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Judging Dept.

**Jenny Jackson**

Student

HPM&B

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Cynthia A. Jaconski

Dept or Program Years in program

Mentor

## PRESERVATION OF STEPS TO A HEALTHIERNY

Author (s)

**Jenny Jackson**

### Background:

Chronic Disease is a heavy burden in New York State, 60% of New York adults are obese, over 1 million New Yorkers have diabetes, and asthma affects about 9.3% (more than 1.1 million) of adults and 17% of adolescents in New York State. Now envision a community where health is a priority, active living is promoted, disease is prevented, and residents naturally engage in behaviors that lead to longer and healthier lives. Four New York State counties are making that vision come alive through Steps to a HealthierNY (Steps). The Steps program is part of a national movement funded by the federal government called Steps to a HealthierUS. Steps uses integrated, community-based and evidence-based interventions to encourage physical activity, healthy eating, and tobacco-free choices. These efforts are intended to reduce the burden of diabetes, overweight/obesity, and asthma in four diverse counties in New York State - Broome, Chautauqua, Jefferson, and Rockland

### Project and Objectives:

The purpose of this project is to assist in the sustainability efforts of the Steps to a HealthierNY program. The key objectives of the project include developing materials which educate decision-makers about the Steps to a HealthierNY program at the local, state, and national level. Materials include fact sheets, letters, and PowerPoint presentations.