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**WELCOME TCNY'S
NEWEST PARTNERS**

- Citizens Committee for New York City
- Clutch Divaz MC
- Davidson Community Center, Inc.
- Elderplan, Inc.
- Front Line, Inc. MC
- Helper Ministries International, Inc.
- IPRO
- Local Development Corporation of West Bronx
- Long Island University School of Nursing
- MARS Project
- National Alliance for Medication Assisted Recovery
- St. Barnabas Hospital
- SUNY State College of Optometry/University Eye Center
- Touro School of Pharmacy
- Village Care of New York

For a complete list of TCNY partners, visit
www.nyc.gov/health/tcny

**TAKE CARE NEW YORK 2012
A POLICY FOR A HEALTHIER NEW YORK CITY**

On September 14, 2009, Mayor Michael R. Bloomberg and Health Commissioner Thomas A. Farley unveiled New York City's ambitious new health policy – **Take Care New York 2012**— targeting 10 leading causes of preventable sickness and death, including cancer, heart disease and HIV. **Take Care New York** was launched in 2004 as New York City's comprehensive health policy agenda. It set ambitious and measurable goals for 2008, several of which were achieved or surpassed.

Take Care New York 2012 aims to build upon these successes. We are focused on reducing health disparities, improving access to high-quality health care, and making all New York neighborhoods healthy and safe places. **Take Care New York 2012** covers not just what individuals can do to improve health outcomes, but also how community partners can help facilitate these changes. Improving health requires coordinated action from all New Yorkers—and particularly from our nearly 500 partners.

Take Care New York 2012 calls on all partners— and all New Yorkers— to help make our city an even healthier place to live.

Implementing Take Care New York 2012

New York City aims to:

1. Promote Quality Health Care for All
2. Be Tobacco Free
3. Promote Physical Activity and Healthy Eating
4. Be Heart Healthy
5. Stop the Spread of HIV and Other Sexually Transmitted Infections
6. Recognize and Treat Depression
7. Reduce Risky Alcohol Use and Drug Dependence
8. Prevent and Detect Cancer
9. Raise Healthy Children
10. Make All Neighborhoods Healthy Places

WELCOME MESSAGE FROM THE COMMISSIONER

Welcome to the first edition of *Take Care New York 2012: The Power of Partnership*. In this newsletter, you will find information on upcoming events and activities, updates on our policy priorities, important facts and health information, and resources to inform and guide your work.

Take Care New York 2012 sets out many ambitious goals, and we need your help to achieve them. We will succeed only if our partners—health care providers, nonprofit organizations, businesses, policy makers, and com-

munities— take on these priorities as well.

Thank you for your dedication to improving the health of all New Yorkers. I look forward to sharing information about our work and hearing about the innovative ways you are integrating **Take Care New York 2012** into yours.

Sincerely,

Thomas A. Farley, MD, MPH
Commissioner



PUTTING HEALTH ON THE AGENDA: A CALL TO ACTION

Government cannot address public health challenges alone. We need you— your relationships, knowledge and experience - to expand the reach and visibility of **Take Care New York 2012**.

We need you to take action and implement the **Take Care New York** priorities and initiatives that are most meaningful to the work you do and the people you serve.

We are asking all partners to identify and work on one or more of the 10 priority areas in **Take Care New York 2012**. We are creating a list of "**Ideas for Action**" that you can do in your community or organization or incorporate into your workplan. Innovative and achievable activities that *all* partners can implement include:

- Connecting your members and employees to health insurance options
- Pledging to refuse sponsorship from tobacco companies
- Opening and unlocking stairwells to encourage more physical activity
- Adopting a healthy foods policy for foods served at your organization
- Host a DOHMH speaker to discuss various important health topics
- Advocating for policy changes that will help make New York City healthier

The Power of Partnership newsletter is one of the many ways we plan to communicate with you. It is an opportunity to share information and resources, highlight partner achievements, and provide a venue for all partners to communicate with each other. An online community will be established soon for partners to interact and network with each other and with us. We look forward to working together!



POLICY IN ACTION: NYC'S FRESH INCENTIVES

Have you ever wondered how changes to zoning regulations and tax codes can bring more fresh groceries to your neighborhood? The answer is NYC's **Food Retail Expansion to Support Health (FRESH)** program.

FRESH focuses on communities in Northern Manhattan, the South Bronx, Central Brooklyn, and Jamaica, Queens— areas currently lacking grocery stores stocked with nutritious, affordable fresh food. Lack of healthy food options has been linked to poorer health and higher rates of obesity among New Yorkers in these neighborhoods.

FRESH offers real estate and tax incentives to increase the development and retention of neighborhood grocery stores in certain NYC communities. In exchange, FRESH grocery stores must reserve certain space to stock healthy food options, including dairy products, fresh meats, and fresh produce.

As a **Take Care New York** partner, you can help spread the word about FRESH incentives. Encourage existing grocery store owners in your neighborhood to find out if they are eligible to become FRESH stores and take a step towards making all NYC neighborhoods healthier places.

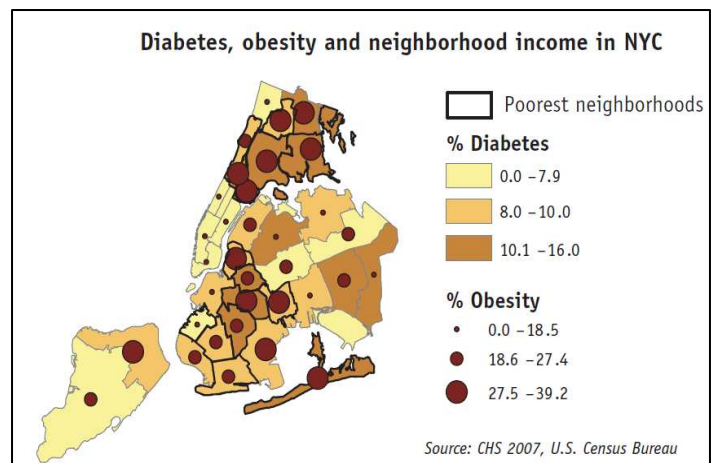
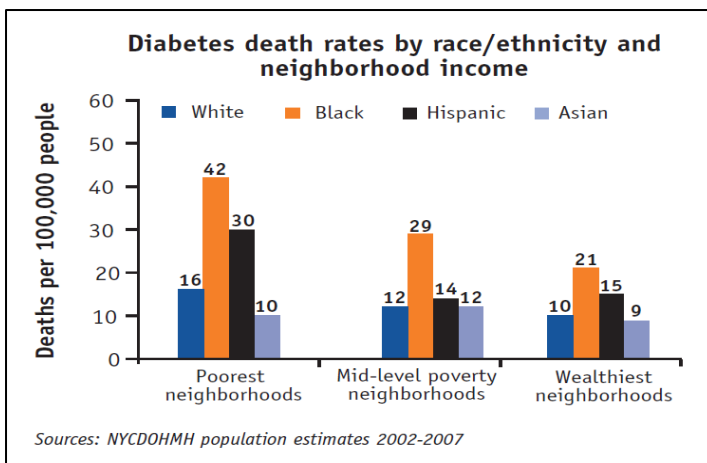
For more information, visit www.nyc.gov/fresh.

IT'S ABOUT HEALTH...AND THAT'S A FACT!!

Diabetes is a growing epidemic in New York City.

Did you know...?

- Diabetes rates have increased 13% in New York City since 2002.
- Death rates among black New Yorkers are higher than among whites, regardless of neighborhood income. Black New Yorkers are almost three times more likely to die from diabetes as are whites in the poorest neighborhoods, and more than twice as likely in the wealthiest neighborhoods.
- Neighborhoods with high levels of diabetes also have high levels of diabetes risk factors, such as obesity and lack of physical activity.



Take Action!

- Educate your patients and clients about keeping their “**ABCs**” in check— **A**1c (blood sugar), **B**lood pressure, **C**holesterol and **S**moking status — will help prevent complications from diabetes.
- Encourage your community residents living with diabetes to participate in regular physical activity, eat a healthy diet, and take prescribed medications to control their diabetes.

For more information, prevention and management recommendations, visit

[NYC Vital Signs-Diabetes](#)

[‘Living with Diabetes’](#) and [‘Diabetes is Epidemic’](#) Health Bulletins

[DOHMH Diabetes Prevention and Control Program](#)

RESOURCES

Resources to help you in the work you do

Take Care New York 2012 Policy Document

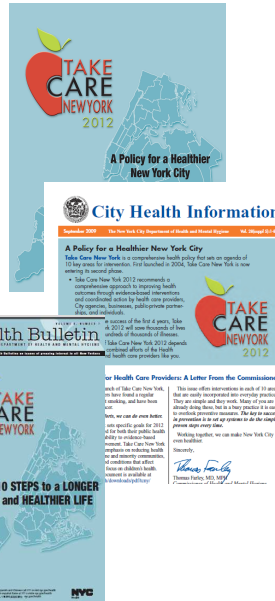
A comprehensive health policy for New York City

City Health Information: Take Care New York 2012: A Policy for a Healthier New York City

A publication for the City's health care community that offers interventions in each of the 10 TCNY 2012 priority areas

Take Care New York 2012 Health Bulletin

A publication for all New Yorkers to help them lead longer and healthier lives



SAVE THE DATE

ASK, SCREEN, INTERVENE (ASI) TRAINING

April 8, 9:00am-5:00pm, HIV Training Institute, 220 Church Street, Manhattan. This multi-module training is designed for clinical providers who care for HIV+ patients. To register, please visit <http://healthweb.health.nycnet/pdf/hiv/hiv-regform.pdf>. Contacts: Madeleine Colon at (212) 788-2579 or Robert Zielony at (212) 788-2735.

YOUNG CHILD EXPO & CONFERENCE

April 9-10, 7:30am-5:00pm, Hilton New York, 1335 Ave. of the Americas, Manhattan. This conference integrates learning about services, resources and products to help all children reach their full potential. For more information and to register, visit www.youngchildexpo.com.

FIT-CITY 5: PROMOTING PHYSICAL ACTIVITY THROUGH DESIGN

May 18, 8:00am-2:00pm, Center for Architecture, 536 LaGuardia Place, Manhattan. This conference will bring together architects, planners, designers and public health professionals to address how building design and policy decisions can increase physical activity, thus helping to prevent chronic diseases such as obesity, diabetes, and cardiovascular diseases. For details and to register: <http://main.aiany.org/> or call (212) 683-0023.

For a list of other upcoming health events within the 5 boroughs, visit

[DOHMH Events Calendar](#)

Provider's Corner

Take Action: Stop the Spread!

It is important to ask patients questions about their sexual health:

1. Take a sexual history from all patients, starting at 11 years of age.
2. Protect confidentiality. Assure your patients that you will not share information with parents, partners, or others about sexual behaviors or sexually transmitted infections.
3. Be sensitive, non-judgmental and direct.
4. Use simple, age- and culturally-appropriate language.
5. Revisit the patient's sexual history at least annually.

What to Ask

Sexual health is an important part of general health, so it's always essential to discuss with patients. The following questions can help stop the spread of HIV and other sexually transmitted infections:

1. Are you sexually active?
2. Do you have sex with men, women, or both? Do you have oral sex, vaginal sex, anal sex?
3. Have you ever had a sexually transmitted infection?
4. Do you know your HIV status?
5. Do you use condoms? How often? For which types of sex?

For more information visit

www.nyc.gov/std