

Preventing Teen Pregnancy



Teen pregnancy rates in the South Bronx are some of the highest in the city. The South Bronx District Public Health Office (DPHO) works to reduce unintended teen pregnancies by collaborating with parents, teens, teachers and others to ensure access to reproductive health services and educate teens about sexual health.



Work in Schools

All high schools are required to provide a health resource room, which includes maintaining a supply of condoms. DPHO staff is working with area high schools to help them comply with this requirement by:

- Enhancing existing health resource rooms and helping create new ones.
- Collaborating with principals, teachers, administrators, parents and students to improve health education, particularly around reproductive health.
- Conducting school-based reproductive health workshops, and providing educational materials and referrals to teen-friendly health services.

Health resource rooms have been established in 20 high schools.

Work With Community Organizations

The DPHO is working to engage community-based organizations, community boards, libraries and others around teen pregnancy prevention. We've awarded small grants to raise awareness and develop projects to prevent teen pregnancy.

Work With the Medical Community

Improving access to teen-friendly, high quality reproductive health care is a key goal of the DPHO. We are working with local physicians and medical facilities to strengthen services in the Bronx.

Youth Advisory Board

The Youth Advisory Board is a group of teens from the South Bronx that provides input on health issues – including reproductive health. Meeting twice a month, the group receives health education and leadership training, and works on projects and events focused on various health issues, including teen pregnancy prevention, nutrition, physical activity, diabetes and asthma management. The Youth Advisory Board also attends conferences, health fairs and other community events.



Physical Activity and Healthy Eating



In the South Bronx, more than 1 in 4 adults is considered obese, according to a recent Health Department survey. The survey also found that more than 40% of South Bronx residents get no physical activity. The South Bronx District Public Health Office (DPHO) is working to change this through efforts aimed at encouraging residents to get active and eat well.



Work in the Community

Shape Up is a free, year-round fitness program – for adults and kids alike – sponsored by the New York City Department of Health and Mental Hygiene and the Department of Parks and Recreation. Instructors focus on flexibility, strength training, and cardiovascular fitness, as well as strategies for a healthy lifestyle.

Shape Up programs are currently offered at St. Mary's and Crotona Parks.

The Farmers' Market Program encourages fruit and vegetable consumption by promoting farmers' markets in the South Bronx. There are currently 11 markets in the area. The DPHO publicizes these markets to community residents and health care providers, by giving out "Health Bucks" - \$2.00 vouchers redeemable at farmers' markets for the purchase of fruits and vegetables.

Community Coordination

The DPHO is working to make more community residents aware of opportunities for getting and staying fit by:

- Partnering with other organizations that provide fitness and nutrition programs.
- Publishing and distributing **A Guide to Fitness and Nutrition Programs in the Bronx**.
- Participating in coalitions and community initiatives focused on physical activity and nutrition.

Work in Day-Care Centers and Schools

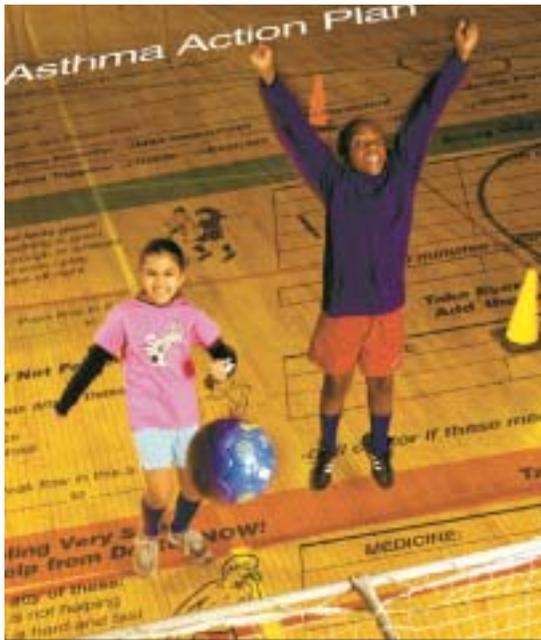
SPARK (Sports, Play and Active Recreation for Kids) is a physical education curriculum that gets kids moving. The DPHO has offered SPARK training in 85 community day-care centers. Training for elementary school teachers will begin in the fall of 2005.



Controlling Asthma



The South Bronx has one of the highest childhood asthma hospitalization rates in the city. Asthma can be controlled by using the right medicines and reducing exposures to asthma triggers. The South Bronx District Public Health Office (DPHO), in collaboration with the South Bronx Asthma Partnership, is working to address asthma in the school, day-care and health care settings.



Work in Schools and Day-Care Centers

DPHO staff is working with elementary school nurses and day-care staff to improve asthma management of children in their care by:

- Encouraging families to complete medication administration forms for all children with asthma so they can take their medicine at school.
- Identifying children with poorly controlled asthma and ensuring proper treatment.
- Referring families of children with asthma to community case management and health care services.

Work With Medical Providers

DPHO staff is working with health care providers in hospital and community-based clinics to improve asthma management. DPHO staff is discussing asthma treatment strategies, appropriate use of medications (especially the need for long-term controller medications for children and adults with frequent symptoms), and the importance of completing an Asthma Action Plan for all patients and a medication administration form for every school-aged patient.

Community Coordination

The New York City Department of Health and Mental Hygiene is one of a number of organizations and government agencies committed to decreasing asthma-related illness. While many resources are available to families of children with asthma, it can be hard to know where to find them. The DPHO is taking the lead in identifying and coordinating asthma-related services available to community residents by:

- Encouraging communication among asthma-service programs.
- Increasing community awareness of available resources through the development and distribution of an asthma case management guide.
- Helping residents get asthma care by making referrals to local medical providers.
- Participating in local coalitions and asthma initiatives.

