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*An assessment of Onondaga County's current initiatives for obesity prevention and treatment produced the following programs within this community.*

## **Obesity Prevention and Treatment Programs in Onondaga County**

### **Healthcare Provider Based Programs**

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#### **BARIATRIC SURGERY AT UNIVERSITY HOSPITAL**

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**Partners:**

N/A

**Program Goal:**

The goal is to medically treat morbidly obese adults through gastric bypass surgery.

**Program Description:**

The hospital receives 5-7 inquiries a day.

There is a website: <http://www.upstate.edu/surgery/uhsurgery/bariatric/> that interested persons can access. There is an initial application form that people must fill out.

- Aside from insurance, health requirements for surgery: A BMI equal to or greater than 30 with co-morbidities or a BMI equal to or greater than 40 with NO co-morbidities.
- All bariatric surgery at University Hospital is gastric bypass. There is no banding at this facility.

**Program Evaluation:**

Patients are coached that the operation is only one tool in a series of steps. Maintaining bad eating habits and no exercise will contribute to failure. There is a verbal contract with all patients that post surgery there will be follow-up at least once a year, patients must retain a General Practitioner, and patients must attend support groups. Personal therapy is suggested if needed.

**Program Funding:**

The program is funded through insurance reimbursement.

**Contact Information:**

Dr. Paul Cunningham, M.D., F.A.C.S  
Professor & Chair, Department of Surgery  
750 East Adams Street, Syracuse, NY 13210  
315-464-5549  
[cunnigp@upstate.edu](mailto:cunnigp@upstate.edu)



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## Healthy Lifestyle Family Program

### THE CHILDREN'S CENTER FOR NUTRITION AND EXERCISE

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**Partners:**

Upstate Medical University Children's Center for Nutrition and Exercise, Onondaga County Health Department, and Syracuse University

**Program Goal:**

The primary goal of the program is to “offer a family-centered approach to healthy eating and physical activity habits” and for children to achieve a healthy weight.

**Program Description:**

Services are currently offered to 100 children between the ages of two and eighteen. All children must be referred to the program by a physician. Children referred to the program generally fall above the 95<sup>th</sup> percentile in body mass index. Participant's race breakdown is currently (anecdotal): 50% Caucasian, 35% African American, 10% Latino, and 5% Native American.

Families work with a multidisciplinary team of professionals including a pediatrician, a pediatric nutrition, a clinical social worker, and an exercise physiologist. A pediatrician performs a medical evaluation, identifies the risk factors of obesity, monitors measures of physical fitness over time and refers to specialists as necessary. A pediatric nutritionist performs a nutrition assessment. A social worker conducts behavior counseling, and performs a psychological and social assessment. An exercise physiologist provides physical activity counseling. There are group activities held on Thursday evenings, two to three times a month from 6 to 7 pm. Fitness classes are offered weekly by a certified aerobics instructor on Thursdays from 5 to 6pm.

**Program Evaluation:**

Currently there is no evaluation, however an evaluation is planned as the program approaches its first-year mark.

**Program Funding:**

Insurance Reimbursement

**Contact Information:**

Denise Woodall-Ruff, M.D.

Assistant Professor of Pediatrics, Dept. of Pediatrics, University Hospital

90 Presidential Plaza, Syracuse, NY 13202

315-464-5831

[woodalld@upstate.edu](mailto:woodalld@upstate.edu)

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## JOSLIN DIABETES CENTER

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**Partners:**

Upstate Medical University, Joslin Diabetes Center of Boston, Federal and state grant makers

**Program Goal:**

To treat individuals of all ages who are diagnosed with Type 1 or Type 2 diabetes.

**Program Description:**

There are currently three major programs being run out of Joslin. They include:

- Joslin Direct Diabetes Center: Serves children and adults in 20 counties. Comprehensive diabetes education and treatment program which includes the expertise of 10 endocrinologists, 3 nurse researchers, 3 pediatric nurse practitioners, 2 dietitians, 4 study managers, 3 podiatrists, kidney specialists, plus links to other health needs through Upstate Medical University. Includes an insulin pump program. Puts on free diabetes screenings and health fairs in collaboration with the county health department. The direct diabetes center trains medical students to specialize in diabetes care. The center also runs research/demonstration projects.
  - Joslin runs education programs to help people with diabetes self-management. Classes focus on weight-loss and living with diabetes.
- Type 2 diabetes in kids (Today program): NIH funds a study to identify Type 2 diabetes in children through free screenings. Once patients are identified the study provides these children with education and the resources to reverse their disease. Specifically, children are matched with a Physical Activity Leader (PAL), a medical specialist who encourages kids to lose weight weekly.
- Diabetes Education and Telemedicine Project: Medicare funds this program for elderly with diabetes. This program provides seniors in underserved areas computer equipment and other supplies to allow them to self-monitor their diabetes in their homes.

**Program Evaluation:**

Programs are evaluated individually through guidelines set at the Joslin Diabetes Center of Boston, and through standards set by grant makers at the federal and state levels.

**Program Funding:**

Program is part of Upstate Medical University. Funding is a combination of the medical university budget, reimbursements for services, and both state and federal grants for experimental treatment.

**Contact Information:**

Dr. Ruth Weinstock  
Medical Director  
Joslin Diabetes Center  
(315) 464-5740

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## MINDFUL EATING

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**Partners:**

Upstate Medical University's Center for Health and Meditation

**Program Goal:**

The motto of Mindful Eating is to "Rebuild your self-image and rediscover the pleasures of eating." It seeks to help those who are chronic dieters, struggled with their weight and realize that dieting does not work in the long run for most people. Its goal is to teach them how to recognize their hunger and fullness sensations, enjoy foods at a healthy consumption size, cope with emotions and stress without using food, and to exercise for fun.

**Program Description:**

Mindful Eating is a weight management program that uses the medium of meditation. It uses the principles of mindfulness and takes a non-diet approach to healthy weight loss and improved self esteem. Topics covered in the class include recognizing hunger and using the hunger scale to measure it, coping with emotions and non-physical hunger and nutrition for life. The program structure is a ten week course that meets for two and half hours once a week. This program is run two to three times a year.

**Program Evaluation:**

The primary form of program evaluation that exists is anecdotal evidence from client testimonials. Questionnaires are also mailed to clients at the end of the program for evaluation and feedback purposes.

**Program Funding:**

The program is funded by client fees. The fee for service is on a sliding scale that ranges from \$30 for Medicaid eligible patients to \$300 for private payers. The fee covers the costs of texts, course materials, and food provided during classes.

**Contact Information:**

Dr. Lisa Kaufmann

(315) 464 - 6052

[www.upstate.edu/stress/mindful.shtml](http://www.upstate.edu/stress/mindful.shtml)



## **County Department Programs**

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### **WOMAN INFANTS AND CHILDREN (WIC)**

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**Partners:**

Onondaga County Department of Health, Syracuse Healthy Start, Pre-schools serving children ages 1-5

**Program Goal:**

To provide pre-natal and post-natal woman and their children ages 1-5 185% of the poverty line with education regarding nutrition and the resources to purchase healthy food.

**Program Description:**

The WIC program is a federally funded program through the State and County Health Departments. The program offers services to pre-natal mothers, children ages 1-5, non-breast feeding post-natal mothers five months after birth, and breast feeding mothers up to 12 months after birth. WIC offers nutrition education to expectant and new mothers from registered dieticians and provides resources for purchasing specified food options including tuna, carrots, milk, cheese, and options offered at local farmers' markets. The program also offers a nutrition evaluation which assesses heights and weights. The program addresses obesity through focusing on Eat Well Play Hard Initiatives.

**Program Evaluation:**

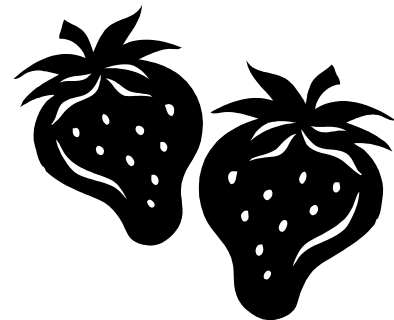
The nutrition levels of participants, both children and mothers are assessed and progress is measured. If problems are found, the appropriate referrals are made to healthcare providers.

**Program Funding:**

The program is federally funding and there is no fee for service.

**Contact Information:**

Marylee Twardowski  
WIC/ Onondaga County Department of Health  
315-435-3280



## **School Based Programs**

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### **COOK SHOP**

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**Partners:**

Solas, Delaware, Frazer and Roberts Elementary

**Program Goal:**

The program goal is to increase fruit and vegetable consumption among elementary school students, to introduce children to different fruits and vegetables, and to encourage children to prepare the recipes with their parents at home.

**Program Description:**

The program is based in four inner city schools, in grades 4-6. Each month there is an actual cooking lesson in the classroom, focusing on preparing, cooking and eating vegetables. Education includes how the vegetable is grown and other ways to cook it. The children assist in the preparation of the vegetable. A parent newsletter is handed out with a recipe, with the hope that the children will prepare the vegetable at home with their parents.

**Incentive: Cook Shop Challenge**

There is a chart in each classroom with children's names. Parents sign off that they have cooked a recipe. If so, the child gets a star next to their name, with a prize given at the end of the year to the child who has cooked the most recipes at home.

**Program Evaluation:**

Students are given a pretest and posttest of vegetable knowledge.

**Program Funding:**

The program is funded by the state.

**Contact Information:**

Liz Giovanetti  
Central New York Food Bank  
6970 Schuyler Road East Syracuse, NY 13057  
437-1899 x226  
[egiovanetti@foodbankcny.org](mailto:egiovanetti@foodbankcny.org)



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## EARLY EDUCATION PROGRAM PHYSICAL EDUCATION NORTH SYRACUSE CENTRAL SCHOOL DISTRICT

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**Partners:** N/A

**Program Goal:**

To ensure that 3-5 year olds enrolled at the pre-school level are engaged in physical activity that develops motor, cognitive, and social goals for the children.

**Program Description:**

The program only exists at public pre-schools within North Syracuse Central Schools but kids from all over the county can attend. There is a fee for service, unless the child has special needs.

- Children ages 3-5.
- 300 kids, half with special needs.
- Each class has physical education once a week for 30 minutes.
- The rest of the week, 30 minutes each day in the zoom-zoom room.
- Special needs children are in physical education class 3 times a week.
- Do warm up, activity, and cool down with children.
- There is a health and nutrition component. An example being, read a book to children about fruit, followed by an activity and a cool down.
- Learn that sweating is good, to be cognizant of their heartbeat, where the liver is, etc.
- There is a parent component to the children's' activities. Every week the parent is given a resource including the schedule of activities for the children. Parents are always welcome to watch. Every month parents are invited to come and participate in the activity.

**Program Evaluation:**

There is no formal evaluation conducted for this particular program. However, the school nurse weighs children at the beginning of the school year; at risk children are weighed quarterly.

**Program Funding:**

Funding is through the North Syracuse Central School District

**Contact Information:**

Renee McCall  
Physical Education Instructor  
315-452-3024  
[rmccallape@aol.com](mailto:rmccallape@aol.com)

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## FAMILY BASED INTERDISCIPLINARY CHILD WEIGHT INTERVENTION PROGRAM

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**Partners:**

Syracuse University Department of Nutrition, Syracuse City Schools, and The Children's Center for Nutrition and Exercise

**Program Goal:**

The goal of the program is to address nutritional needs in vulnerable populations.

**Program Description:**

The program is a 12 week multidisciplinary approach to targeting overweight/obese children with pre and post testing. Children considered at risk were identified by school nurses and were taken off the waiting list at the Children's Center for Nutrition and Exercise. Children participate only if parents give permission. Parents are not involved in the program at the schools; the control group is the group at the Children's Center where parents are involved in the program. Children were randomly assigned to either the nutrition component or exercise component. All children have interaction with a marriage and family therapist and a graduate student from the nutrition and exercise science programs at Syracuse University.

**Program Evaluation:**

This is a two year grant that just began at the end of March 2004. Currently 16 children from Martin Luther King Elementary (all African American) are enrolled, five at Shea Middle School (African American and Hispanic), and nine at Children's Center for Nutrition and Exercise (mix). Collaboration with Dr. Weeks elementary will begin in Fall 2004. Evaluation of the intervention will take place towards the end of the funding cycle.

**Program Funding:**

Funding is through New York State Attorney General's Office.

**Contact Information:**

Kay Stearns Bruening, Ph.D, R.D.  
Associate Professor, Director of Coordinated Dietetics Program  
Syracuse University  
College of Human Services and Health Professions  
034 Slocum Hall  
Syracuse, NY 13244  
315-443-9326  
[ksbrueni@syr.edu](mailto:ksbrueni@syr.edu)

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## STATEWIDE CENTER FOR HEALTHY SCHOOLS

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**Partners:**

New York State Department of Education, Public Schools

**Program Goal:**

The New York Statewide Center for Healthy Schools supports schools in promoting healthy behaviors and lifestyles for students and the greater school community. The goal of coordinated school health programs is higher academic performance, increased attendance, positive youth development, improved school morale, and an enhanced learning development.

**Program Description:**

- Healthy Hearts for Kids: Healthy Hearts is an interactive web-based learning module intended to positively impact the knowledge, attitudes, and behaviors of students in 5th and 6th grades, relating to physical activity, nutrition, and tobacco usage.
- Healthy Steps: Healthy Steps is a program designed to get students in grades K-5 to record their steps or mileage while walking. To promote further involvement, teachers and parents are encouraged to record their steps as well.
- Healthy Schools Leadership Institute: In collaboration with the State Education Department, the American Cancer Society, and the NYS Department of Health this is a high level leadership development program designed specifically for people working to create safe and health-promoting schools.
- New York State Healthy STARS: Develop an awards program to recognize schools whose policies and practices are comprehensive and coordinated and reflect a high priority on healthy outcomes for children.

**Program Evaluation:**

Evaluation for Healthy Hearts began in fall 2003; Healthy Walks, collection of steps; Healthy Schools Leadership Institute began in 2002; Healthy STARS began in fall 2003.

**Program Funding:**

New York State and other varies collaborators.

**Contact Information:**

Gary English  
Statewide Center for Healthy Schools  
77 North Ann Street, Little Falls, NY 13365  
315-823-1022  
genglish@healthyschools.org  
<http://www.nyshealthyschools.org>



## **Community Based Programs**

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### **BOYS AND GIRLS CLUB OF SYRACUSE, HEALTH AND RESTAURANT PROGRAM**

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**Partners:**

N/A

**Program Goal:**

The program goals were to educate participants on Food Services, the Restaurant industry, and healthy eating.

**Program Description:**

The Health and Restaurant Program is a pilot program with a number of components. The Director of Food Services educated participants on Food Services as well as getting involved in the restaurant industry. In addition the program had a component that focused on educating young woman on healthy eating and nutrition.

**Program Evaluation:**

All Boys and Girls Club programs are measured and evaluated for their effectiveness' through a continuous improvement program developed by a Syracuse University benchmarking class through the Maxwell School, contact Carol Dwyer. The programs are evaluated through customer service surveys as well as based on participation levels.

**Program Funding:**

There is no fee for service. The Boys and Girls Club of Syracuse is funded from the larger umbrella non-profit, donations, and grants.

**Contact Information:**

Mark Sheehan  
Director of Programs  
375 Montgomery Street  
Syracuse, NY 13202  
Phone: 315-472-6714



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## BOYS AND GIRLS CLUB OF SYRACUSE, HOT MEALS PROGRAM

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**Partners:**

The Samaritan Center, The Syracuse Food Bank, The Maxwell School and Syracuse University  
Department of Nutrition and Hospitality Management, Syracuse University

**Program Goal:**

The program goal is to provide hot and nutritious meals on a daily basis to Boys and Girls Club members.

**Program Description:**

The Boys and Girls Club runs a dinner program that serves hot meals each evening. The meals were developed by a dietician from the food bank and are prepared at the Samaritan Center. The meal emphasizes the importance of fruits and vegetables, and having an 8 oz. glass of low-fat milk each day.

**Program Evaluation:**

Dr. Kay Bruening, Ph.D., R.D. Syracuse University, Department of Nutrition and Hospitality Management evaluated the program for the effect of participation in the hot meals program on food and nutrient intake. The evaluation found that participating in the program significantly improved the diets of school age children.

In addition, all Boys and Girls Club programs are measured and evaluated for their effectiveness through a continuous improvement program developed by a Syracuse University benchmarking class through the Maxwell School, contact Carol Dwyer. The programs are evaluated through customer service surveys as well as based on participation levels.

**Program Funding:**

There is no fee for service. The Boys and Girls Club of Syracuse is funded from the larger umbrella non-profit, donations, and grants.

**Contact Information:**

Mark Sheehan  
Director of Programs  
375 Montgomery Street  
Syracuse, NY 13202  
Phone: 315-472-6714



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## BOYS AND GIRLS CLUB OF SYRACUSE, VARIOUS RECREATIONAL PROGRAMS

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**Partners:**

Syracuse University

**Program Goal:**

The program goal is to offer outlets for youth ages 6-19 to participate in structured sport and recreational programs.

**Program Description:**

The Boys and Girls Club offers recreational activities throughout the year including basketball, baseball, and wiffle-ball programs.

**Program Evaluation:**

In addition, all Boys and Girls Club programs are measured and evaluated for their effectiveness through a continuous improvement program developed by a Syracuse University benchmarking class through the Maxwell School, contact Carol Dwyer. The programs are evaluated through customer service surveys as well as based on participation levels.

**Program Funding:**

For spring, fall, and Winter sports there is a \$5 fee for service, for summer programs there is a \$10 fee. The Boys and Girls Club of Syracuse is funded from the larger umbrella non-profit, donations, and grants.

**Contact Information:**

Mark Sheehan  
Director of Programs  
375 Montgomery Street  
Syracuse, NY 13202  
Phone: 315-472-6714



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## COMMUNITY INTERVENTION

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**Partners:**

Five targeted churches in the City of Syracuse

**Program Goal:**

The goal is to empower African American families through a culturally sensitive health program about obesity and healthy lifestyles will lower their risks for diabetes, hypertension, cancer, and other chronic diseases.

**Program Description:**

- Phase 1: Create a forum to discuss concerns about obesity and ideas for how to achieve healthier lifestyles; conduct a program needs assessment to understand quality of life, health, behaviors, environment and educational linkages and target needs; plan and design a culturally competent, sustainable intervention based on assessed needs to prevent and treat obesity through healthy lifestyles; evaluate the intervention to make sure it addresses cultural competence and health literacy for the target population.
- Phase 2: Implement the culturally competent sustainable intervention; evaluate and monitor intervention impact and behavioral outcomes for the target population; establish sustainable benchmarks and supportive networks and linkages.

**Program Evaluation:**

Monitoring for Phase 1 will include: Numbers of church members participating and attending each data collection session; advisory group and participant satisfaction surveys with the data collection process; and numbers of church members interested in Phase 2.

**Program Funding:**

The program is funded through Excellus, Central New York Community Foundation, Inc., Rosamond Gifford Association, Wegmans Corporation, and Syracuse University College of Human Services and Health Professions.

**Contact Information:**

Luvenia W. Cowart, Ed.D., RN  
Robert Wood Johnson Executive Nurse Fellow  
Assistant Dean  
Syracuse University  
College of Human Services and Health Professions  
Student Affairs and Special Projects  
(315) 443-9808  
[lwcowart@syr.edu](mailto:lwcowart@syr.edu)



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## HEALTHY CHILDREN, HEALTHY FUTURES

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**Partners:**

Network of over 100 stakeholders including agricultural promotion board members, BOCES, Cornell Cooperative Extension, day care providers, emergency food programs, local dieticians, local grocery stores, local farmers markets, Onondaga County Medical Society, members of the faith community, parents of preschool and elementary aged children, parks and recreation departments, physical education teachers, school nurses, school principals, United Way Success by 6, vegetable or fruit farmers, WIC, and YMCA/YWCA.

**Program Goal:**

The program goals are to increase fruit and vegetable intake, increase consumption of low calorie dairy foods, and increase age appropriate exercise.

**Program Description:**

This grant is in the first of three years, and is currently gathering information and making a community assessment. At the end of the information gathering stage, they will write a two year work plan focusing on activity and nutrition in day care centers, emergency food programs and some elementary schools inside and outside the City of Syracuse. An additional part is the creation of a social marketing campaign to reach kids and parents.

**Program Evaluation:**

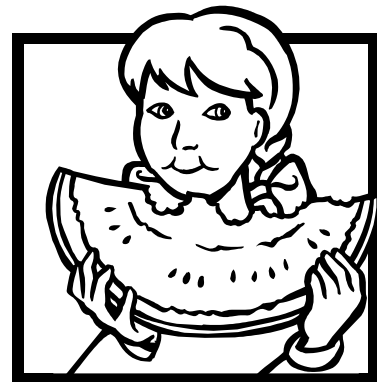
The program will be evaluated based on assessment for WIC at sites. There will also be evaluation at the emergency food sources and schools, based on the activity and nutrition programs established in each site.

**Program Funding:**

Grant from NYSDOH, Division of Nutrition

**Contact Information:**

Tara Hatala  
Onondaga County Health Department  
421 Montgomery St.  
Syracuse, NY 13202  
435-3280  
[hlthata@ongov.net](mailto:hlthata@ongov.net)



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## INTER-RELIGIOUS FOOD CONSORTIUM

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**Partners:**

Success by 6, Just Say Yes to Fruits and Vegetables, Department of Social Services, WIC

**Program Goal:**

The goal is to bring hunger awareness to community through information sharing, donation collection and food drives.

**Program Description:**

- Make referrals to food pantries.
- Assist food pantry coordinators with food drives and donations.
- Distribution of Success by 6 “Let’s Get Cooking” cookbook and Just Say Yes to Fruits and Vegetables posters to food pantries

**Program Evaluation:**

Difficult to measure since the population that utilizes emergency food services is very mobile. Some pantries report if referrals were completed.

**Program Funding:**

Some small grants but mainly funded through private donations.

**Contact Information:**

Michelle Jordan  
Program Director  
InterReligious Food Consortium  
222 Teal Avenue, Box D-1  
Syracuse, NY 13210  
474-8855  
[ifcfc@hotmail.com](mailto:ifcfc@hotmail.com)

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## KIDS CAFE

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**Partners:**

Southwest Community Center (SWCC), Rescue Mission as vendor to provide food to SWCC, Boys and Girls Club, and the Samaritan Center as a vendor to provide food to Boys and Girls Club

**Program Goal:**

The goal of the program is to provide a hot meal to children attending after school programs at SWCC and three Boys and Girls Clubs in Syracuse. This originally was a snack program that turned into hot meal program after school.

**Program Description:**

Food banks applied to become sponsors for CACFP. Eligibility requires that sponsors have to follow a specific meal pattern that includes a fruit/or vegetable in each meal. CNY Food Bank is now an unaffiliated sponsor which allowed them to open up this program at SWCC in January. The Rescue Mission makes meals and CNY Food Bank transports meals to after school programs at SWCC. The Boys and Girls Club is their own sponsor, working with Samaritan Center who supplies the meals. The CNY Food Bank helps with menus and helps transport meals to Boys and Girls Club.

Kids Café Club is another monthly component, providing health and nutrition education based on Cook Shop. A physical activity component was added to get kids active.

**Program Evaluation:**

Evaluation has been a problem because they are trying to evaluate participation in drop-in after school programs with inconsistent attendance. At the Boys and Girls Club they have sent letters home, distributed parental newsletters and conducted pretest/posttest on nutrition education.

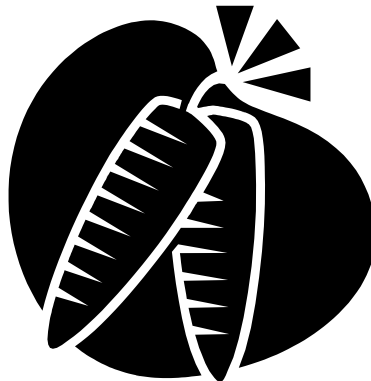
**Program Funding:**

Child and Adult Care Food Program (CACFP)-federal feeding program reimburses for food costs

An at-risk component allows funding for school aged children up to 18-19 years attending after school programs. There is no summer funding so the program only occurs during the school year.

**Contact Information:**

Liz Giovanetti  
Central New York Food Bank  
6970 Schuyler Road  
East Syracuse, NY 13057  
437-1899 x226  
[egiovanetti@foodbankcny.org](mailto:egiovanetti@foodbankcny.org)



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## OVEREATERS ANONYMOUS

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**Partners:**

N/A

**Program Goal:**

Overeaters Anonymous' goal is to help those with compulsive eating disorders to recognize their problem and help them overcome it by encouraging abstinence from compulsive overeating. Overeaters Anonymous' members also have disorders ranging from eating binges to starvation to and the program seeks to help members overcome these eating disorders as well.

**Program Description:**

Overeaters Anonymous offers "acceptance and support" through meetings, where members are kept anonymous. The Twelve Steps (originated from Alcoholics Anonymous) provide the basic principles of inner change. Furthermore, the illness of compulsive overeating is addressed from a physical, emotional and spiritual perspective, not from a dietary perspective.

**Program Evaluation:**

The only form or program evaluation that exists is anecdotal evidence, in that sponsors provide members with personal accounts of the successes they have had in overcoming compulsive overeating through the Overeaters Anonymous program.

**Program Funding:**

There are no dues or fees for Overeaters Anonymous members. The organization is self-supporting through contributions from members.

**Contact Information:**

Overeaters Anonymous

(315) 475 - 8925

For meeting times and locations please call the above number.

[www.aa.org](http://www.aa.org)

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## SYRACUSE CITY PARKS AND RECREATION PROGRAMS, VARIOUS

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**Partners:**

N/A

**Program Goal:**

The goal is to offer adults and children in the Syracuse City structured sports and physical activity program.

**Program Description:**

- Through eight neighborhood based community centers, Syracuse Parks and Recreation offers children:
  - Three junior Basketball leagues at three different sites for pre-teens, both male and female
  - Two teen Basketball leagues for children ages 13-15.
  - Flag football leagues at various neighborhood center for pre-teens
  - A structured kickball league in the Spring season
- Syracuse Parks and Recreation offers adults:
  - Adults Recreational Basketball in the summer season
  - New this year a hockey league
  - A structured Broom Ball league
- Syracuse Parks and Recreation offers seniors:
  - Daily Senior exercise classes, senior nutrition services also available

**Program Evaluation:**

N/A

**Program Funding:**

Syracuse Parks and Recreation is funded through the City and County. Most recreational programs offered to children are free. Adults are asked to contribute a small fee for service. Seniors are also asked to pay a fee for service for exercise classes as well as nutrition services; the fee is based on their ability to pay.

**Contact Information:**

Chris Abott  
Director of Youth Programs  
Syracuse Parks and Recreation  
412 Spencer Street  
Syracuse, NY 13204-1390  
Phone: 315-473-4330



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## SYRACUSE PARKS AND RECREATION 30 MINUTE ENERGY RELEASE

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**Partners:**

N/A

**Program Goal:**

The goal is to offer children being served by the eight neighborhood community centers throughout the city an opportunity for physical activity on a daily basis.

**Program Description:**

At each of the eight community centers during the after school center hours there is a 30 minute or hour long energy release in which younger children participate in games or general recreational activity. This time slot is focused on physical activity.

**Program Evaluation:**

N/A

**Program Funding:**

There is no fee for service. Syracuse Parks and Recreation is funded through the County and City.

**Contact Information:**

Chris Abott  
Director of Youth Programs  
Syracuse Parks and Recreation  
412 Spencer Street  
Syracuse, NY 13204-1390  
Phone: 315-473-4330

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## YMCA OF GREATER SYRACUSE

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**Partners:**

N/A

**Program Goal:**

See various descriptions

**Program Descriptions:**

- **Kids Fun Factory Club**: This is an exercise program designed to teach the children proper ways to exercise and that exercise is fun. They will warm-up, work into a cardiovascular segment and end with flexibility exercises. Ages 5-8. Classes: Every Tuesday, January 6 to April 6, 2004, 6:45-7:30 p.m. in Gym A. Members: FREE
- **Y.A.I.T. Club** (Young Athletes in Training): An exercise program designed specifically for youth ages 9-14. This program is appropriate for both non-active and active youth. The first 30 minutes consists of a cardiovascular fitness exercise and the second 30 minutes consists of strength training utilizing various resistance equipment including free weights, body bars, pro-tubing and exercise balls. Classes: Every Tuesday 6:30-7:30 p.m. in gym B. January 6 to April 6, 2004. Members: FREE
- **Youth Fit Zone**: The North Area Family YMCA's certified fitness staff will open the Fitness Studio and Cycle Reebok Room, allowing, supervising, and encouraging our youth to become more physically active. The Youth Fit Zone will incorporate a Strength Training Circuit which will utilize our existing dumbbells (no greater than 10 lbs.), body bars (no greater than 15 lbs.) and pro-tubing to participate in a supervised and age appropriate strength training routine. At all times the Youth Fit Zone is open, it will be supervised by a YMCA certified Fitness Professional. As well, the Youth Fit Zone will incorporate the cycle Reebok studio. 4'10" height requirement for cycles.  
Winter Session: January 6, 2004 - April 8, 2004  
Ages 8 - 14; Every Tuesday and Thursday 4:00-5:30 p.m. Members: FREE
- **Active Youth Program**: This program is designed for youth needing guidance in becoming physically active, seeking appropriate nutritional guidance, and a safe place to be after school. The program is a 12-week commitment to become active, 3 days per week at the YMCA for ages 8-13. Youth will be provided a Youth Coach (YMCA trained health & fitness staff) to guide and motivate the 12-week journey to a more physically active lifestyle. Physical activity will be introduced in small achievable steps by the Youth Coach. The Youth Coach will design the program specifically for the needs and abilities of the individual. The Youth Coach will provide lots of personal attention and extra motivation and will be available to assist as needed. Members: FREE; Youth Members: \$55.00; Non-Members: \$90.00.
- **Active Teen Program**: The program is designed for teens needing guidance in becoming physically active, seeking appropriate nutritional guidance and a safe place to be after school. The program is a 12-week commitment to become active, 3 days per week at the YMCA for ages 14 and up. Teens will be provided a Teen Coach (YMCA trained Health & Fitness staff) to guide and motivate the 12-week journey to a more physically active lifestyle. Physical activity will be introduced in small achievable steps by the Teen Coach. The Teen Coach will design the program

specifically for the needs and abilities in mind of the individual. The Teen Coach will provide lots of personal attention and extra motivation and will be available to assist as needed.

Members: FREE    High School : \$55.00    Non-Members: \$90

Additionally:

- Children ages 9 & up can participate in all fitness classes
- Children ages 12 & up can utilize our fitness centers
- The new East Area Family YMCA scheduled to open in July; located in Fayetteville, this site will actually have a Youth fitness Center for children ages 8-11.
- All of these programs are currently offered at all branches except for the Downtown branch. Programs are set to begin at this branch this September. The new East Area Family YMCA will also offer these programs.

**Program Evaluation:** NA

**Program Funding:** Fees

**Contact Information:**

Shelley L. Lamas  
Metro Health & Fitness Director  
YMCA of Greater Syracuse (North Syracuse Location)  
4775 Wetzels Road  
Liverpool, NY 13090  
(315) 451-2562  
sllsec4@aol.com



## **Association Based Programs**

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### HEALTH QUOTIENT

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**Partners:**

American Cancer Society, Local employers

**Program Goal:**

The program goal is to assess risk factors for employees to determine necessary employer interventions for preventing cancer.

**Program Description:**

Administer Health Quotient (8 question) survey; run survey in database for output of health risks for employee population; encourage employer to initiate programs for employees for healthy lifestyles.

**Program Evaluation:**

N/A

**Program Funding:**

The program is funded by the American Cancer Society.

**Contact Information:**

Martha Ryan, Director of Cancer Control  
American Cancer Society  
6725 Lyons Street  
East Syracuse, NY 13057  
(315) 437-7025  
Martha.ryan@cancer.org  
<http://www.cancer.org>

## **Employers and Area Supports Based Programs**

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### **REAL AGE**

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**Partners:**

Excellus, Michael Roizen

**Program Goal:**

The program goal is to initiate employee awareness and behavior change for healthy lifestyles.

**Program Description:**

Daily “Real Age” email reminders to all participants

**Program Evaluation:**

There was a pre-survey and after the six month pilot there will be a post-survey.

**Program Funding:**

The program is funded by Excellus.

**Contact Information:**

Marianne Hicks  
Community and Regional Affairs Director  
Excellus, Central New York Region  
344 South Warren Street  
PO Box 4809  
Syracuse, NY 13221  
(315) 671-6947  
[Marianne.hicks@excellus.com](mailto:Marianne.hicks@excellus.com)  
<https://www.excellusbcs.com>

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## WEIGHT WATCHERS WORKSITE PROGRAM

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**Partners:**

Partners include area employers such as school districts, hospitals, universities, manufacturers, etc.

**Program Goal:**

The goal is to provide easy access to the Weight Watchers program in area worksites.

**Program Description:**

The Weight Watchers Worksite Programs serve a number of employers in the Greater Syracuse area. Programs are usually solicited by individual employers or employees. Once the program is solicited Weight Watchers provides meetings in the worksite on a weekly basis.

**Program Evaluation:**

The worksite programs are done on a 10 week rotation; progress is measured on an ongoing basis. At times employers may reimburse employees for their fee for service when they see measured success.

**Program Funding:**

The program is usually funded entirely by the employee participating but in some cases the employers subsidizes part of the fee for service.

**Contact Information:**

Karen Murphy  
Weight Watchers  
3401 Erie Blvd E  
Syracuse, NY 13202  
315-432-1612



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## WORKSITE WELLNESS INITIATIVE

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**Partners:**

Onondaga County Health Department, local businesses with between 100 and 500

**Program Goal:**

The program goal is to prevent cardiovascular disease by improving the environment of workplaces making them friendlier to a healthy lifestyle (specifically stressing the need for healthy choices in the employee cafeterias and snack areas). Another goal is to incorporate the ability of employees to be physically active at work by providing time and safe places for physical activity.

**Program Description:**

The program focuses on adults at the worksite with a goal of increasing physical activity and nutrition. The program focused on companies of 100 to 500 employees. Worksites primarily employed low-income industry wage earners. The worksite wellness committee worked on environmental conditions (such as areas to walk on breaks, improving the stairways to promote stair use rather than elevator, access to healthy food, etc.) and policy. Employees were also offered healthy food options in work settings.

**Program Evaluation:**

The program is currently being scientifically evaluated via the “heart check” survey. Results of the evaluation should be out in the next six months. Anecdotally, the program was a success.

**Program Funding:**

Program was funded on a five year grant from the State Health Department and the CDC.

**Contact Information:**

Tara Hatala  
Onondaga County Health Department  
421 Montgomery St.  
Syracuse, NY 13202  
435-3280  
[hlhata@ongov.net](mailto:hlhata@ongov.net)

*The following represents a sample of evidence based programs nationwide.*

## **National Evidence Based Examples**

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### ***Provider Community***

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**Program: Baby Friendly Hospital Initiative**

**Reference:** Baby Friendly USA, <http://www.babyfriendlyusa.org/>

**Target Population:** Post partum mothers

**Lifestyle component:** Nutrition

**Significant Results:** There are currently 42 U.S. hospitals and birth centers with the "baby-friendly" designation.

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**Program: Bariatrics Clinic, Howard University Hospital**

**Reference:** Kaul L, Nidiry JJ. *Management of obesity in low-income African Americans.* J Natl Med Assoc. 1999 Mar; 91 (3): 139-43. Department of Community Health and Family Practice, Howard University College of Medicine, Washington, DC 20059, USA.

**Target Population:** low-income, AA, low literacy

**Lifestyle component:** Physical Activity/ Nutrition

**Significant Results:** There was an average loss of 14 lbs. with the intervention as well patient satisfaction with individualized and sensitive to food preferences.

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**Program: Physician counseling on physical activity**

**Reference:** Calfas KJ, BJ Long, K Patrick, M Pratt, JF Sallis, and WJ Wooten. *A Controlled Trial of Physician Counseling to Promote the Adoption of Physical Activity.* Preventive Medicine 1996; 25: 225-33.

**Target Population:** sedentary but healthy adults

**Lifestyle component:** Physical activity

**Significant Results:** At four to six week follow ups, 52% of the intervention participants reported having adopted regular physical activity compared to only 12% in the control group.

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**Program: Patient Centered Assessment and Counseling for Exercise (PACE)**

**Reference:** Calfas, Karen J, Kevin Patrick, Michael Pratt, Judith J. Prochaska, Joan Rupp, James F. Sallis, Sheri Thompson, and Marion F. Zabinski. *Preliminary Evaluation of a Multicomponent Program for Nutrition and Physical Activity Change in Primary Care: Pace+ for Adults.* Preventive Medicine. Volume 34, Issue 2. February 2002. Pages 153-161.

**Target Population:** Adults in healthcare clinics

**Lifestyle component:** Physical activity/ Nutrition

Significant Results: Patients and physicians reported satisfaction with PACE.

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### ***Schools***

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**Program: Pathways New Mexico**

Reference: Davis SM, Clay T, Smyth M, Gittelsohn J, Arviso V, Flint-Wagner H, Rock BH, Brice RA, Metcalfe L, Stewart D, Vu M, Stone EJ. *Pathways curriculum and family interventions to promote healthful eating and physical activity in American Indian schoolchildren*. Prev Med. 2003 Dec; 37(6 Pt 2):S24-34. University of New Mexico, Albuquerque, NM 87131, USA. [smdavis@unm.edu](mailto:smdavis@unm.edu)

Target Population: Native American 3<sup>rd</sup>-5<sup>th</sup> graders

Lifestyle component: Physical Activity/ Nutrition

Significant Results: Significant increase in knowledge.

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**Program: Pathways Maryland**

Reference: Caballero B, Clay T, Davis SM, Ethelbah B, Rock BH, Lohman T, Norman J, Story M, Stone EJ, Stephenson L, Stevens J; *Pathways Study Research Group. Pathways: a school-based, randomized controlled trial for the prevention of obesity in American Indian schoolchildren*. Am J Clin Nutr. 2003 Nov; 78(5):1030-8. Bloomberg School of Public Health, Johns Hopkins University, Baltimore, MD 21205, USA. [caballero@jhu.edu](mailto:caballero@jhu.edu)

Target Population: 3<sup>rd</sup>-5<sup>th</sup> grade Native American children

Lifestyle component: Physical Activity/ Nutrition

Significant Results: Positive changes in fat intake, knowledge and behaviors

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**Program: Food on the Run**

Reference: California Project LEAN's Food on the Run, [www.californiaprojectlean.org/programs/foodrun](http://www.californiaprojectlean.org/programs/foodrun)

Target Population: High School adolescents

Lifestyle component: Nutrition

Significant Results: Increased students' awareness of nutrition and their own habits; created student advocates for nutrition policy.

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**Program: Healthy People 2000 Pilot**

Reference: Fardy PS, White RE, Clark LT, Amodio G, Hurster MH, McDermott KJ, Magel JR. *Health promotion in minority adolescents: a Healthy People 2000 pilot study*. J Cardiopulm Rehabil. 1995 Jan-Feb; 15(1):65-72. Department of Health and Physical Education, Queens College, Flushing, NY 11367, USA.

Target Population: Multi-ethnic adolescents

Lifestyle component: Physical Activity/ Nutrition

Significant Results: Decrease in cholesterol and percent body fat, increase in dietary habits.

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Program: **SPARK**

Reference: <http://www.sparkpe.org/mission.jsp>

Target Population: Students kindergarten through 8<sup>th</sup> grade

Lifestyle component: Physical Activity

Significant Results: Increase in moderate to vigorous activities, improved test scores.

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Program: **CATCH**

Reference: <http://www.sph.uth.tmc.edu/catch/>

Target Population: 3<sup>rd</sup> to 5<sup>th</sup> grade students

Lifestyle component: Physical Activity/ Nutrition

Significant Results: Participants had higher levels of physical activity and consumed less fat.

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Program: **Parents as Teachers High 5, Low Fat Program**

Reference: Haire-Joshu D, Brownson RC, Nanney MS, Houston C, Steger-May K, Schechtman K, Auslander W. *Improving dietary behavior in African Americans: the Parents As Teachers High 5, Low Fat Program*. *Prev Med*. 2003 Jun; 36(6):684-91. Saint Louis University School of Public Health, St. Louis, MO 63104, USA. joshud@slu.edu

Target Population: African American parents

Lifestyle component: Nutrition

Significant Results: Increase in fruit and vegetable consumption, decrease in fat calorie intake of 30%.

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Program: **Nutrition Supplement Program**

Reference: Little JC, Perry DR, Volpe SL. *Effect of nutrition supplement education on nutrition supplement knowledge among high school students from a low-income community*. *J Community Health*. 2002 Dec; 27(6):433-50. Department of Nutrition, University of Massachusetts Amherst, 01003, USA.

Target Population: Low income children

Lifestyle component: Nutrition

Significant Results: Short term nutrition program significantly improves nutrition knowledge.

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## ***After School Programs***

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**Program: Minnesota GEMS Pilot Study**

**Reference:** Story M, Sherwood NE, Himes JH, Davis M, Jacobs DR Jr, Cartwright Y, Smyth M, Rochon J. Division of Epidemiology, School of Public Health, University of Minnesota, Minneapolis 55454, Minnesota, USA. story@epi.umn.edu

**Target Population:** Low income, overweight females

**Lifestyle component:** Physical Activity/ Nutrition

**Significant Results:** There was a demonstrated improvement in all variables.

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**Program: Memphis GEMS Pilot Study**

**Reference:** Beech BM, Klesges RC, Kumanyika SK, Murray DM, Klesges L, McClanahan B, Slawson D, Nunnally C, Rochon J, McLain-Allen B, Pree-Cary J. *Child- and parent-targeted interventions: the Memphis GEMS pilot study*. Ethn Dis. 2003 winter; 13(1 Suppl 1):S40-53. University of Memphis, Center for Community Health, Tennessee 38119, USA. b.beech@mail.psync.memphis.edu

**Target Population:** Pre-adolescent African American girls and their parents/caregivers.

**Lifestyle component:** Physical Activity/ Nutrition

**Significant Results:** There was a reduction in the consumption of sweet drinks by 34%, increased activity level by 12%, and increased water intake.

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**Program: Go Girls!**

**Reference:** Resnicow K, Yaroch AL, Davis A, Wang DT, Carter S, Slaughter L, Coleman D, Baranowski T. *GO GIRLS!: results from a nutrition and physical activity program for low-income, overweight African American adolescent females*. Health Educ Behav. 2000 Oct; 27(5):616-31.

**Target Population:** African American adolescent girls

**Lifestyle component:** Physical activity/Nutrition

**Significant Results:** There was a statistically significant increase in knowledge of nutrition and low-fat practices.

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**Program: Stanford GEMS Pilot study**

**Reference:** Robinson TN, Killen JD, Kraemer HC, Wilson DM, Matheson DM, Haskell WL, Pruitt LA, Powell TM, Owens AS, Thompson NS, Flint-Moore NM, Davis GJ, Emig KA, Brown RT, Rochon J, Green S, Varady A. *Dance and reducing television viewing to prevent weight gain in African-American girls: the Stanford GEMS pilot study*. Ethn Dis. 2003 Winter; 13(1 Suppl 1):S65-77.

**Target Population:** Low income African American girls and their families

Lifestyle component: Physical activity

Significant Results: There was an increase in after school activity through dance, decrease in time watching television.

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### ***Community Wide Programs***

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Program: **Wheeling Walking**

Reference: Reger B, Cooper L, Booth-Butterfield S, Smith H, Bauman A, Wootan M, Middlestadt S, Marcus B, Greer F. Department of Community Medicine, West Virginia University, Morgantown, WV 26506-9190, USA. wregger@hsc.wvu.edu

Target Population: Community wide campaign

Lifestyle component: Physical Activity/ Nutrition

Significant Results: There was a statistically significant increase in walking time by this population.

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Program: **Hearts N' Parks North Carolina**

Reference: [www.nhlbi.nih.gov/health/prof/art/obesity/hrt\\_n\\_pk/nc\\_page.htm](http://www.nhlbi.nih.gov/health/prof/art/obesity/hrt_n_pk/nc_page.htm)

Target Population: Community wide campaign

Lifestyle component: Nutrition/ Physical activity

Significant Results: Evaluation showed participants retained information about heart healthy behaviors and intended to eat healthier in the future. In addition, children reported learning new physical activity and improving their performance in others.

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### ***Faith Based Community Programs***

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Program: **Eat for Life**

Reference: Resnicow K, Wallace DC, Jackson A, Digirolamo A, Odom E, Wang T, Dudley WN, Davis M, Mitchell D, Baranowski T. *Dietary change through African American churches: baseline results and program description of the eat for life trial*. J Cancer Educ. 2000 Fall; 15(3):156-63. Rollins School of Public Health, Emory University, Atlanta, Georgia, USA.

Target Population: Low income, overweight females

Lifestyle component: Physical Activity/ Nutrition

Significant Results: The intervention resulted in an increased fruit and vegetable consumption.

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Program: **Project Joy**

Reference: Yanek LR, Becker DM, Moy TF, Gittelsohn J, Koffman DM. *Project Joy: faith based cardiovascular health promotion for African American women*. Public Health Rep. 2001; 116 Suppl 1:68-81. Center for Health Promotion, Johns Hopkins University School of Medicine, Baltimore, Maryland 21205, USA. lryanek@welch.jhu.edu

Target Population: African American woman  
Lifestyle component: Physical Activity/ Nutrition

Significant Results: There was a decrease in weight, waist size, blood pressure, dietary fat intake.

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Program: **North Carolina Black Churches United for a Better Health Project**  
Reference: Cambell, Marci Kramish Ph.D, RD. *North Carolina Black Churches 5 a Day*  
<http://www.communityhealth.dhhs.state.nc.us/hlthprom/fiveaday.htm>

Target Population: African American women  
Lifestyle component: Nutrition

Significant Results: Exposure to the intervention was associated with greater food and vegetable intake.

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### ***Other Community***

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Program: **Michigan Farmers' Market Nutrition Program**  
Reference: Anderson JV, Bybee DI, Brown RM, McLean DF, Garcia EM, Breer ML, Schillo BA. *5 a day fruit and vegetable intervention improves consumption in a low income population*. J Am Diet Assoc. 2001 Feb;101(2):195-202. Michigan Department of Community Health, Division of Chronic Disease and Injury Control, 3423 N M.L. King Blvd, PO Box 30195, Lansing, MI 48909, USA.

Target Population: Low income woman WIC participants  
Lifestyle component: Nutrition

Significant Results: There was maximum impact when education and coupons were provided.

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Program: **Maryland WIC 5-A-Day Promotion Program**  
Reference: Havas S, Anliker J, Damron D, Langenberg P, Ballesteros M, Feldman R. *Final results of the Maryland WIC 5-A-Day Promotion Program*. Am J Public Health. 1998 Aug;88(8):1161-7. Department of Epidemiology and Preventive Medicine, University of Maryland School of Medicine, Baltimore 21201, USA. shavas@epi.umaryland.edu

Target Population: Low income woman WIC participants  
Lifestyle component: Nutrition

Significant Results: Behavior changes were associated with the number of sessions attended along with increased fruit and vegetable consumption.

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**Program: STEPS to Soulful Living**

**Reference:** Karanja N, Stevens VJ, Hollis JF, Kumanyika SK. *Steps to soulful living (steps): a weight loss program for African-American women*. Ethn Dis. 2002 Summer;12(3):363-71. Kaiser Permanente Center for Health Research, Portland, Oregon 97227-1098, USA. njeri.karanja@kpchr.org

**Target Population:** African American woman  
**Lifestyle component:** Physical Activity/ Nutrition

**Significant Results:** Intervention resulted in significant weight loss, especially among those with high attendance.

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**Program: New Leaf Diabetes Intervention**

**Reference:** Keyserling TC, Ammerman AS, Samuel-Hodge CD, Ingram AF, Skelly AH, Elasy TA, Johnston LF, Cole AS, Henriquez-Roldan CF. *A diabetes management program for African American women with type 2 diabetes*. Diabetes Educ. 2000 Sep-Oct; 26(5):796-805.

**Target Population:** African American woman with Type 2 Diabetes  
**Lifestyle component:** Physical Activity/ Nutrition

**Significant Results:** Culturally relevant interventions increased physical activity.

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**Program: The Stanford Nutrition Action Program**

**Reference:** Howard-Pitney B, Winkleby MA, Albright CL, Bruce B, Fortmann SP. *The Stanford Nutrition Action Program: a dietary fat intervention for low-literacy adults*. Am J Public Health. 1997 Dec;87(12):1971-6. Stanford Center for Research in Disease Prevention, Stanford University School of Medicine, Palo Alto, CA 94304-1825, USA.

**Target Population:** Low literacy, low-income adults.  
**Lifestyle component:** Nutrition

**Significant Results:** There was a significant improvement in nutrition knowledge, attitudes, and self efficacy for those participating in focused nutrition classes.

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**Program: Cuidano El Corazon**

**Reference:** Forey JP, Ramirez AG, Cousins JH. *Cuidando El Corazon--a weight-reduction intervention for Mexican Americans*. Am J Clin Nutr. 1991 Jun;53(6 Suppl):1639S-1641S. Baylor College of Medicine, Houston, TX.

**Target Population:** Mexican American adults  
**Lifestyle component:** Physical Activity/ Nutrition  
**Significant Results:** Intervention groups had significantly more weight loss.

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## **Worksite**

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**Program: Shape-Up Challenge**

**Reference:** Blake SM, Caspersen CJ, Finnegan J, Crow RA, Mittlemark MB, Ringhofer KR. *The shape up challenge: a community-based worksite exercise competition.* Am J Health Promot. 1996 Sep-Oct;11(1):23-34. Division of Epidemiology, School of Public Health, University of Minnesota, Minneapolis, USA.

**Target Population:** Working adults

**Lifestyle component:** Physical Activity

**Significant Results:** Appears effective, more so in smaller companies.

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**Program: Peer Education for Fruits and Vegetables**

**Reference:** Buller DB, Morrill C, Taren D, Aickin M, Sennott-Miller L, Buller MK, Larkey L, Alatorre C, Wentzel TM. *Randomized trial testing the effect of peer education at increasing fruit and vegetable intake.* : J Natl Cancer Inst. 1999 Sep 1;91(17):1491-500. D.B. Buller, AMC Cancer Research Center, Denver, CO, USA. bullerd@amc.org

**Target Population:** Working adults

**Lifestyle component:** Nutrition

**Significant Results:** Increased fruit and vegetable consumption at 6 month follow-up.

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**Program: Center for Disease Control Lactation Support Program**

**Reference:** Center for Disease Control [http://www.cdc.gov/breastfeeding/compend-fed\\_work.htm](http://www.cdc.gov/breastfeeding/compend-fed_work.htm)

**Target Population:** New mothers in the workforce

**Lifestyle component:** Nutrition

**Significant Results:** More than 200 employees since 1996 have taken part in the program resulting in breastfeeding for more than 6 months after birth.

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**Program: Increasing stair use through motivational prompts**

**Reference:** Kerr NA, Yore MM, Ham SA, Dietz WH. *Increasing stair use in a worksite through environmental changes.* Am J Health Promot. 2004 Mar-Apr;18(4):312-5. Centers for Disease Control and Prevention, Division of Nutrition and Physical Activity, Atlanta, Georgia 30341, USA.

**Target Population:** Working adults

**Lifestyle component:** Physical Activity

**Significant Results:** Significantly increased use of stairs.

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**Program: Texas Breastfeeding Initiative**

**Reference:** Texas Department of Health <http://www.tdh.texas.gov/lactate/mother.htm>

Target Population: New mothers in the workforce  
Lifestyle component: Nutrition

Significant Results: As of 1999 29.9% of new mothers reported to be breast feeding for more than 6 months.

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**Program: Daimler Chrysler National Wellness Program**

Reference: U.S. Department of Health and Human Services -  
<http://aspe.hhs.gov/health/prevention/>

Target Population: Adults in the workforce  
Lifestyle component: Physical activity/Nutrition

Significant Results: A reduction in healthcare costs of up to \$16 per person, per month.

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**Program: Pfizer Employee Health and Wellness**

Reference: U.S. Department of Health and Human Services,  
<http://aspe.hhs.gov/health/prevention/>

Target Population: Working adults  
Lifestyle component: Physical Activity/Nutrition

Significant Results: High usage of the program, up to 85% of employees in some locations participated. Reasonable return on investments for some interventions.

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**Program: Waco-McLennan County Public Health District Worksite Wellness Training Program**

Reference: U.S. Department of Health and Human Services,  
<http://www.hhs.gov.news.press/2003press/20031210.html>

Target Population: Working adults  
Lifestyle component: Physical Activity

Significant Results: Participating employees have reduced their body weight, blood pressure, and reduced rates of absenteeism.

## **Additional Resources**

### **Action for Healthy Kids What's Working Database**

The Database is a compilation of programs that have been successful in having children engage in healthy lifestyle choices.

<http://www.actionforhealthykids.org/AFHK/whatsworking/viewall.php>

### **American Diabetes Association**

ADA has educational programs and materials, cookbooks and meal planners. It also sponsors local and national events including outdoor events, health and wellness fairs.

<http://www.diabetes.org>

### **American Obesity Association**

AOA has obesity resources, statistics, educational materials, research, and community action information.

<http://www.obesity.org>

### **Bicycle Friendly Communities**

A community wide program targeting physical activity.

<http://www.bicyclefriendlycommunity.org>



### **Bright Futures**

Bright Futures has training tools, resources, and publications pertaining to creating a healthy community, with children as a focus.

<http://www.brightfutures.org>

### **Chautauqua Community Gardens**

A community wide program targeting nutrition.

[http://www.hungeractionnys.org/commfood\\_lowinc.htm](http://www.hungeractionnys.org/commfood_lowinc.htm)

### **Children's Garden Project**

A community wide program targeting nutrition.

<http://pferrigno.brinkster.net/gardens/nav/gardenupdates.htm>



### **Garden Share of Northern New York**

A community wide program targeting nutrition.

<http://www.northnet.org/garden/aboutGS.html>

### **Health Policy Guide**

The Health Policy Guide provides evidence-based, peer-reviewed policy guidance and resources that can be used for advocacy or decision making purposes.

<http://www.healthpolicyguide.org/default.asp>

### **INTEGRIS Healthcare**

INTEGRIS, Oklahoma's largest healthcare organization, has started INTEGRIS Lifespan, a campaign to improve the lives of Oklahomans through public education, grassroots efforts, and legislation.

<http://www.integrislifespan.com/home.html>

### **National Association of County and City Health Officials**

NACCHO's book, *Building Healthier Communities: Local Nutrition and Physical Activity Programs*, offers 16 different case studies of planning, partnerships, and implementation success.

<http://www.naccho.org/prod148.cfm>

### **National Association for Sports & Physical Activity**

NASPA sets standards for physical activity in schools and does advocacy efforts and professional development.

<http://www.aahperd.org/naspe/template.cfm>

### **New York Bicycling Coalition**

The Coalition exists to represent the interests and concerns of all bicyclists in the state.

<http://www.nybc.net/resources/#Bicycling%20in%20New%20York%20State>

### **NY State Physical Activity Coalition:**

The Coalition promotes and increases physical activity in New York State communities. It also offers tools and resources for implementation and advocacy including events and conferences.

[http://www.nysphysicalactivity.org/site\\_beactivenys/](http://www.nysphysicalactivity.org/site_beactivenys/)

### **NY Statewide Center for Healthy Schools**

The NY Statewide Center for Healthy Schools supports schools in promoting healthy behaviors and lifestyles for students and the greater school community.

<http://www.nyshealthyschools.org/>

### **Safe Routes to School**

A community wide program targeting physical activity.

<http://www.walktoschool-usa.org>

### **Smart Growth Strategies**

The Robert Wood Johnson Foundation provides a list of resources dealing with smart growth and urban sprawl.

<http://www.rwjf.org/news/special/sprawlResources.jhtml>

### **Wyoming Valley Wellness Trails**

A community wide program targeting physical activity.

<http://www.activelivingbydesign>

# **Funding List**

## ***Private Funding Sources***



### **After School Alliance**

*Detailed Information on funding sources for after school programs*

<http://www.afterschoolalliance.org/resources.cfm>

### **American Nurses Foundation**

*Nursing Research Grants Program*

<http://www.nursingworld.org/anf/>

### **AT&T Wireless**

*Gives toward public safety and community*



[http://attws.com/our\\_company/cares/giving\\_guidelines.jhtml](http://attws.com/our_company/cares/giving_guidelines.jhtml)

### **Bristol-Myers Squibb Foundation**

*Nutrition Research Grants Program*

<http://www.bms.com/sr/data/>

### **Central New York Community Foundation**

*Grants that improve the quality of life of those who live and work in CNY*

<http://cnycf.org/home/index.cfm>

### **Commonwealth Fund**

*Grants that improve quality of healthcare services and access to them*

<http://www.cmwf.org>

### **Community Health Foundation of Western and Central New York**

*Focused on improving the health and healthcare of people and communities in Western and Central New York The Commission for a Healthy CNY recently received \$80,000 from the Community Health Foundation to create a forum and collaborative working arrangement among central New York's eight county health departments to gather and track health-indicator data and use the data for program planning.*

<http://www.chfwcny.org>

### **Connect for Kids**

*Information about funding resources for programs pertaining to children*

[http://www.connectforkids.org/benton\\_topics1544/benton\\_topics\\_show.htm?doc\\_id=45947](http://www.connectforkids.org/benton_topics1544/benton_topics_show.htm?doc_id=45947)

### **Corning Foundation**

*Supports community organizations focused on improving quality of life*

[http://www.corning.com/inside\\_corning/foundation.asp](http://www.corning.com/inside_corning/foundation.asp)

### **DuPont Community Outreach**

*Gives toward improving quality of life in communities*

[http://www1.dupont.com/NASApp/dupontglobal/corp/index.jsp?page=/content/US/en\\_US/social/outreach/index.html](http://www1.dupont.com/NASApp/dupontglobal/corp/index.jsp?page=/content/US/en_US/social/outreach/index.html)

**Edward W. Hazen Foundation**

*Grants to organizations that assist minorities in becoming successful*

<http://www.hazenfoundation.org/>

**Excellus**

*Gives toward improving the quality of life in the communities it serves. Excellus also produced a recent report: "Obesity in Upstate New York: Trends, Costs, Opportunities".*

[https://www.excellusbcs.com/about\\_us/our\\_company/community\\_caring.shtml](https://www.excellusbcs.com/about_us/our_company/community_caring.shtml)

**Gap, Inc.**

*Gives to social service, health, education, and environment organizations*

[http://www.gapinc.com/social\\_resp/giving/areas.htm](http://www.gapinc.com/social_resp/giving/areas.htm)

**Garth Brooks' Teammates for Kids Foundations**

*Gives toward health and education organizations serving children*

<http://www.touchemall.com/index.htm>

**General Mills**

*Health and Nutrition are important funding priorities*

<http://www.generalmills.com/corporate/commitment/nutrition/>

**GM Ability Philanthropy**

*Health, education, and community development are among its funding priorities*

<http://www.gm.com/company/gmability/philanthropy/guidelines/index.html>

**Hasbro Children's Foundation**

*Gives toward health and education organizations serving children*

<http://www.hasbro.org/hcf/>

**Heinz Foundation**

*Gives toward improving the health and nutrition of children and families*

<http://www.heinz.com/jsp/foundation.jsp>

**JC Penney**

*Gives toward improving K-12 education and after school care programs*

<http://www.jcpenney.net/company/commrel/guidelin.htm>

**Levi Strauss & Co.**

*Gives toward community organizations seeking to create social change*

<http://www.levistrauss.com/responsibility>

**MetLife Foundation**

*Grants to health promotion initiatives particularly for young people*

<http://www.metlife.com>

**National 4-H Council**

*Grants for youth in communities*

<http://www.fourhcouncil.edu/programs/main.asp?subid=6&catid=1>

**Niagara Mohawk Foundation**

*Gives toward community improvement*

<http://www.nationalgridus.com/niagaramohawk/>

**Robert Wood Johnson Foundation**

*Gives toward creating active-friendly communities*

<http://www.rwjf.org/index.jsp>

**Rosamond Gifford Foundation**

*Grants toward social, scientific, religious and educational needs of the community*

<http://www.giffordfd.org/>

**Sprint Foundation**

*Grants toward youth and community development*

[http://www.sprint.com/community/sprint\\_foundation/index.html](http://www.sprint.com/community/sprint_foundation/index.html)

**The Foundation Center**

*Provides a comprehensive list of foundations*

<http://www.fdncenter.org>

**The William Randolph Hearst Foundation**

*Supports medical programs that promote wellness, prevention and rehabilitation*

<http://hearstfdn.org/>

**W.K. Kellogg Foundation**

*Gives toward promoting health to vulnerable people and communities*

<http://www.wkkf.org/>

***State and Federal Funding Sources***

**Center for Disease Control**

*Information for communities looking for funding information to support physical activity among youth*

<http://www.cdc.gov/HealthyYouth/funding/index.htm>

**Center for Disease Control, Steps to Healthier US**

*Information regarding grants for a community focused initiative to reduce asthma, diabetes, and obesity*

<http://a257.g.akamaitech.net/7/257/2422/14mar20010800/edocket.access.gpo.gov/2004/04-10416.htm>

<http://www.cdc.gov/funding.htm>

**Department of Agriculture**

*National Research Initiative Competitive Grants Program*

<http://www.cdc.gov/nccdphp/dash/funding/index.htm>

**Department of Agriculture, Cooperative State Research, Education & Extension Service**

*Grants for research on human nutrition and obesity*

<http://www.csrees.usda.gov/fo/fundview.cfm?fonum=1112>

**Department of Agriculture, Cooperative State Research, Education & Extension Service**

*Community Food Projects Competitive Grants Program*  
<http://www.csrees.usda.gov/about/about.html>

**Department of Agriculture, Cooperative State Research, Education & Extension Service**

*National Research Initiative, human nutrition and obesity*  
<http://www.csrees.usda.gov/about/about.html>

**Department of Education Grants**

*Safe Schools, Healthy School, other discretionary grants for school based programs*  
<http://www.ed.gov/index.jsp>

**Department of Health and Human Services**

*Information regarding grants for a Community Food and Nutrition Program (CFNP) discretionary grants*  
<http://www.cdc.gov/nccdphp/dash/funding/index.htm>

**Environmental Protection Agency, Aging Initiative**

*Grants towards creating a better environment for the aging population*  
<http://www.epa.gov/aging/grants/>

**Environmental Protection Agency, Smart Growth**

*Grants that promote smart growth in communities*  
<http://www.smartgrowth.org/library/articles.asp?art=643&res=1024>

**Federal Funding Reports**

*Access to federal funding reports*  
[http://www.house.gov/ffr/federal\\_funding\\_reports.shtml](http://www.house.gov/ffr/federal_funding_reports.shtml)

**Federal Highway Administration**

*Funding for Kids Walk to School Programs*  
<http://www.cdc.gov/nccdphp/dnpsa/kidswalk/pdf/section10.pdf>

**First Government Grants, Loans, and other Assistance**

*Includes catalog for federal assistance, USDA Commodity Food Distribution Programs, state and local funding directories among others*  
<http://www.firstgov.gov/Business/Nonprofit.shtml#grants>

**House of Representatives Federal Funds Express**

*Full list of grants and other funding resources*  
[http://www.house.gov/ffr/resources\\_all.shtml](http://www.house.gov/ffr/resources_all.shtml)

**National Institute of Diabetes and Digestive and Kidney Diseases**

*Information regarding grants for ancillary studies to obesity-related clinical trials*  
<http://grants.nih.gov/grants/guide/index.html>

**National Institutes of Health**

*Obesity related current and past research solicitations for funding, NIH guide for Grants and Contracts.*  
<http://www.cdc.gov/nccdphp/dash/funding/index.htm>

**New York State Quality Communities Clearinghouse**  
*Listing of possible funding sources for community development*  
<http://www.qualitycommunities.org/index.asp>

**Office of Juvenile Justice and Delinquency Prevention Grants**  
*Safe Schools, Healthy Students Grants*  
<http://ojjdp.ncjrs.org>

*An assessment of Onondaga County's current initiatives for obesity prevention and treatment produced the following resources and contacts within this community.*

## **Contact List**

### ***Healthcare Providers***



#### **Children's Center for Nutrition and Exercise**

*Denise Woodall Ruff, MD*

Director of Healthy Lifestyle Family Program

315-464-5831

[woodalld@upstate.edu](mailto:woodalld@upstate.edu)

The Healthy Lifestyle Family Program uses a multidisciplinary approach to helping children reach a healthy weight.

#### **Onondaga County Department of Long Term Care Services**

*Dale Parsons*

Commissioner

315-435-5511

<http://www.ongov.net/LTC/>

The Onondaga County Dept. of Long Term Care Services promotes and provides access to appropriate and cost effective long term care for all residents of Onondaga County.

#### **Joslin Diabetes Center**

*Ruth Weinstock, MD*

Medical Director, Joslin Center; Pediatrician

315-464-5740

<http://www.upstate.edu/joslin>

The Joslin Center offers direct health services to diabetes patients and runs education campaigns. They also have experimental programs for diabetes patients.

*Suzanne Meyer*

Billing at Joslin Center

315-464-2445

<http://www.upstate.edu/joslin/>

#### **St. Joseph's Hospital Health Center**

*Dennis Ehrlich, MD*

Internal Medicine, Cardiology

315-452-2220

Dr. Ehrlich conducted a year long community program in Solvay and Geddes targeting cardiac health and obesity in the community.

*Indu Gupta, MD*

Internal Medicine

315-422-2270

[igupta@twcny.rr.com](mailto:igupta@twcny.rr.com)

Dr. Gupta serves adult patients and has an interest in targeting overweight/obesity in her patient population.

## **SUNY Upstate Medical University**

*Greg Eastwood, MD*  
President of Upstate Medical University  
315-464-4513  
<http://www.upstate.edu/eastwood@upstate.edu>

*Ben Moore, MHA*  
Vice President for Hospital Affairs and Executive Director of University Hospital.  
315-464-4223  
<http://www.upstate.edu/>

*Ann Sedore, Ph.D, RN, CNO*  
Chief Operating Officer  
315-464-6138  
[sedorea@upstate.edu](mailto:sedorea@upstate.edu)  
Ann Sedore, as the Chief Operating Officer at Upstate Hospital, is very interested in addressing the gaps in obesity prevention programs in Onondaga County.

*Paul Cunningham, MD*  
Professor & Chair, Department of Surgery; Bariatric Surgeon  
315-464-5549  
<http://www.upstate.edu/cunningp@upstate.edu>

*Nienke Dosa, MD*  
Assistant Professor of Pediatrics  
315-464-7603  
[dosan@upstate.edu](mailto:dosan@upstate.edu)  
Dr. Dosa provides pediatric services to children with developmental disabilities and is also an advocate for children with developmental disabilities.



*MaryAnn Fields, RN*  
Nurse  
315-464-4774  
[fieldsm@upstate.edu](mailto:fieldsm@upstate.edu)  
MaryAnn Fields runs a program in area schools through Upstate Medical Center educating student's on the dangers of drunk driving and other trauma accidents.

*Lisa Kaufmann, MD*  
Clinical Professor of Medicine; Internist  
315-464-6052  
[kaufmannl@upstate.edu](mailto:kaufmannl@upstate.edu)  
Dr. Kaufmann runs a mindful eating program that teaches people to maintain a healthy weight through meditation and mindfulness.

*Terry Podolak, RD*

Dietician

315-464-4219

[podalakt@med1.upstate.edu](mailto:podalakt@med1.upstate.edu)

Terry Podolak works with clients of Onondaga Community Living, which provides services to those with developmental disabilities and is involved in the Mindful Eating Program as well.

*Nancy Roizen, MD*

Professor and Vice Chair of Pediatrics, Developmental Pediatrician

315-464-7598

[roizennj@upstate.edu](mailto:roizennj@upstate.edu)

Dr. Roizen is an advocate for children with developmental disabilities. She has been involved in organizing the Annual Pediatric Teaching Day on June 2, 2004 concerning childhood obesity.

### ***County Departments***

#### **Onondaga County, Department of Aging and Youth**

*Nancy Schmidt*

Director, Nutrition Services

315-435-2362

[http://www.ongov.net/Aging\\_and\\_Youth/](http://www.ongov.net/Aging_and_Youth/)

The Department of Aging and Youth has programs such as meals on wheels, senior dining, and SNAP.

#### **Onondaga County Health Department**

*Lloyd F. Novick, MD, MPH*

Commissioner of Health

315-435-3122

<http://www.ongov.net/Health/>

*Don Cibula, PhD*

Director of Surveillance and Statistics

315-435-3648

[hldcibu@ongov.net](mailto:hldcibu@ongov.net)

Through the OCHD, Don Cibula conducted a BRFS survey of county adults measuring their health and fitness levels.

*Tara Hatala*

Nutritionist

315-435-3280

[hlhata@ongov.net](mailto:hlhata@ongov.net)

Tara Hatala is involved in organizing Healthy Children, Healthy Futures.

*Cynthia Morrow, MD*

Director of Preventative Medicine

315-435-3252

[hlc Morr@health.ongov.net](mailto:hlc Morr@health.ongov.net)

*Kathy Turner*

Director of Health Promotion  
315-435-3280  
[hltkturn@health.ongov.net](mailto:hltkturn@health.ongov.net)

*Marylee Mohr Twardowski*  
WIC Program Coordinator  
315-435-3304  
[hlmohr@ongov.net](mailto:hlmohr@ongov.net)  
WIC is a supplemental feeding program for pregnant and postpartum women and children up to five years old

**Onondaga County Planning Agency**

*Paul Driscoll*  
315-435-2611  
<http://www.ongov.net/Planning>  
Paul Driscoll is involved in County Planning Board decisions as well as developing the 2010 Development Guide.

***Syracuse University***

**Syracuse University College of Human Services and Health Professions**

*Luvenia Cowart*  
Assistant Dean  
315-443-9808  
[lwcowart@syr.edu](mailto:lwcowart@syr.edu)  
Luvenia Cowart is involved in faith based initiatives and is working with churches to help become more aware of healthy lifestyle choices.

**Syracuse University Department of Nutrition**

*Kay Bruening*  
Associate Professor, Nutrition and Hospitality Management  
315-443-9326  
[ksbrueni@syr.edu](mailto:ksbrueni@syr.edu)  
Kay Bruening is involved in the Family Based Interdisciplinary Child Weight Intervention Program.

**Syracuse University Exercise Science Program**

*Bo Fernhall, PhD*  
Professor and Chair of Exercise Science  
315-443-2114  
[bfernhal@syr.edu](mailto:bfernhal@syr.edu)  
Dr. Fernhall is an advocate for children with developmental disabilities and teaches students how to incorporate exercise into therapy for developmentally disabled children.

*Lori Ploutz-Snyder, PhD*  
Associate Professor  
315-443-9800  
[llploutz@syr.edu](mailto:llploutz@syr.edu)  
Dr. Ploutz-Snyder is advocate for children with developmental disabilities and teaches students how to incorporate exercise into therapy for developmentally

disabled children.

**Syracuse University**

*Val Episcopo*  
PhD Student  
315-443-9067

Val Episcopo is studying obesity and researching the ties between financial stress and obesity.

**Schools**



**Baldwinsville Central School District**

*Mary Jo Cereus*  
Physical Education Department, Ray Middle School  
315-638-6053  
[mcirqua@bville.org](mailto:mcirqua@bville.org)

The Baldwinsville Central School District has begun tracking students' physical activity abilities from elementary to high school.

*Brian Wright*  
Food Service Director  
315-638-6063

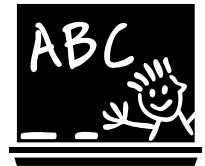
[www.bville.org/bvilleflask.cfm](http://www.bville.org/bvilleflask.cfm)

Wright ensures that USDA and NYS guidelines for school lunches are followed.

**BOCES**

*Emily Sharp*  
Educator/Trainer  
315-431-8556  
<http://www.ocmboces.org>

BOCES is a statewide center that coordinates the school health network for Onondaga, Cortland, and Madison counties.



**Jamesville/Dewitt School District and Marcellus School District**

*Debra Chinowitz*  
Director of Food Services  
315-435-2362

Debra Chinowitz handles food service planning for the school districts.

**North Syracuse Central School District**

Renee McCall  
Physical Education Teacher Early, Education Pre-school Program  
315-452-3024  
[rmccallape@aol.com](mailto:rmccallape@aol.com)

**North Syracuse Central School District Food Services**

Louise D'Angelo  
Food Service Director  
315-452-3133  
[Ldangelo@nscsd.k12.ny.us](mailto:Ldangelo@nscsd.k12.ny.us)



## **Syracuse City School District**

*Kathy McCloskey*  
Field Coordinator for Health, P.E. & Athletics  
315-435-4181  
[kmcclo29@scsd.us](mailto:kmcclo29@scsd.us)

*Cheryl Viraletti, RN, BSN*  
Nursing Supervisor  
315-435-4145  
[cvital23@scsd.us](mailto:cvital23@scsd.us)

## ***Community Programs***

### **Boys/Girls Club**

*Mark Scheenan*  
Program Director  
315-472-6714  
[www.bgca.org/clubs/results.asp](http://www.bgca.org/clubs/results.asp)

The Boys and Girls Club of Central New York offers various programs to children ages 6 to 19. These programs offer outlets for physical activity, provide healthy food options, and educate children on nutrition. The Boys and Girls Club offers structured programs as well as access to the gyms, weight rooms, and open play areas. The Club also offers a healthy snack to members each afternoon.

### **Child Care Council**

*Shannon Gillen*  
Director of Family Childcare Services  
315-446-1220 Ext.307  
[shannong@childcaresyracuse.org](mailto:shannong@childcaresyracuse.org)

The Child Care Council is the sponsor for Family and Group family child care providers on the Child and Adult Care Food program. They do training for all modalities of childcare on nutrition. They are also a member of Healthy Children, Healthy Futures.

### **CNY Food Bank**

*Liz Giovanetti*  
Nutritionist  
315-437-1899 x226  
[egiovanetti@foodbankcny.org](mailto:egiovanetti@foodbankcny.org)

Liz Giovanetti is involved in coordinating the Cook Shop and Kids Café programs.

*Heather Hudson*  
Nutritionist  
315-437-1899  
<http://foodbankcny.org/about/programs/emergency.aspx>

Heather Hudson is involved in ensuring that only the most nutritious brands of food items are bought from vendors.

### **Cornell Cooperative Extension**

*Kathy Dischner*  
Project Director, CCE Onondaga County

315-424-9485 Ext. 239

[kmdl3@cornell.edu](mailto:kmdl3@cornell.edu)

The Cornell Cooperative Extension's nutrition program provides research-based information for consumers, educators and other professionals in the areas of food, nutrition and health, and food safety.

### **Dairy Council**

Deborah Thrall

Coordinator, Child Nutrition Services

315-472-9143

[www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)

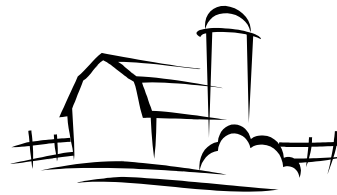
The Dairy Council is a partner in NYS Action for Healthy Kids. It also creates informational brochures.

### **Farm Bureau**

*John Talbot*

518-436-8495

<http://www.nyfb.org>



### **InterReligious Food Consortium**

*Michelle Jordan*

Program Director

315-474-8855

[ifcfc@hotmail.com](mailto:ifcfc@hotmail.com)

The InterReligious Food Consortium brings hunger awareness to the attention of the community, makes referrals to food pantries and assists pantries with food drives and donations.

### **Just Say Yes to Fruits and Vegetables**

*Patricia Kuhl*

Program Nutritionist

315-471-0572

[pkuhl@twcny.rr.com](mailto:pkuhl@twcny.rr.com)

Its aim is to increase fruit and vegetable consumption among people utilizing emergency food services.

### **Samaritan Center**

*Dale Johnson*

Executive Director of Samaritan Center

315-472-0650

[www.thesamaritancenter.org/](http://www.thesamaritancenter.org/)

[http://www.maxwell.syr.edu/geo/syr\\_hp/hunger\\_proj.htm](http://www.maxwell.syr.edu/geo/syr_hp/hunger_proj.htm)

Dale Johnson is the Executive Director of the Samaritan Center and was involved in the Hunger Mapping Project done in Syracuse, NY.

### **Syracuse Parks and Recreation**

*Chris Abbott*

Director of Youth Programs

315-473-4330

Syracuse Parks and Recreation provides various opportunities for physical activity to the cities children and adult population. Parks and Recreation provides outlets for exercise and structured recreational activities.

**YMCA of Greater Syracuse**

*Shelly Lamas*  
Fitness Director  
315-451-2562  
[sllsec4@aol.com](mailto:sllsec4@aol.com)

***Associations***

**Academy of Family Physicians**

*Vito Grasso*  
Executive Director  
518-489-8945  
<http://www.aafp.org>

The Academy of Family Physicians is involved in educating members and also participates in legislative efforts.

**American Academy of Pediatrics**

*Nancy Adams*  
Executive Director, Upstate NY  
585-244-3773  
<http://www.nyaap1.org>

The American Academy of Pediatrics advocates for policy priorities.



**American Cancer Society**

*Martha Ryan*  
Director, Prevention and Detection  
315-437-7025  
<http://www.cancer.org>

*Sherry Tomasky*  
Regional Advocacy Director  
315-437-7025  
<http://www.cancer.org>

The American Cancer Society engages in cancer prevention community initiatives.

**American Diabetes Association**

Ed Kline  
Upstate Manager  
203-639-0385  
<http://www.diabetes.org>

The American Diabetes Association has educational programs, materials, cookbooks and meal planners.

**CNY Dietetic Association**

*Karen Ertell*  
Nutritionist, Bylaws Chair  
315-476-7921 x2357

[certell@twcny.rr.com](mailto:certell@twcny.rr.com)

The CNY Dietetic Association provides counseling on healthy eating habits and incorporating exercise into daily life for Syracuse Community Health Center (SCHC) patients. SCHC patients are typically people of color, low income, Medicaid eligible or have no insurance.

### **HANYS**

Sue Ellen Wagner  
Legislative and Community Affairs  
518-431-7600  
<http://www.hanys.org>

HANYS has prioritized obesity as an issue to be addressed by the hospital association.

### **MACNY**

*Ann Castle*  
Vice President, Human Resources Services  
315-474-4201  
<http://www.macny.org>

MACNY is an employer association representing and serving the interests of manufacturers and other employers in the region. MACNY conducted an overview survey of the worksite initiatives of their members.

## ***Employers & Area Supports***

### **Syracuse Chamber of Commerce**

*Sharon Abert*  
Member Services  
315-470-1810



### **Weight Watchers**

Karen Murphy  
Weight Watchers at Work  
315-432-1612

Weight Watchers offers worksite initiatives bringing weight watchers to various employers throughout the county.

### **Welch Allyn**

*Kathy Garofalo*  
Director of Worksite Wellness Initiative  
315-685-4437

Welch Allyn, a large employer in Central New York provides a comprehensive worksite wellness initiative that focuses on health coverage, outlets for physical activity, and healthy food choices.

## ***Insurance***

### **Excellus**

*Marianne Hicks*

Community and Regional Affairs Director

315-671-6947

<http://www.excellusbcbs.com>

Excellus provides community funding and has employer programs.