

Harlem Neighborhood Health Action Centers Programs & Initiatives

CHILDHOOD ASTHMA

East Harlem Asthma Center of Excellence

The East Harlem Asthma Center of Excellence (EHACE) provides families free services to help control asthma and improve overall health. Asthma counselors support and provide self-management tools to children and their caregivers, connect them to pest control and mold remediation services, provide educational workshops to the community at large, and host fun children's events.

Citywide Asthma Initiative

The Citywide Asthma Initiative (CAI) helps NYC day care centers identify children with asthma and connect parents to resources, provides non-toxic pest control services to homes of children with asthma, and trains school nurses to deliver an asthma curriculum. In addition, NYCAI funds asthma case management programs in the South Bronx and Brooklyn using Community Health Workers to provide in-home asthma educational and environmental services in order to reduce emergency department visits and hospitalizations.

NUTRITION & PHYSICAL ACTIVITY

Healthy Schools Initiative

The Healthy Schools Initiative focuses on key areas such as creating/implementing school level wellness policies, developing school wellness councils, and supporting active living and healthy eating. The Harlem Neighborhood Health Action Centers work intensively with a select number of schools each year with their school specific wellness policies and initiatives. Every school is encouraged to apply to the NYC Excellence in School Wellness Award (ESWA) as a way to be recognized for their efforts in creating a healthier environment for their students.

East Harlem Community Walking Trail

The East Harlem Community Walking Trail, created by the Harlem Neighborhood Health Action Centers and our partners, is a 3.5 mile trail along East Harlem sidewalks that runs east and west along 96th and 115th Streets and connects residents to Central Park and Randall's Island. The goal is to highlight the neighborhood's history and assets while improving physical activity and safety through coordinated group walks and community programming. Over the past year, we have convened a steering committee of over a dozen community-based organizations to better understand the condition of the streetscape along the trail and how to measure the safety, maintenance, beauty, and overall walkability in the neighborhood. Collectively we have designed a path that highlights the rich community history and have worked diligently to advocate for improvements that will make the trail safer and more enjoyable for pedestrians. Participating walking groups have the opportunity to curate walks on the trail that are open to the public and allow people to be physically active and learn about the neighborhood.

Fresh Food Box

Buy \$25 worth of high-quality, locally-grown, farm fresh produce for only \$12! Fresh Food Box and cooking demonstrations are available at the East Harlem Neighborhood Health Action Center @ 110th Street every Thursday, 2:00-6:30pm. Fresh Food Box accepts cash, EBT, credit/debit, and Health Bucks.

Center for Health Equity**EHACE Chefs**

The EHACE Chefs program provides families with information on healthy eating as well as food demonstrations using ingredients that can be purchased locally. Participants of EHACE Chefs end each session by receiving Health Bucks, \$2 coupons that can be used at farmer's markets, and taking a walk to the farmer's market at 104th Street and Third Avenue. Join us every Thursday at 11am from July through December!

iBuen Provecho! – Eat Well

iBuen Provecho! – Eat Well is a program of the NYC Department of Health and Mental Hygiene, funded by the Doris Duke Charitable Foundation and overseen by the Fund for Public Health of New York. The goals are to improve food choices, increase food security and foster school engagement for families of pre-kindergarten (preK) through first graders in select East Harlem schools over three years. The program consists of:

- The Breakfast Club - a free, weekly, hot breakfast for caregivers of preK- first graders in 5 East Harlem public schools (PS 57, PS 83, PS102, PS 38 and PS 155). Breakfasts include nutrition education provided by parent coordinators. Each time a caregiver attends breakfast, s/he receives a \$2 farmer's market coupon. Caregivers also receive nutrition-themed children's books for every fourth breakfast they attend.
- A common core integrated classroom nutrition curriculum for preK - first grade classes, Eating Healthy for Success. Teachers' training and all materials (curriculum manuals, 25 book titles for each class, laminated color cards and color worksheet packets) are provided by the program at no cost to schools.

HARLEM HEALTH ADVOCACY PARTNERS

Harlem Health Advocacy Partners

- Harlem Health Advocacy Partners (HHAP) is a free program in 5 NYCHA developments that helps residents ages 18 and over who have asthma, diabetes and high blood pressure living in Clinton, Johnson, Lehman, Taft and King.
- We help all Harlem residents with medical insurance problems like medical billing and medical equipment questions and make referrals for social services.
- We have free wellness activities that anyone can participate in like Shape Up classes and walking groups.

EAST HARLEM NEIGHBORHOOD HEALTH ACTION CENTER

East Harlem Neighborhood Health Action Center @ 115th Street

The East Harlem Neighborhood Health Action Center @ 115th Street's programs and services include:

- Navigator and Referral Specialist
- Family Wellness Suite
- Community convening space
- Co-located partner organizations
 - *Association to Benefit Children - Mental health services for children and their families*
 - *Concrete Safaris - Urban gardening; physical activity and outdoor play for youth*
 - *Public Health Solutions - SNAP enrollment; health insurance enrollment*
 - *SMART: Sisterhood Mobilized for AIDS/HIV Research & Treatment - HIV programming; nutrition education and cooking classes*

CENTER FOR HEALTH EQUITY INITIATIVES IN HARLEM

Shop Healthy

Shop Healthy NYC is a New York City Health Department initiative that aims to increase access to healthy food and engage residents and organizations to support sustainable food retail change in their community. Activities include:

- Reaching out to food retailers to increase stock and promotion of healthy foods,
- Collaborating with distributors and suppliers to facilitate wholesale purchases and widespread promotion of healthy foods, and
- Engaging community constituents (customers) to support participating retailers and increase neighborhood access to healthy foods.

Manhattan Interfaith Advisory Group

The New York City Health Department's Office of Faith Based Initiatives (OFBI) leads the Health Department's efforts to incorporate faith based organizations (FBOs) into its programming. Part of the Center for Health Equity, OFBI creates partnerships within communities of faith and works with these partners to address health inequities in New York City. OFBI builds partnerships with communities of faith through borough-specific interfaith advisory groups. Through these groups, the Department:

- Listens to faith-based views on the planning and development of public health policies and programs,
- Works with leaders of faith based organizations to advocate for and support policies and programs designed to end health inequities, and
- Coordinates and implements wellness programs at the community level.

The Manhattan Interfaith Advisory Group serves as an advocate and conduit to eliminate and prevent health disparities and promotes wellness to the residents of Manhattan through health education, health outreach, and the broadening of health care access and services in partnership with FBOs and OFBI. Their purpose is:

- To advise the Office of Faith Based Initiatives– New York City Department of Health and Mental Hygiene on strategies and initiatives to improve the health of congregants of Faith Based organizations,
- To serve as a forum to share information and prioritize their health concerns,
- To encourage more collaboration and coordination among other Faith Based Institutions and or Faith Based Organizations, and
- Liaise with other relevant organizations and agencies to coordinate activities relating to the health outcomes of their congregants.

National Diabetes Prevention Program

The National Diabetes Prevention Program (NDPP) is a CDC-recognized lifestyle change program which was developed specifically to prevent type-2 diabetes. It is designed for people who have prediabetes or are at risk for type-2 diabetes, but who do not already have diabetes. A trained lifestyle coach leads the program to help you change certain aspects of your lifestyle, like eating healthier, reducing stress, and getting more physical activity. The program also includes group support from others who share your goals and struggles. The year-long program focuses on long-term changes and lasting results. Open classes can be found here: <https://compass.qtacny.org/find-a-workshop>.

EAST HARLEM NEIGHBORHOOD HEALTH ACTION CENTER @ 115TH STREET CO-LOCATED PARTNER PROGRAMS & INITIATIVES

Public Health Solutions

The Access to Health and Food Benefits Program at Public Health Solutions aims to improve New Yorkers' access to health care and healthy food by helping individuals and families apply for free or low-cost health insurance coverage and the Supplemental Nutrition Assistance Program (SNAP, also known as Food Stamps). The Facilitated Enrollment for the Aged, Blind and Disabled (FE-ABD) program provides education and public health insurance application assistance to individuals aged 65 or older, certified blind, and living with disabilities. In addition, all PHS' Facilitated Enrollers are cross-trained to assist clients under age 65 with applications through the NY State of Health Marketplace. The SNAP program provides SNAP (Food Stamps) enrollment services to low income New Yorkers. PHS' Food Benefits Counselors are fully-trained to help. For information on any of these programs, call 1-800-344-3406.

Concrete Safaris

There are four programs at Concrete Safaris:

City Surfers: CS' after school program's primary goal is to improve the health and fitness of 50 East Harlem children for 17.5 hours/week at two public elementary schools, PS 83 and 182. 7-12-year olds develop active living interventions; design gardens, yielding 2-4,000 lbs. of produce per year; study nutrition, cook, and design health campaigns; develop bike routes and cycle up to 6 miles per day; and create an annual race to promote fitness among youth and families.

Green Exercise Days are single-day, garden-based obstacle courses that have served over 8,000 second to fifth grade children. CS aims to reach 2nd-5th graders in at least ten NYC School District 4 schools four times per year (seasonally) with four 2.5-hour field trips involving gardening, urbanism, outdoor play, and environmental health.

Note: The whole community is welcome to participate in bi-monthly Garden Volunteer Sessions, held 10 a.m. – 1 p.m. from April – December, at either Mad Fun Farm (98th Street/Third Avenue) or Jefferson Gardens (115th Street/2nd Avenue).

JungleGym: This annual obstacle race, held in East Harlem's Jefferson Park and across three city blocks, aims to engage elementary school children in the transformation of outdoor spaces not traditionally used for play. Children participate in race design, construction, promotion, fundraising, volunteerism, and healthy competition. In June, 190 children and families raced and 600 people attended. Families stayed after the race to enjoy the Active Living Fair with a rock climbing bouncy house and partners offering gardening, cycling, face painting and jewelry, free organic pizza, t-shirts, and health services.

Outdoor Leadership Academy: CS provides a 6-35-week, 8-20-hour/week internship program for seventy 14-24-year-olds who garden, start their own food-based small business and learn about non-profit entrepreneurship, co-lead Green Exercise Days, fix bicycles and design PlayStreets for community children. They learn about employment opportunities, develop their leadership skills, and are involved in leading local children in activities.

Center for Health Equity

Association to Benefit Children (ABC) – Fast Break Mental Health Program

The Association to Benefit Children’s Fast Break Mental Health Program provides psychiatric evaluations and ongoing mental health treatment to children, adolescents and their families. Open Access hours are Tuesday, Wednesday and Thursday from 10:00 am -1:00 pm or by appointment. Most Medicaid managed care is accepted. For referrals please contact Debbie Rivera at 646-459-6174.

SMART: Sisterhood Mobilized for AIDS/HIV Research & Treatment

SMART Body

You will learn how to cook healthy and delicious meals in a fun and supportive environment! Classes are free and you will receive a Metrocard and grocery bag of fresh produce at the end of the class to help you make the meal at home. You must arrange for an intake interview prior to class that is offered at the East Harlem Neighborhood Action Center every Thursday, 12:00-2:00pm. For more information, call 212-289-3900.

SMART Body Youth (for ages 13-24)

You will learn how to cook healthy and delicious meals in a fun and supportive environment! Classes are free and you will receive a Metrocard and grocery bag of fresh produce at the end of the class to help you make the meal at home. Classes are offered at the East Harlem Neighborhood Action Center every Friday, 4:30-6:30pm. For more information, call 212-289-3900.

Newborn Home Visiting Program

DOHMH launched the Newborn Home Visiting Program (NHVP) an effort to promote the agency’s Take Care New York goal of “Having a Healthy Baby.” The program offers home visits to families with new infants to facilitate the adjustment to parenthood, assure safe living environments for families, and provide topic-specific education. The program is entirely voluntary. Currently the NHVP recruits mothers from Harlem Hospital and Metropolitan Hospital at the hospital bedside after delivery, scheduling a home visit, encouraging breastfeeding, and offering more comprehensive breastfeeding counseling at home immediately after discharge from the hospital. All breastfeeding mothers receive two or more home visits.

Goals

- Breastfeeding: All NHVP home visiting staff are trained lactation counselors.
- Safe Sleep: Families receive safe-sleep education to help reduce the risk of death due to Sudden Infant Death Syndrome (SIDS) and address specific risks associated with bed-sharing. Following education, parents who do not have safe place for their baby to sleep receive a voucher for a portable crib.
- Bonding and attachment
- Smoking cessation
- Health insurance and child immunizations
- Screen for potential health or social problems that might require a referral to a specialized provider or agency.

Center for Health Equity**Pest Control Services**

Pest Control Services conducts pest management activities to prevent the transmission of rodent borne diseases, prevent rodent bites, and improve the quality of life for New York City residents by reducing commensal rodent populations.

Key Activities

- Respond to complaints from the public
- Conduct inspections of public and private property to identify conditions that promote rodent infestations and properties with active signs of rats
- Perform rodenticide bait applications when properties fail to remediate rodent conditions
- Promote integrated pest management (IPM) and best practices for rodent management
- Educate neighborhoods and residents on rat prevention and management
- Support the NYC Rat Information Portal

*Key Initiatives***Rodent Task Force (RTF)**

A multi-agency task force which meets weekly to discuss best practices and explore collaborative approaches to reducing rodent populations throughout the city.

Bronx and Manhattan Rat Initiative

Launched in 2007, this program seeks to address rats at the community level in the Bronx and Manhattan by tracking active rats signs (ARS) and educating property owners.

3-Day Rodent Academy

A project to train NYC agency personnel, as well as pest control professionals, in best practices for rodent control, which includes reducing the use of harmful pesticides and focusing on prevention of conditions that promote rodent infestations.

Rodent Management Training for Building Managers and Superintendents

Free Rat Management Training to encourage best practices in rat prevention. This half-day training is targeted to superintendents, building staff, property managers, homeowners, interested tenants and local business community.

IDNYC

IDNYC is the new, free identification card for all New York City residents, which gives all of us the opportunity to show who we are—New Yorkers. As a government-issued photo identification card, IDNYC secures the peace of mind and access to City services that come from having recognized identification. IDNYC benefits every city resident, including the most vulnerable communities—the homeless, youth, the elderly, undocumented immigrants, the formerly incarcerated and others who may have difficulty obtaining other government-issued ID. IDNYC cardholders can access services and programs offered by the City as well as by businesses. IDNYC helps enhance public safety, by serving as a recognized ID for interacting with NYPD. It also helps New Yorkers gain access to all City buildings that provide services to the public and is accepted as a form of identification for accessing numerous City programs and services. IDNYC also provides a dynamic series of benefits to cardholders, including a free one-year membership at many of the City's leading museums, zoos, concert halls, and botanical gardens.