

Healthy Hearts on the Hill

Vision Statement

*The **Healthy Hearts on the Hill Coalition** envisions a time when all of our neighbors in the West Hill Community will have the means and access to live heart healthy lifestyles within and supported by the West Hill community.*

Mission Statement

*By developing a sustainable agenda focused on heart health issues and building a sustainable infrastructure with our community partners that will support evidence-based health promotion programs and practices, the **Healthy Hearts on the Hill Coalition** will facilitate our West Hill community neighbors' engagement in health promoting behaviors known to reduce risks for heart disease and disability thereby creating a healthier West Hill Community.*

History

The **Healthy Hearts on the Hill** Coalition was co-founded in 2007 by Koinonia Primary Care and the Center for Excellence in Aging Services at the University at Albany. By bringing together community members, service and healthcare providers, faith based organizations and community business owners; this community based coalition seeks to address both environmental and individual level mechanisms to increased personal health and health care practices and to raise awareness of the risk and protective factors for optimal health.

Activities

Current activities include participation at community events and activities through –

- healthcare screenings for cholesterol, blood pressure and blood glucose;
- dinners/health food tastings and cooking demonstrations events;
- educational campaigns to teach healthier cooking methods and encourage the use of healthier ingredients on an affordable budget;
- distribution of information on affordable, local healthcare, and supporting disease self-management and health promotion
- planning for the *Biggest Winner* project, set to begin in the spring of 2009.

Biggest Winner Project and Goals

The *Biggest Winner* project seeks to unite the community to adopt healthier behaviors by encouraging community members to take steps toward making healthy choices and to engage in healthy behaviors. The Project supports community members as they earn points for participation in activities that encourage healthy attitudes about nutrition, physical activity, and healthcare and that support community residents in meeting personal health promotion, heart healthy eating, health care access and exercise goals. Participants earning points will be eligible for monthly prize drawings as well as grand prize drawings at the conclusion of the project in late 2009.

Contact Information: To learn more about the Healthy Hearts on the Hill Community Coalition and the Biggest Winner project, contact us by phone at: 518.442.5779, by email at HealthyHearts@albany.edu, or by mail at: 553 Clinton Avenue, Albany, NY 12206 or Richardson Hall 382, 135 Western Avenue, Albany, NY 12222