



Creating Healthy Schools and Communities in Bronx County

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Bronx Health REACH, a program of the Institute for Family Health, recognizes that healthier students have shown higher academic outcomes, and healthier staff cultivates a more productive workforce. We seek to equip stakeholders with the **information and skills** needed to successfully champion wellness within their schools and worksites, and recognize sites that show leadership in accomplishing wellness criteria.

Creating Healthy Schools and Communities is a New York State-funded multi-sectoral effort to promote nutrition, healthy food access, opportunities for physical activity, and physical education in high-need communities across the state. Bronx Health REACH works with community and faith-based organizations, health centers, and schools across the Bronx (focusing on districts 7, 8, 9, and 12) by:

- Providing **mini-grants, technical assistance, toolkits and other resources** to help schools and worksites develop wellness councils and sustainable wellness programming;
- Providing **best practices** to revise and strengthen wellness policies, i.e. improving the nutrition environment through providing healthy classroom celebration and fundraiser ideas for schools, healthy meeting standards for worksites, and supporting campaigns to counter unhealthy food and beverage marketing;
- Collaborating with the **Office of School Food** and **GrowNYC's Grow to Learn** program to improve school meals and start school gardens;
- Increasing access to healthy food in the community (such as through providing support for **bodegas** to stock and promote healthier foods and beverages);
- Improving **communication and professional development** about nutrition and comprehensive school physical activity programs through workshops and trainings;
- Providing opportunities to get involved in improving the condition of streets in neighborhoods (such as by improving pedestrian walkways and creating new bike lanes).

This is done through providing **technical assistance** to stakeholders in creating wellness councils, and in partnership with the Bronx Neighborhood Health Action Center and many community-based partners.

If you have any questions, please contact Kelly Moltzen, Program Manager at kmoltzen@institute.org, 212-633-0800 x 1328, and Moria Byrne-Zaaloff, Program Coordinator at mbyrne-zaaloff@institute.org, 212-633-0800 x 1287.

The Institute for Family Health is the lead of a consortium of health care providers, community based organizations and other concerned agencies, constituted to plan and implement a project to address racial and ethnic disparities in health outcomes in diabetes and cardiovascular disease in New York. The project focus is on health promotion and education, working with community based organizations to make system wide changes to improve access to healthy food, physical activity and healthcare services.

Bronx Health REACH is a project of the Institute for Family Health that promotes health equity through increasing opportunities for physical activity and access to healthy food. Please visit our website at www.bronxhealthreach.org