

**Names of Counties:** Columbia County; Greene County

**Organization(s):** Columbia County Department of Health  
Greene County Public Health  
Columbia Memorial Health

**Planning Report Liaisons:** Victoria McGahan (Columbia); Jillian DiPerna (Greene); Claire Parde (Hospital)

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**Color Code:**

Greene	Columbia	Columbia & Greene Counties
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Priority	Focus Area	Goal	Objectives	Disparities	Interventions	Family of Measures
Prevent Chronic Diseases	Focus Area 1: Healthy eating and food security	Goal 1.2 Increase skills and knowledge to support healthy food and beverage choices	Objective 1.4 Decrease by 5% (from 24% to 22.8%) adults ages 18 years and older with obesity (among all adults) by December 31, 2021.	N/A	Intervention 1.0.3 Worksite nutrition and physical activity programs designed to improve health behaviors and results Local health departments, hospitals, health centers, businesses, CBOs and other stakeholders can implement wellness programs at their own worksite and work with local worksites to implement nutrition and physical activity interventions as part of a comprehensive worksite wellness program. Components to include: Education and information through classes, written & digital communication. Some programs will include incentives for participation/and or behavioral change.	Input Measures: Number of programs  Output Measures: Number of active participants

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Prevent Chronic Diseases	Focus Area 1: Healthy eating and food security	Goal 1.2 Increase skills and knowledge to support healthy food and beverage choices	Objective 1.4 Decrease by 5% (from 24% to 22.8%) adults ages 18 years and older with obesity (among all adults) by December 31, 2021.	N/A	<p>Intervention 1.0.3 Worksite and community based nutrition and physical activity programs designed to improve health behaviors and results</p> <p>Local health departments, hospitals, health centers, businesses, CBOs and other stakeholders can implement wellness programs at their own worksite and work with local worksites to implement nutrition and physical activity interventions as part of a comprehensive worksite wellness program. Recommended components include:</p> <p>Educating and informing through classes, distributing written &amp; digital communication.</p>	Output Measures: Number of worksites providing responses to inventory query; Number of employees reached; Number of worksites serving as hosts; Number of competitions; Number of competition participants; Number of educational sessions

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Prevent Chronic Diseases	Focus Area 1: Healthy eating and food security	Goal 1.2 Increase skills and knowledge to support healthy food and beverage choices	Objective 1.4 Decrease by 5% (from 24% to 22.8%) adults ages 18 years and older with obesity (among all adults) by December 31, 2021.	Overweight and obesity in individuals with disabilities (mental illness)	<ul style="list-style-type: none"> <li>• Provide nutrition education program for patients in its Inpatient Psychiatric Unit. Note that this activity is a second way in which the Hospital will address the health disparity of excess overweight and obesity in individuals with a disability (mental illness)</li> <li>• Participate in the Columbia-Greene Breastfeeding Coalition</li> <li>• Provide a variety of onsite employee wellness support tools and options:               <ul style="list-style-type: none"> <li>– HR Connection, an online website that employees can access directly on the CMH intranet or at their home, in which facts, healthy recipes and monthly health awareness information is shared</li> <li>– Monthly “Live Well, Work Well” newsletters via email to all employees. This highlights healthy benefits, tips and includes a healthy recipe. They are also posted in the break areas throughout CMH and on HR Connection.</li> <li>– Group challenges that focus on eating healthy and physical activity such as “The Biggest Loser.”</li> <li>– Onsite “Weight Watchers” program</li> <li>– A site for the sale of fresh produce during the spring and summer months</li> <li>– A site for the drop off/pick up location for Field Goods, an organization that offers a weekly auto delivery of fresh produce from local farms, delivered to employees right at work</li> <li>– An Employee Assistance Program, provided to CMH employees at no cost, which offers CMH employees Life Style and Stress Management on a confidential 1-800 number</li> <li>– A benefits package that includes a Medical Flexible Spending Account. This is a plan that allows pre-tax dollars to be set aside to assist in covering medical and wellness items that are not covered by health insurance, such as Health Management Programs and Dietary Supplements.</li> </ul> </li> </ul>	<p>Output Measures:</p> <ul style="list-style-type: none"> <li>• Nutrition education program for patients in the Hospital's Inpatient Psychiatric Unit: the number of patients participating in each session</li> <li>• The Breastfeeding Coalition: Consistent participation in meetings by at least one representative from CMH</li> </ul> <p>Input Measures: Onsite-wellness support tools and options: # of employee visits to HR Connection; # of monthly newsletters distributed; # of group challenges offered and # of participants in each; # of on-site fresh fruit and vegetable sales; # of on-site produce deliveries; # of employees enrolled in Employee Assistance Program; # of employees enrolled in Flexible Spending Accounts</p>

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Priority	Focus Area	Goal	Objectives	Disparities	Interventions	Family of Measures
Prevent Chronic Diseases	Focus Area 2: Physical activity	Goal 2.3 Increase access, for people of all ages and abilities, to indoor and/or outdoor places for physical activity.	Objective 1.9 Increase by 6% (81% to 85.9%) adults age 18 years and older who participate in leisure-time physical activity (among adults with disability) by December 31, 2021.	Overweight and obesity in individuals with disabilities (mental illness)	Local Health Departments: Intervention 2.3.1 Promote a combination of community walking, wheeling, or biking programs, Open Streets programs, joint use agreements with schools and community facilities, Safe Routes to School programs, increased park and recreation facility safety Hospital: Administer an exercise program for patients in its Inpatient Psychiatric Unit Note that this activity is one of the ways in which CMH will address the health disparity of excess weight and obesity in individuals with a disability (mental illness).	Output Measures (Local Health Department) -Number of Physical Activity Guides provided to the community -Number of community members reached -Number of websites with a link to the guide -Number of partners working with adults with disabilities that are engaged in our work -Number of outlets for guide Output Measures (Hospital): the number of patients participating in each session of the exercise program for patients in the Hospital's Inpatient Psychiatric Unit

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Projected/completed Year 1 Interventions	Projected Year 2 Interventions	Projected Year 3 Interventions	Implementation Partner	Partner Role(s) and Resources
<p>Biggest Loser Contest: 4 month weigh loss contest, with incentives provided for greatest number of pounds and greatest percentage lost. Contestants losing 5% or greater are eligible for a 3 month weight maintenance program. Weekly fitness, nutrition and wellness e-mails for all registered participants.</p> <p>Vitality Greene: A 10 activity week challenge available to all Greene County Employees; self-reported step/activity tracking contest with weekly prizes for employees logging the most minutes of activity (a different employee will be selected weekly), with a raffle entry for all employees completing the challenge login requirements. Weekly educational e-mails to all registered participants.</p> <p>Biometric Screening Pilot Program: Available to management confidential employees insured through Empire Insurance, including weight, blood pressure, glucose and cholesterol, followed up by a review of health report with nurse and guidance on healthy behavior changes; employees encouraged to follow-up with provider</p> <p>Healthy Vending Machines: Located in the Emergency Operations Building and the Mental Health Clinic in Cairo, NY; employees provided with healthier options in vending machines</p> <p>Stair Signs: Located in Main County Office Building in Catskill, NY; employees are encouraged to take the stairs with informational/motivational signs located near the door of each stair case and on the landings between floors</p> <p>GreeneWalks: Community activity program open to employees and their families. Participants who complete a paper tracking form are eligible for incentives. Participants making additional lifestyle changes are eligible for enhanced incentives.</p>	<p>All 2019 programs will be continued annually for Greene County Employees</p> <p>In 2020, Health Incentive Rewards will be made available to all Greene County Employees; incentives will be provided to employees for completing annual physical/nutritional classes/etc.</p>	<p>All 2020 programs will be continued annually for Greene County Employees</p>	<p>Community-based organizations</p>	<p>Greene County Public Health Department: Worksite coordination of Biggest Loser Contest including coordination of contest for clients of the Mental Health Association of Columbia-Greene; participate in Go Greene for Wellness Committee; create and maintain Stair Signs</p>

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Projected/completed Year 1 Interventions	Projected Year 2 Interventions	Projected Year 3 Interventions	Implementation Partner	Partner Role(s) and Resources
Engage partners.	Inventory of existing partnerships with employers and the worksite programs at their facility. Inventory current partners and those reached through the Chamber of Commerce. Promote physical activity in worksites through signage, policies, social support, and joint use agreements. Promote access to community resources, educational opportunities, and promote the Chamber of Commerce run wellness challenges. Work with employers to create agency wellness action plans for continued improvement.	Continue Annual program evaluation, improvement efforts and action planning.	Local governmental unit	Empire Insurance Plan: Provide health and wellness programming, incentives, and employee aggregate data; participate in Go Greene for Wellness Committee

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Projected/completed Year 1 Interventions	Projected Year 2 Interventions	Projected Year 3 Interventions	Implementation Partner	Partner Role(s) and Resources
Exercise program for patients in the Hospital's Inpatient Psychiatric Unit; Breastfeeding Coalition; Onsite-wellness support tools and options	Add Nutrition Education for patients in the Inpatient Psychiatric Unit and continue other interventions	Continue all interventions	Hospital	Key partners in these endeavors include, but are not limited to: Psych Unit staff, exercise program vendor; nutrition education program vendor; the members of the Breastfeeding Coalition; the Human Resources Department at CMH

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Projected/completed Year 1 Interventions	Projected Year 2 Interventions	Projected Year 3 Interventions	Implementation Partner	Partner Role(s) and Resources
<p>Indoor/Outdoor Physical Activity Guide for Columbia and Greene Counties            Currently details indoor/outdoor locations for physical activity in Columbia and Greene Counties; includes youth recreation programs, walking/hiking trails, walking/hiking/running clubs, cycling, skiing, swimming, fitness centers, school districts with open tracks, town parks, dog parks, and yearly activity-based events; available online or printed copies in Greene County libraries</p>	<p>Indoor/Outdoor Physical Activity Guide - update            Guide will be updated to include most recent information; guide will be updated to include disability-accessible locations, including ramps and handicap parking; online and print copies of this guide will be shared throughout community</p>	<p>Indoor/Outdoor Physical Activity Guide - continue to update and disseminate guide as needed</p>	<p>Community-based organizations</p>	<p>Greene County Human Resources:            Participate in Go Greene for Wellness Committee , marketing of programs, distribution of educational information and materials</p>