

All Tenant Participation Activities must adhere to the rules set forth by HUD and NYCHA. Please refer to the Tenant Participation Fund Resident Council Guidebook for more information. Find it here: <https://on.nyc.gov/nycha-tpa>

Questions?

For questions about TPA planning, please contact your Resident Engagement Coordinator.

For questions about the health activities suggested in this guide, please contact NYCHA's Health Initiatives at Health.Initiatives@nycha.nyc.gov.



October 2019

TPA PLANNING IDEAS FOR COMMUNITY HEALTH



Using Tenant Participation funds to promote
the health of your community



This tool outlines a dozen suggestions for health activities that may be supported by TPA funds. Allowable uses of TPA funds include training (such as on health and nutrition), outreach, consulting services, and light refreshments.

Healthy Food

A healthy diet is key to preventing disease and improving overall health. Use the following ideas to expand access and education on healthy foods and nutrition at your development.

[Cooking Classes/Demonstrations](#)

Learning to cook new recipes can make healthy eating fun. Launch interactive workshops that teach residents how to cook meals that are nutritious and delicious.

- ▶ Use TPA on: consultants, ingredients, event materials, outreach

[Cooking Competitions](#)

Find your development's master chefs! Host cooking competitions and challenge contestants to use healthy ingredients from your local farmers market or grocery. Include nutrition education as part of the competition.

- ▶ Use TPA on: consultants, ingredients, event materials, outreach

[Grow/Access Healthy Food](#)

Host workshops for residents on how to grow fresh produce in their homes or at resident gardens. You can also plan a community visit to a local farmers market.

- ▶ Use TPA on: in-home gardening kits, event materials, outreach

POTENTIAL PARTNERS

- » [Cornell University Cooperative Extension](#)
- » [Green City Force](#)
- » [Family Cook Productions](#)
- » [Green City Force](#)
- » [Family Cook Productions](#)
- » [Cornell University Cooperative Extension](#)

Physical Activity

Regular exercise is not only good for the body, it also helps the brain stay sharp. Yet only 23% of Americans get the recommended levels of physical activity. Here are ideas to get your development moving!

[Exercise Classes](#)

Don't have a Shape Up class? Bring fitness to your community! Incorporate health education or target classes to different demographics.

- ▶ Use TPA on: fitness instructor, class materials, outreach

[Walking Groups](#)

Walking is an easy way to get active. Organize residents to walk together, socialize, and build a stronger community. Create a competition to see who can get the most steps or hire a tour guide to make your walks interesting.

- ▶ Use TPA on: consultants, outreach

[Bike Education and Community Bike Rides](#)

Conduct workshops on bike riding, safety, and repair. Organize community bike rides for residents to practice bike riding while getting exercise!

- ▶ Use TPA on: consultants, workshop materials

POTENTIAL PARTNERS

- » Local fitness instructors
- » [Bike New York](#)
- » [Citi Bike](#)
- » [The Brown Bike Girl](#)
- » [Get Women Cycling](#)

Mental Health and Wellness

1 in 5 New Yorkers experience a mental health disorder every year. Mental wellness is critical to overall health, but is too often overlooked. You can make it a priority and connect your community to resources.

[Mental Health First Aid Training](#)

This free 8-hour training teaches skills on how to respond to signs of mental illness and substance use. Host a training at your development.

- ▶ Use TPA on: outreach, light refreshments

[Meditation Classes and Healing Circles](#)

Meditation is linked to reduced stress and anxiety. Healing circles are community gatherings that explore a problem and promote healing.

- ▶ Use TPA on: meditation instructor, healing circle facilitator, outreach

[Arts Events or Workshops](#)

Engagement in the arts can benefit mental health and overall wellness. Bring your community together at an arts event, such as an art therapy session or spoken word workshop.

- ▶ Use TPA on: workshop facilitator, event materials, outreach

POTENTIAL PARTNERS

- » [NYC Dept. of Health & Mental Hygiene](#)
- » [Harriet's Apothecary](#)
- » [The Art Therapy Project](#)

Chronic Disease Prevention

Chronic diseases, such as heart disease, diabetes, and cancer, are leading causes of disability and death. Here are a few programs that can support residents to prevent disease and manage their health.

[Health Education/Workshops on Chronic Disease Prevention](#)

Invite a local health expert to educate your community about heart disease, stroke, and other chronic diseases. Make your community aware of risk factors and preventive lifestyle changes and resources.

- ▶ Use TPA on: workshop materials, outreach, light refreshments

[Chronic Disease Self-Management and Diabetes Self-Management](#)

These 6-week interactive workshops teach skills to manage any ongoing health condition and maintain a healthy lifestyle. Bring a program to your development and recruit residents to join.

- ▶ Use TPA on: workshop materials, outreach, light refreshments

[Smoking Cessation Support Group](#)

Quitting is much easier with peer support. Organize a group to quit smoking together and utilize free resources that can help smokers quit.

- ▶ Use TPA on: outreach, light refreshments

POTENTIAL PARTNERS

- » Hospitals & clinics
- » Local health organizations
- » Hospitals & clinics
- » Local health organizations
- » Hospitals & clinics
- » Local health organizations