



DISTRICT HEALTH DIGEST

News from the NYC Department of Health and Mental Hygiene

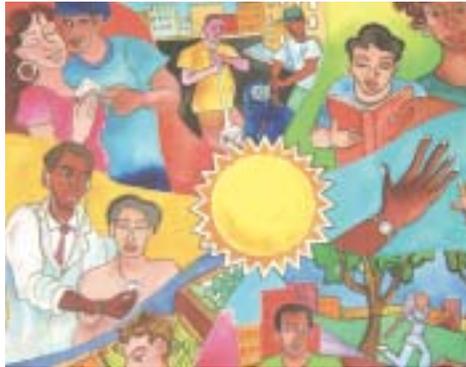


Our Mission

The East and Central Harlem District Public Health Office has been established to improve health and close the health status gap between residents of East and Central Harlem and NYC's healthiest communities. This will be achieved through programs, partnerships and policy initiatives, and reflects the Department of Health and Mental Hygiene's commitment to New York City's at-risk neighborhoods.



NYC HEALTH DEPARTMENT ESTABLISHES DISTRICT PUBLIC HEALTH OFFICE



Rates of poor health and premature death are disproportionately high in certain New York City neighborhoods. To address these health disparities, the Department of Health and Mental Hygiene (DOHMH) has established 3 District Public Health Offices (DPHOs), serving East and Central Harlem, North and Central Brooklyn, and the South Bronx.

The East and Central Harlem DPHO coordinates community-level programming of the DOHMH in East and Central Harlem (Community Districts 10 and 11). It plans and facilitates neighborhood-focused programs on such issues as childhood asthma, smoking cessation, physical activity, diabetes, colon cancer, and flu.

Working to mobilize community residents and organizations to better address public health priorities, the DPHO works with other government and community-based partners to coordinate program activities. The community is encouraged to utilize the DPHO as a local resource center for public health information, technical assistance, and training.

The East and Central Harlem DPHO, headed by Associate Commissioner Andrew Goodman, MD, MPH, is staffed with program planners, research and evaluation specialists, sector coordinators (schools, medical providers, housing, day cares and community organizations), and community health workers. The office is located in the East Harlem District Health Center at 158 East 115th Street 3rd Floor.

For more information contact us at (212) 360-5980 or agoodman@health.nyc.gov.

East and Central Harlem is Shaping Up with "Shape Up, New York!"

Due to the overwhelming success and feedback from Wake Up, New York!, a free physical activity pilot program held in Thomas Jefferson Recreation Center during the summer of 2003, the New York City Health, Education, and Parks Departments are continuing the physical activity program beyond the initial pilot phase.

Continued on next pg



TAKE CARE NEW YORK

The New York City Department of Health and Mental Hygiene (DOHMH) has announced Take Care New York (TCNY), a policy that outlines 10 recommended health actions based on New York City's leading causes of preventable illness and death. The recommendations are intended to address what Health Commissioner Thomas R. Frieden, MD, MPH, describes as "our most important and winnable health battles." Successful implementation of this policy will save thousands of lives and prevent hundreds of thousands of illnesses each year.

Take Care New York's 10 priority areas establish concrete goals and objectives for medical providers, employers, individuals, and communities.

10 STEPS to a LONGER and HEALTHIER LIFE

1. Have a Regular Doctor or Other Health Care Provider
2. Be Tobacco-Free
3. Keep Your Heart Healthy
4. Know Your HIV Status
5. Get Help for Depression
6. Live Free of Dependence on Alcohol and Drugs
7. Get Checked for Cancer
8. Get the Immunizations You Need
9. Make Your Home Safe & Healthy
10. Have a Healthy Baby

To implement TCNY, DOHMH is widely distributing a personal health passport (a health record for screenings and immunizations) and an information booklet about Take Care New York to New Yorkers through doctors' offices, community organizations, City agencies, and employers. Individuals can visit www.takecarenewyork.org to get materials online. They can also call 311 to have information by mail.



BUILDING Healthy Neighborhoods



Healthy neighborhoods start with housing that is free from health risks. The Healthy Neighborhoods Program is a home-visiting project of the East & Central Harlem DPHO that seeks to reduce health risks for children and their families in the home. The pro-

gram addresses issues such as asthma triggers, indoor air quality lead poisoning risks, smoke detectors and window guards.

The Health Department staff performs home environmental assessments and facilitate follow-up on health hazards

with the Department of Housing, Preservation, and Development and other Health Department programs (such as Lead Poisoning Prevention, Window Guards, and Pest Control). The Healthy Neighborhoods staff also help put residents in contact with local agencies for health insurance, smoking cessation programs, asthma case management, and food pantries. To make a referral, please call the DPHO at 212.360.5980 and ask for Apufia Beko or Evelyn Pagan.

For more information about East and Central Harlem HNP, call 212-360-5980.

“Shape Up, New York!”

This collaboration has expanded to almost a dozen sites across the city and is now called Shape Up, New York!

Shape Up New York! is a five-days-a-week, free family fitness program. It is currently being offered Tuesday — Saturday at Thomas Jefferson

Continued from front pg

Recreation Center and Jackie Robinson Recreation Center and Monday - Friday at Wagner Community Center, and St. Nicholas Community Center. To date, hundreds of community residents have taken advantage of the program.

For more information contact Rebecca Lee at (212) 360-5980 or rlee1@health.nyc.gov.

Additional sites are being planned for this summer.

SPARK:

A Training Program to Get Kids Moving

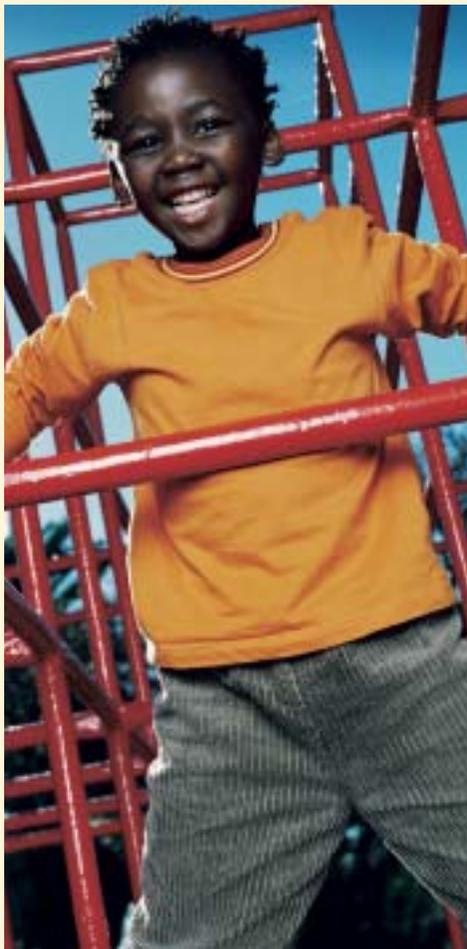
Since Fall 2003, the East and Central Harlem District Public Health Office (DPHO) has been working with elementary schools, daycares, Head Starts, and after-school programs to make a difference in the quality and quantity of physical activity children get each day. The East and Central Harlem DPHO has provided free



staff training in a physical activity curriculum called Sports, Play & Active Recreation for Kids (SPARK). SPARK teaches staff age-appropriate games and exercises that are fun and non-competitive so that children are moderately to vigorously active at least 50% of the time they are in class.

SPARK was developed in 1989 by a team of researchers and educators that received federal funding to create, implement, and evaluate an elementary school physical education program that could eventually become a nationwide model. To date, these researchers have published more than 35 papers documenting that students who participate in SPARK PE demonstrated achievement in the following areas:

- **Moderate to vigorous activity (above Healthy People Goals 2010 objective)**
- **Fitness**



- **Sport Skills**
- **Enjoyment of PE**
- **Academic Achievement (SPARK PE kids did as well or better on standardized tests despite 200-300% more time out of the classroom)**
- **Activity Levels Away From School**

So far, over 89 sites involving 173 staff have attended the full day training.

The East & Central Harlem DPHO plans to offer more training in the SPARK curricula this spring.

If you are interested in learning more about SPARK or the trainings, please contact Rebecca Lee at (212) 360-5980 ext. 717 or rlee1@health.nyc.gov.

JUST THE FACTS



1. Nearly two-thirds of NYC school children are overweight (43%) or obese (24%)

Obesity rates for the following groups are:

- African-American children: 40% obese
- Hispanic children: over 50% obese
- White children: 38% obese

2. Over one-quarter of adults in East and Central Harlem are obese:

Obesity	(% of Adults)
East Harlem	31%
Central Harlem	25%
Upper East Side	7%
New York City	18%

3. More than one quarter of adults in East and Central Harlem get no regular physical activity:

No Physical activity	(% of Adults)
East Harlem	27%
Central Harlem	27%
Upper East Side	15%
New York City	26%

4. More adults in East and Central Harlem have diabetes and die from it than in any other part of the city:

Diabetes	(% of Adults)
East Harlem	15%
Central Harlem	9%
Upper East Side	2%
New York City	8%

Death from Diabetes (per 100,000)

East Harlem	47
Central Harlem	40
Manhattan (Lowest)	10
New York City	22

5. The Centers for Disease Control and Prevention estimates that nearly 50% of African-American and Latino children born in 2000 will get diabetes in their lifetime.

Community Profiles Highlight Neighborhood Health

The New York City Department of Health and Mental Hygiene (DOHMH) has published 42 comprehensive Community Health Profiles, reports that provide detailed information on the health of all City neighborhoods. The Profiles identify the leading causes of death and hospitalization, how New Yorkers view their health, and how New Yorkers balance healthy and unhealthy behaviors, neighborhood by neighborhood. The reports may be used to inform health professionals, public officials, community leaders, and residents about which health problems require the most attention and where interventions are needed most.

During the past year, the East and Central Harlem DPHO presented the data from these reports at many meetings, including meetings co-sponsored by Community Boards 10 and 11. More than 100 community members

attended these meetings and had an opportunity to discuss key issues. As Dr Andrew Goodman, Director of the East and Central Harlem District Public Health Office noted, "the data are useful as a starting point to better understand the magnitude of the health issues facing the community and to help us track our progress as we work together to address them."

Reports have been distributed to health providers, community organizations, elected officials, libraries, the media and a host of other community stakeholders. The profiles are also available online at www.nyc.gov/health. or in hard copy. Detailed data tables listing all communities are also available online.

Individual copies of the report can be ordered by calling 311 or by emailing profiles@health.nyc.gov.

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