

Bronx Health REACH

Summer 2012

**MAKING
HEALTH
EQUALITY
A REALITY**

Inside this Issue

- Zumba-ing Back to Life** 2
- Walking to Maintain Good Health** 2-3
- Increasing Physical Activity in Schools** 3-4
- Bronx School Health & Wellness Conference** 4
- The Super Starions!** 5
- Establishing Healthy Behaviors in Churches** 5-6
- From the Farm to the Bronx** 6-7
- Working Toward a Tobacco-Free Bronx** 7-8
- Voices from Our Community** 8-9
- Nutrition and Physical Activity Resources** 9

Bronx Health REACH/ NY CEED
Institute for Family Health
16 E. 16th St
New York, NY 10003
Phone: 212-633-0800 ext. 1232
Fax: 212-989-2840

www.bronxhealthreach.org
BronxHealthREACH.blogspot.com
[Facebook.com/BronxHealthREACH](https://www.facebook.com/BronxHealthREACH)
[Twitter.com/BxHealthREACH](https://twitter.com/BxHealthREACH)

A Letter from Our Project Director

Dear Readers,

I hope that your summer is getting off to a healthy and happy start! Summer at Bronx Health REACH is a time to enjoy the outdoors and make use of the many parks and outdoor spaces in the Bronx. It's also a good time to reflect on our programs and activities and highlight the important work of our partners. This issue of the Bronx Health REACH newsletter looks at programs that are transforming our community from the ground up into a place of health and wellness.



This newsletter contains stories of perseverance, such as that of Darlisa Evans, a woman who took her health into her own hands by embracing Zumba and lost 182 pounds in the process. It also speaks to the importance of instilling healthy behaviors in young people through activities that make being healthy and physically active fun—read the story of Kadija, a girl on the run. And it points to the importance of community members demanding healthier options in their neighborhoods, such as the growth of the Bronx Community Supported Agriculture program and the efforts of students in stopping Big Tobacco from marketing tobacco products to youth. We are proud of these programs and our partners – together we have made the Bronx a healthier place to live, work, play, and pray.

I invite you to read about these efforts in community transformation and think about ways you can bring these programs into your neighborhoods. Thank you for your dedication to building a healthier Bronx and have a wonderful summer.

Sincerely,



*Charmaine Ruddock, MS
Project Director
Bronx Health REACH*

Zumba-ing Back to Life

By Susan Glass, Community HealthCorps Member with the Mt. Hope Family Practice at the Institute for Family Health

Darlisa Evans is a 32-year-old mother of two. She was always a slightly bigger kid who didn't think much about what she ate, but over the years she stopped playing basketball or any other activities she had enjoyed as a child. She started steadily putting on weight and got to the point where any form of exercise was unthinkable to her. At her largest, she was 411 pounds, and she talks about "waddling down the street with her head down." One year ago she started trying to change her eating habits. Although she successfully lost some weight, she always put it back on. Frustrated and desperate, she came to the first Zumba class led by me, a Community

"Everybody should do Zumba. It should be a way of life."

HealthCorps member working at the Institute for Family Health's Mt. Hope Family Practice. I remember Darlisa loudly complaining through the first class, insisting that the moves were too hard for her. But she kept coming back week after week and found for the first time in her life that she was steadily losing weight and keeping it off.

Motivated by her progress, she pushed for more exercise classes, and Suneet Goraya and Paula Park from Bronx



Group Zumba class at Roberto Clemente State Park (Photo by Nicki Fietzer)

Health REACH helped expand the exercise program to four days a week. She came faithfully to every class and jogged on her own when the group didn't meet.



Darlisa Evans during a Zumba class at Roberto Clemente State Park (Photo by Nicki Fietzer)

The woman who had once found it hard to get through a 45-minute class was looking forward to moving any time she had a chance. She attributes the change to Zumba because she says it's the only way to exercise without realizing you're exercising. As Darlisa puts it, "Everybody should do Zumba. It should be a way of life. It causes you to do other things; it opens you up to exercise. Before I started I didn't want to run, I didn't want to jog, I didn't want to walk. And now I walk, I jog. I enjoy it. I enjoy life so much." Since beginning to exercise regularly, she has also found that she is able to eat smaller portions and no seconds at mealtime and has no interest in fast food.

Darlisa is now 182 pounds, a 229 pound drop from her previous weight. And she's not stopping. Motivated by the changes she saw in herself, she started teaching Zumba in her daughter's elementary school class twice a week. The kids loved it, and soon other teachers were asking her to come to their classrooms. She now teaches an average of 5-6 classes a day, and plans to keep it up. She exudes a sense of self-confidence as she speaks about these classes, saying "I just feel like I have a purpose now because when I do Zumba with the kids, they expect me to be there." The kids have even started reporting to her how much candy they throw out and the times they pick up fruit instead. Her plans keep getting bigger. A self-described "exercise fanatic," Darlisa wants to eventually open a fitness and nutrition center for kids to prevent others from getting to the point she got to. She says, "I'm ready to become Zumba-certified so I can do this for real and I can introduce it to the whole world."

Walking to Maintain Good Health

By Suneet Goraya, Community HealthCorps member with Bronx Health REACH

Engaging in physical activity is essential to maintaining good health. Public resources, such as parks and outdoor spaces, play a significant role in enabling individuals to be physically active, but some communities have difficulty accessing or utilizing these resources. To make it easier for Bronx residents to use their parks for physical activity,

(continued on next page)

Walking to Maintain Good Health (continued)

Bronx Health REACH has been working with community members to encourage exercise in the parks and to advocate for better park access. This project is led by two HealthCorps members in partnership with the National Parks Service.

“Having a group of people to exercise with motivates me to get up in the morning and work out.”

Since March 2012, Bronx Health REACH has been leading walking groups with community members in the Bronx. The walking group is held three times a week at Roberto Clemente State Park. Since the groups have started, the members, many of whom have diabetes and/or are overweight, have seen positive health outcomes that they attribute to the benefits of regular exercise. One member, who is retired and recovering from knee problems, said of the group, “My prayers have been answered. I had been trying to motivate myself to exercise but it is too hard to do it by myself. Having a group of people to exercise with motivates me to get up in the morning and work out. I wouldn’t be able to do this if it

wasn’t for you.” Another member, who has diabetes, said she has seen her blood sugar levels drop significantly and has lost weight since joining the group.

In addition to providing community members with an opportunity for exercise, the walking groups have allowed them to see their neighborhoods and parks from a different perspective. Many walking group members had never been to

Roberto Clemente State Park, one of the parks featured in President Obama’s *America’s Great Outdoors*



Walking group members stretch in Roberto Clemente State Park

Initiative, even though they live in the area. Due to Bronx Health REACH’s walking groups, community members have discovered new outdoor areas and have rediscovered the parks they already use by turning normal park amenities, such as park benches and trees, into exercise resources.

Increasing Physical Activity in Elementary Schools

By Sigrid Aarons, Bronx Health REACH

Bronx Health REACH’s Healthy Schools New York (HSNY) program worked with a dozen schools during the 2011-2012 school year (up from eight schools the previous year). The focus this year was on increasing physical activity in K-5 classrooms. A physical education (PE) survey at the end of 2011 revealed that most of our schools are only able to provide one 45-minute gym period to students each week, falling far short of the Department of Education’s mandate of 120 minutes per week for all K-5 students.

Unfortunately, the staffing and resource constraints faced by most New York City schools make this mandate impossible to achieve. Most of the South Bronx schools we work with have only one gym teacher (some only part-time), and many have to share their gym space with other nearby schools. Bronx Health REACH has provided \$500 grants to targeted schools to support the purchase of materials and equipment to enhance PE programs, as well as provided teacher training and materials for two classroom-based physical activity programs—*Activity Works* and *Tai Chi for Kids*.

“The kettcar kabrio is one of the most outstanding pieces of equipment we have gotten in a while.”

Schools report that students are excited about the new PE equipment and are now more engaged in moderate-to-vigorous physical activity during gym. Edith Obagu, K-5 PE teacher at PS 218, reports that the “kettcar kabrio” (a body-propelled mini-car) is “...one of the most outstanding pieces of equipment we have gotten in awhile. The kids absolutely love driving these cars around. They race each other through a series of obstacles. Since they are so focused on driving they forget they are exercising by peddling everywhere.”

The Tai Chi and Activity Works teacher training programs were also successfully implemented with very positive responses from teachers, students and

(continued on next page)

Increasing Physical Activity in Elementary Schools (continued)

administrators. Teachers in Coordinated Team Teaching (CTT) classes, in which special education students are taught alongside their general education peers, were particularly enthusiastic about both programs and noted a marked difference among their most challenging hyperactive students.

The Tai Chi program provides two-minute guided movement segments and is used to transition between classes or to help students relax during testing periods. Activity Works provides ten-minute cardiovascular and strengthening exercise breaks designed to teach math, social studies

and other subjects through a learning adventure (such as a walk through a virtual rainforest). The movements foster blood and oxygen flow to the muscles and brain, and allow students to learn academic subjects while exercising. The program has collected data from 86 schools in four cities (Atlanta, Houston, Newark, and Philadelphia) that clearly demonstrate improved student focus, learning and concentration with increased use of Activity Works. Kate Masuch, the New York City metro field coordinator who trained our schools, is now gathering data from the Bronx, Brooklyn and Queens in the hope of observing similar results.

Bronx School Health & Wellness Conference

By Kelly Moltzen, Bronx Health REACH

On May 3rd, school leaders, public health advocates, teachers, and parents came together at the Bronx Borough Office of the United Federation of Teachers (UFT) to participate in the Bronx School Health & Wellness Conference. This event grew out of concerns raised about student health at the Bronx Borough President’s 2011 Education Summit. The conference organizers, including Bronx Health REACH, invited 32 organizations to showcase their nutrition and physical activity programs that could be used in Bronx schools.

The conference kicked off with a networking and tabling session where attendees could speak with the different organizations about their programs. Veggiecation, a nutrition education program, brought bean dips for people to sample and the Bronx District Public Health Office held an exercise break encouraging everyone to stay physically active. After the networking session, Charmaine Ruddock, project director of Bronx Health REACH, spoke about the critical role that schools play in child health and combating childhood obesity, and invited the school partners to take advantage of opportunities to partner with the

attending organizations. Another speaker, Steve Ritz from the Green Bronx Machine, spoke about growing vertical gardens and working with



Attendees at the Bronx School Health & Wellness Conference take an exercise break

youth to grow and sell healthy food. Green Bronx Machine’s motto “Growing Our Way Into a New Economy” highlights an emerging mindset in the Bronx that we can be our own agents of change, moving us from a designation of the poorest and least healthy borough to one that’s both physically and economically healthy.

School administrators and staff also shared their success stories about implementing nutrition and physical activity programs in their schools. One of

the panelists, Dawn Brooks Dacosta, the principal of Thurgood Marshall Lower Academy in Harlem spoke about the school’s partnership with FoodFight to provide wellness trainings for the staff. Other lessons learned included promoting staff wellness, ensuring that the school’s leadership is supportive of nutrition and physical activity programs, setting aside time for School Wellness Council activities, and applying for grants through the Department of Education’s Office of School Wellness. The second panel included representatives from community organizations that have implemented school health programs. The panelists stressed the value of having a school wellness champion within each school and tailoring programs to meet the community’s need.

Our congratulations to the many teachers, school nurses, principals, and community leaders, including our elected officials, who are leading the revolution in making Bronx schools a place where our children thrive academically and physically. More information about school-based health programs is available in the Resource Center at www.bronxhealthreach.org.

The Super Starions Healthy Eating Challenge!

By Diana Johnson, Bronx Health REACH

Bronx Health REACH has worked to improve children's eating habits through a variety of different programs over the years. This year, REACH partnered with Worldways Strategy & Creative to develop a social marketing campaign to encourage students to eat healthy foods. Social marketing, not to be confused with social media, is a framework that can be used to encourage behavior change by using commercial marketing strategies. In this case, REACH developed a healthy eating campaign to "sell" the idea of eating more fruits and vegetables to children aged 8-10 years old. To start, a focus group was conducted with fourth and fifth grade students to get feedback about the best ways to promote healthy eating messages. The children were presented with three different types of characters: Astronauts; Athletes; and Superheroes. The children picked the superheroes and decided the superheroes should look like them and have normal names like students in their classrooms.

They also wanted the superheroes to have fruits and vegetables as logos on their outfits. Worldways went straight to work with the feedback the children gave during the focus group and shortly after the **Super Starions** were born!

"My favorite mission was in the community because I got to try a banana at a healthy cart by the hair salon."

The Super Starions, which include Frankie Fruitman, Victor Veggie, and Wanda Water, are the main characters of the campaign that is currently being implemented at PS 218 Rafael Hernandez Dual Language School in the South Bronx. Third grade students were invited to participate in a healthy eating challenge through a series of nine missions to help the Super Starions fight for good health. Posters featuring the Super Starions were placed around the school to remind students to complete their missions and table tents were placed in the cafeteria to prompt the students to make healthy choices. In addition, the campaign reinforces the nutrition education the children received in the classroom as part of the Johnson & Johnson Obesity Prevention Program.

"I thought it was something they don't see every day," said school nurse Veronica Echols about the healthy eating campaign. "All the kids were enthusiastic about it." Third grader Alejandra Romero said she learned to eat more fruits and vegetables and especially enjoyed missions that involved some community exploration. "My favorite mission was in the community because I got to try a banana at a healthy cart [Green Cart] by the hair salon,"

said Alejandra.

The campaign is being evaluated using pre and post surveys which ask about student's knowledge, attitudes and behaviors around healthy eating. REACH was recently awarded a grant from the CIGNA Foundation to expand the social marketing campaign to other schools in fall 2012.



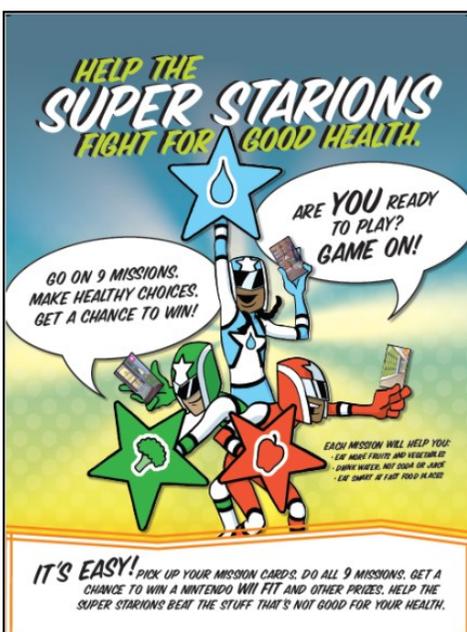
Third grade student from PS 218 taking vegetables from the salad bar as part of the first healthy eating mission

Establishing Healthy Behaviors in a Place of Worship

By Francesca Heintz, Bronx Health REACH

Living a healthy lifestyle is not a part-time endeavor. For this reason, Bronx Health REACH has sought to bring health programming to places in the community that have a positive influence on how people choose to live their lives. The Faith-Based Outreach Initiative has worked with many churches over the past decade to establish health ministries and bring health programming to their congregations. Churches with active health ministries have been successful in transforming their church's environment into one

(continued on next page)



Establishing Health Behaviors in a Place of Worship (continued)



The faith-based boot camp at Central Baptist Church (photo by Patricia Lopez)

initiative, a faith-based boot camp, and a walking group. She also added another program called “Be Healthy Every Day” that is a spiritual and Scriptural introduction to being healthy. Though a number of Central Baptist Church’s health programs are Bronx Health REACH programs, such as Fine, Fit, and Fabulous, a nutrition and fitness program, and the Culinary Initiative, a program that teaches how to cook healthy for the congregation, many of the activities came from the church itself. The faith-based boot camp was conceived and launched by Ms. Lopez and the church’s health ministry applied and received a grant from the NYC Department of Health to start a walking club. These are sustainable and growing programs that have a positive impact on the life and health of the congregation and the community.

that is committed to health and wellness.

Patricia Lopez, the health coordinator of Central Baptist Church on Manhattan’s Upper West Side, launched their health ministry in 2009. Since then, the health ministry has implemented a number of health programs and made improving health a major priority for Central Baptist Church and its members. In 2011 alone, says Ms. Lopez, the church had a Fine, Fit & Fabulous program, a culinary

Building health ministries that can transform their communities and continue to sustain themselves are key components in Bronx Health REACH’s faith-based initiative. Churches throughout the Initiative are launching their own programming and sharing lessons learned with each other. The excitement expressed by the Initiative’s health coordinators about the innovative activities they have launched speaks to the efficacy of community driven approaches to addressing racial and ethnic health disparities.

From the Farm to the Bronx

By Francesca Heintz, Bronx Health REACH

Not too long ago having access to farm fresh produce in urban areas meant driving upstate and picking apples or paying high prices at gourmet grocery stores. But the recent advent of



Community Supported

Agriculture (CSA) programs, which have been popping up throughout the Bronx, are now bringing the farm to the city. CSAs give communities direct access to high quality,

fresh produce grown by local farmers, who bring their goods to a drop-off site once a week for a reasonable cost. Participants buy a farm share, usually enough for a family of four, and can often use food stamps or pay on a sliding scale depending on income. At last count, there were approximately 12,000 CSAs in the U.S. and 350 in New York State alone.

One of Bronx Health REACH’s legacy grantees, the New York City Coalition Against Hunger (NYCCA), received funding in 2010 to start a new CSA program in the South Bronx. In the first growing season, NYCCA recruited 60 shareholders who purchased fresh vegetables and herbs from Fresh Radish Farm each week. In this year’s growing season, NYCCA will continue this partnership, as well as add a fruit

(continued on next page)

From the Farm to the Bronx (continued)

share from Hepworth Farms after many shareholders expressed interest in buying affordable fresh fruit that they were not seeing in their neighborhoods. “People started asking for fruit and so we decided to add it for the second season,” says Filomena Acevedo, community organizer for NYCCA. Ms. Acevedo says the Bronx community has been very excited about the CSA and their available shares are filling up fast for 2012.

“This is important for the Bronx because people are learning to integrate

vegetables into their diets and being able to bring food from the farm to the table,” says Ms. Acevedo. “It’s fresh and they’re excited by it.”

The Bronx CSA will start distributing produce weekly at the Grand Concourse Seventh Day Adventist Temple (1275 Grand Concourse) on June 19th and will run through November. Payments are on a sliding scale depending on income, but for those shareholders with SNAP (food stamps) a full share will cost \$5.45 per week. To learn more about the

Bronx CSA, visit: <http://bronxcsa.wordpress.com/>.



Shareholders picking up their produce (photo from NYCCA)

Working Toward a Tobacco-Free Bronx

By Emma Rodgers, Bronx Health REACH

According to the Centers for Disease Control and Prevention, tobacco use is still the leading cause of preventable death, disease and disability in the United States. Despite historic declines in smoking rates from 2002 to 2010, disparities persist and 151,000 adults and 3,000 high school students still smoke in the Bronx – 1 out of 3 will die prematurely as a direct result of smoking. As we develop comprehensive programs and policies to reduce chronic disease and death, we must continue to focus our efforts on reducing tobacco use in the Bronx.

Over the last few years, Bronx Health REACH has partnered with the Bronx Smoke-Free Partnership and community leaders from across the city to develop innovative, community-based programs and policies that prevent youth from smoking and help smokers quit. Two recent events highlighted the progress that we have made and the work that needs to be done.

On May 23rd, Bronx Health REACH joined Senator Gustavo Rivera, the Bronx Smoke-Free Partnership, American Lung Association in NY, Bronx District Public Health Office, Bronx BREATHEs and community members at Tremont Park to celebrate the one-year anniversary of the groundbreaking legislation that prohibits smoking in all public parks, beaches and pedestrian plazas in New York City.



Senator Gustavo Rivera speaks with a Bronx family after the May 23rd press conference

According to David Lehmann, Borough Manager of the Bronx Smoke-Free Partnership, “even brief exposure to secondhand smoke can trigger an asthma attack in an asthmatic child. In a borough where asthma rates are so high, smoke-free parks and beaches encourage our children and loved-ones to exercise and enjoy our parks without being afraid of getting an asthma attack.” The Bronx is home to 7,000 acres of parks land – the most in the city. Expanding smoke-free outdoor areas is one strategy that promotes healthy living and physical exercise. We look forward to another smoke-free summer at the parks and beaches in the Bronx!

World No Tobacco Day, an annual, international event created by the World Health Organization, provided another opportunity for Bronx Health REACH to highlight the dangers of smoking and tobacco advertising among youth. On May 31st, Bronx Health

(continued on next page)

Working Toward a Tobacco-Free Bronx (continued)

REACH joined the Bronx Smoke-Free Partnership, students from PS73 in the Bronx, and youth from across the city for a youth rally in Washington Square Park to tell Big Tobacco that they have seen enough tobacco marketing targeting youth. According to Juan Rios, Program Coordinator, Highbridge Community Life Center, "Their message was clear. NYC youth have seen enough -- they do not want to become the next generation of smokers. It was very inspiring to see our youth take a stand and take hold of their lives."

Bodegas and pharmacies are some of



World No Tobacco Day Youth Rally in Washington Square Park

the last places where the tobacco industry can market their products to our kids. In New York City, there are 11,500 licensed tobacco retailers,

75% of which are located within one thousand feet of a school. Research shows that the more tobacco marketing kids see, the more likely they are to smoke. Bronx Health REACH looks forward to partnering with community leaders, bodega owners, Business Improvement Districts, and Merchant Associations from across the Bronx to better understand how tobacco marketing affects our youth and develop programs that protect our kids from a life of tobacco addiction.

For more information about the Bronx Smoke-Free Partnership, please visit: www.nyctobaccofree.org/bronx.

Voices from Our Community: Girls on the Run!

By Kadija, 5th Grade Student at PS 43X

Girls on the Run is a youth development program for girls ages 8-13. The program encourages young girls to be physically active and healthy, while teaching them to think positively, avoid peer pressure, and refrain from gossiping and bullying. The participants learn how to incorporate running into physical activity, but more importantly the program builds up self-esteem in order to help the girls grow into strong and confident young women.

"...you can just run and you will be on an island where you're all by yourself and no one can bother you."

This year, Bronx Health REACH partnered with Girls on the Run to bring this program to four of our partner schools in the Bronx. The final event of the season was a 5K run in Manhattan.

Girls on the Run is a really great program and I am really sad that it ended. Girls on the Run is better than anything else I've ever done. For example, now I am more active. I am also more happy and cheery. And last but not least, I have learned how to put myself in someone else's shoes. What I learned most from the G.O.T.R. is to be myself and to not force popularity because you should earn your friendships. I also learned not to believe the pretty faces on the billboards and realize that the images are computerized and that each and every one of us is beautiful in our own way. G.O.T.R. taught me that running helps you when you're feeling mad or angry. When you feel like that, you can just run and you will be on an island where you're all by yourself and no one can bother you. You don't have to battle anything on your island because the people who try to hurt you are very far away. It helps you when you know your friends and family are looking forward to seeing you cross

the finish line and that's all you care about. From this day forward when I have troubles, I will use G.O.T.R. tricks and plug the positive cord into my brain, and run with encouragement. I know I can make it far in life and I know there will be people who will try to bring me down, but if I don't let those people get in my way, my journey will be complete. The best way to do this will be running and letting go of all my problems and staying strong.



Girls on the Run from PS 43X before the 5K run on June 10th



Voices from Our Community: The Story of Two Bodegas Trying to Serve Healthy Food

By Francisco and Nash, as told to Catelyn Halusic, Bronx Health REACH intern

Francisco is the owner of La Sirena, located on 165th and McClellan Street and across the street from the Sheridan Academy for Young Leaders, a Bronx Health REACH partner school. He seems to be everywhere at once, tending the cash register one minute, stocking shelves the next minute, and then making a sandwich for a hungry customer. Though he has spent 18 years in this store, it has only been recently that he has begun to carry healthier options.

“I have a plan to put more fresh and dried fruit in the store.”

“I want to do a lot of things,” says Francisco. “When you try to make a change, or put something new in the store, people always go ‘ooh ahh.’ Like when I started selling hot food, it was a big success. I have a plan to put more fresh and dried fruit in the store.”



Asha, a Sheridan Academy student, putting up a sign about fresh fruit available at La Sirena

Francisco already sold cut-up fruit, but it was placed deep in a cooler that advertised for beer. So when a Sheridan student, Asha, delivered a colorful sign stating “All types of FRUIT” with pictures of fruit, he gladly let her post it on the cooler. Though Francisco knows that this is only a small step towards providing healthy foods, he can identify what he believes is the

greatest challenge to eating healthy – parents.

“The point is, in your house, you need to train the kid what you’re supposed to eat. You need to tell the kid no, not candy, eat this instead [motions to fruit]. You need to set rules,” says Francisco. “My mother made the decisions for me, but here, the kids make the decisions.”

Another bodega in the South Bronx, Reem’s Deli & Grocery is across the street from PS 218 and many of its customers are children who want a snack during the day. They have many options from which to choose, ranging from chips and cookies to candy and soda, but a concerted effort is being made to change what the children eat. The owner, Nash, is very open to healthier suggestions made by the parents and children.

“We make cut-up fruit and salad when people ask for it, it’s easy, but they have to ask.”

“If you tell me what people want to see and will buy, and I can get it, then I’ll stock it,” says Nash.

“I want people to eat healthier, but it’s hard because if they don’t know about it, they won’t eat it or ask for it,” says Sam, one of Nash’s employees. “We make cut-up fruit and salad when people ask for it, it’s easy, but they have to ask.”

One healthy addition is a new smoothie station that has replaced the shelf of cookies and cakes at the front of the

store. There is a blender and juicer on the counter that Nash decorated with plastic fruit. The menu is still being worked out, but he already has an idea of what he wants to include.

“We are going to make smoothies and juices with fruit and yogurt, and if the customer wants to, I want to make available protein and things like that to add in,” says Nash.

Nutrition and Physical Activity Resources

Bronx Health REACH has many educational materials and pamphlets on nutrition and physical activity available for free on our online Resource Center (<http://www.bronxhealthreach.org/resource-center/educational-materials-and-toolkits/>) in English and Spanish.

Below is a list of additional resources you can use to learn more about staying healthy:

- NYC Food: <http://www.nyc.gov/nycfood>
- The Prevention Institute: <http://www.preventioninstitute.org/>
- USDA Healthy Recipe Finder: <http://recipefinder.nal.usda.gov/>
- BeFitNYC: <http://www.nycgovparks.org/befitnyc>
- Girls on the Run: <http://www.girlsontherun.org/>
- Shape Up NYC: <http://www.nycgovparks.org/programs/recreation/shape-up-nyc>

Snapshots from Bronx Health REACH



Bronx Health REACH and our partners in front of West Tremont Deli Grocery Corp, the bodega adopted by MS 331 as part of a program to bring healthier food to the community (photo by Nicki Fietzer).



Senator Gustavo Rivera speaks to a student at MS 331 about the Adopt-a-Bodega project (photo by Nicki Fietzer).



Children exercising in Roberto Clemente State Park during a Bronx Health REACH event for National Parks Day on April 27th. (photo by Nicki Fietzer).



Hula hooping for health at National Parks Day! (photo by Nicki Fietzer).



Community Town Hall Event: Make Health Equality a Reality April 28, 2012.



Mt. Zion CME Church tells us why health equality is important at the Town Hall.

