
Joseph A. Stout, Commissioner

Department of Health
Joshua Lipsman, M.D., J.D. M.P.H., Commissioner

Message from County Executive Andy Spano



Obesity is the number one public health threat in America today. More than 67 percent of adults and 17 percent of children in the United States today are overweight. Being overweight dramatically increases the risk of serious health problems such as heart disease, stroke and high blood pressure and diabetes.

That's why under my direction, Westchester County has created the Be Fit Westchester program. In cooperation with the community, faith-based organizations and organizations like the American Heart Association and Diabetes Association, Westchester County has developed a series of initiatives to encourage residents to eat healthier and get more physical activity.

In this brochure you will find out about the many Be Fit programs we offer. We also have a website (www.westchester.gov/fitness) where you can find out about Westchester County-sponsored nutrition programs and physical fitness opportunities offered in our many parks and facilities.

Remember getting in shape can be fun. Not only will it change your life, it just might save your life.

Join Be Fit Westchester

Getting fit is just a matter of replacing bad habits with good habits. Choosing healthier foods and incorporating more physical activities in your family's regular routine are good ways to begin. To make it easier, Westchester County has started the Be Fit Westchester program, which will give you the tools to start on the road to fitness.

Here are Be Fit programs we offer:

Indoor Farmers' Market

Held at the Westchester County Center on Sundays, once a month from December through May, the Farmers' Market offers a showcase of fresh foods, produce, baked goods and food products produced by New York State farmers and vendors, along with food demonstrations and samplings. The program includes a special Chef of the Month feature, and registered dietitians offering tips and suggestions for food preparation, along with free entertainment. Free admission; parking at County Center is \$4. Dates are December 16, January 6, February 3, March 16, April 20, and May 18. Time: 10 a.m. to 3 p.m. The Westchester County Center is at 198 Central Ave., White Plains. Contact: Amy Maltese at (914) 864-7077 (for vendors); general info at www.countycenter.biz or (914) 995-4050

Community Gardens, Lenoir Preserve, Dudley Street, Yonkers

Grow fresh vegetables in your very own garden in one of the 10' x 10' garden plots available at the preserve. Contact: Lea Cullen at (914) 968-5851

Be Fit-Mobile

The county's own fitness center on wheels, the Be Fit-Mobile travels to parks, pools and beaches during the summer to show kids how they can have fun as they get fit and healthy.

The van is equipped with fitness accessories and staffed by recreation experts, and is available to groups and organizations such as day camps and community centers. Contact: Ike Kuzio at (914) 864-7057

Be Fit at the Westchester, The Westchester, White Plains

Fitness walkers can keep in shape throughout the year with the Be Fit mall walking club that meets on Tuesday and Friday mornings from 8 a.m. to 9:30 a.m. Special fitness- and nutrition-related programs are held once a month on Friday mornings. Contact: Amy Maltese at (914) 864-7077

Westchester County Parks

Walking, biking, hiking, cross-country skiing, golf and swimming are all activities that can be done right in Westchester County parks. Many of these activities are free of charge. There are more than 17,000 acres in the county's system of 50 parks, offering some of the most beautiful scenery in the country. Each weekend throughout the year, a wide range of recreational programs and sporting events are offered for people of all ages and interests. Contact: (914) 864-PARK or www.westchestergov.com/parks

Fit Kids

From salad bars to fitness centers, schools throughout Westchester have adopted changes to promote healthy eating and physical activity among students thanks to the Westchester County Fit Kids program. Fit Kids was developed in 2003 to assist schools in developing programs to encourage healthier lifestyles. Fit Kids provides support, educational materials and consultation to schools to help them improve the quality of food offered in cafeterias and vending machines; create opportunities for regular physical activity among students before, during and after school; and to encourage policies that support good nutrition and physical activity.

In 2005, the Fit Kids program received a New York State grant to expand the program to Orange, Dutchess and Putnam counties. To date, 69 schools in the four counties have signed up for the Fit Kids program (42 in Westchester County). Since Fit Kids began, more than 77,000 children in 127 schools have participated in related activities. If your school would like to become a Fit Kids school, contact the Health Department's Division of Community Health Bureau of Community Nutrition at (914) 813-5231 or visit the Fit Kids website at: www.westchestergov.com/health/FitKids.htm

WIC Program

Pregnant women and new mothers can get health and nutrition assessments, education and counseling as well as monthly checks to purchase nutritious foods as part of a federally funded Women Infant and Children program administered by Westchester County. The program serves 8,400 people each year in Yonkers, White Plains, and Port Chester. WIC participants can also receive coupons to purchase locally grown fresh fruits and vegetables at participating farmers markets in the community through the Farmers Market Nutrition Program. For more information, contact the Division of Community Health, Bureau of Community Nutrition at (914) 813-5231.

Healthy Vending Machines

Want to improve the quality of foods in your school or organizations' vending machines? Contact the Department of Health to find out more about "healthy" vending machine criteria. The list was developed to help increase the availability of more nutritious snacks and beverages sold in vending machines located in Westchester County buildings. This initiative offered health benefits for not only county employees, but also for members of the public who visit county buildings. For more information about the Health Department's nutrition programs, please contact the Division of Community Health Bureau of Community Nutrition at (914) 813-5231.