

Healthy Neighborhoods



Ensuring the health of our children is a public health priority. Through its Healthy Neighborhoods program, the East and Central Harlem District Public Health Office (DPHO) is working to reduce health and safety hazards found in the home that can worsen asthma and cause lead poisoning and injuries. These hazards include roach and rodent infestations; mold; peeling lead paint; and missing window guards and smoke alarms.

In-Home Visits

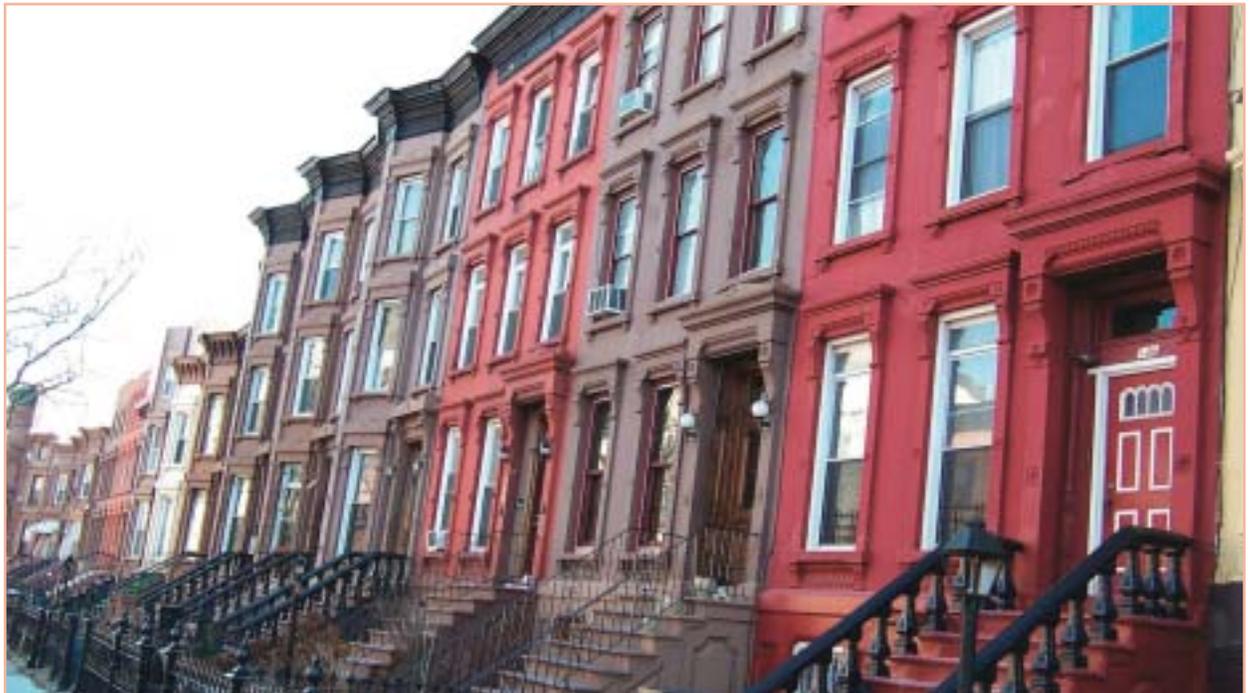
In this program, DPHO staff conducts in-home visits to residents with children aged 18 and younger. During these visits, we:

- Provide education about home-based hazards and strategies for correcting problems.
- Identify and address hazards.
- Assist residents in advocating for improvements.

The DPHO partners with other Department programs (such as Pest Control) and city agencies (such as the New York City Housing Authority and the Department of Housing Preservation and Development) to ensure that all resources are harnessed to address home-based problems.

To Make an Appointment

Healthy Neighborhoods is eager to assist families with children in East and Central Harlem. To make an appointment for a home visit, call 212-360-5980. The program also welcomes referrals from medical providers, schools, day-care centers, and other agencies working with families.



Physical Activity and Healthy Eating



In East and Central Harlem, nearly 1 in 3 adults is considered obese, according to a recent Health Department survey. The survey also found that 25% of residents get no physical activity. The East and Central Harlem District Public Health Office (DPHO) is working to change this through efforts aimed at encouraging residents to get active and eat well.



Work in Schools, Day-Care Centers and After-School Programs

SPARK (Sports, Play and Active Recreation for Kids) is a physical education curriculum that gets kids moving. The DPHO organizes SPARK trainings for teachers in elementary schools, day cares and after-school programs.

Over 100 sites and 250 teachers and staff have been trained.

Work in Community

Shape Up is a free, year-round fitness program – for adults and kids alike – sponsored by the New York City Departments of Health and Mental Hygiene and Parks and Recreation. Instructors focus on flexibility, strength training and cardiovascular fitness, as well as strategies for a healthy lifestyle.

Shape Up programs are currently offered at:

- Jackie Robinson Recreation Center
- Thomas Jefferson Recreation Center
- Saint Nicholas Houses Community Center
- Wagner Houses Community Center

The Farmers' Market Program

encourages fruit and vegetable consumption by promoting farmers' markets in East and Central Harlem. Farmers' markets, selling fresh, seasonal fruits and vegetables, are located at:

- E. 104th St. between 2nd & 3rd Ave. (Thursdays, 8:30 am - 4:00 pm)
- W. 125th St. between 6th & 7th Ave. (Tuesdays, 8:00 am - 4:00 pm)
- Corner of E. 120th St. & 1st Ave. (Thursdays, 8:00 am - 5:00 pm)

Community Coordination

The DPHO is working to make more community residents aware of opportunities for getting and staying fit by:

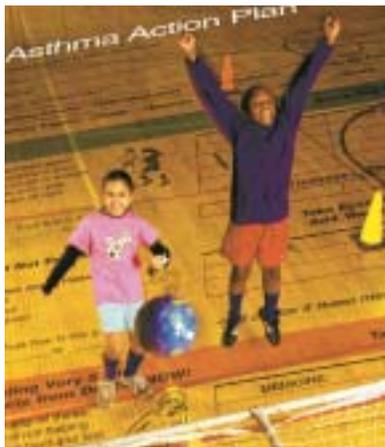
- Partnering with other organizations that provide fitness and nutrition programs.
- Publishing and distributing **A Guide to Fitness and Nutrition Programs in East and Central Harlem**.
- Participating in coalitions and community initiatives focused on physical activity and nutrition.



Controlling Asthma



East and Central Harlem have some of the highest childhood asthma hospitalization rates in the city. Asthma can be controlled by using the right medicines and reducing exposures to asthma triggers. The East and Central Harlem District Public Health Office (DPHO) is working in multiple settings – the clinic, school and home – to improve medical care, strengthen the ability of families to manage their children’s asthma and reduce asthma triggers.



Work With Medical Providers

DPHO staff is working with health care providers in hospital- and community-based clinics to improve asthma management. This includes discussing asthma treatment strategies, appropriate use of medications (especially the need for long-term controller medications for children with frequent symptoms), and the importance of completing an Asthma Action Plan for all children and a medication administration form for every school-aged patient.

Work in Schools

DPHO staff is working with elementary school nurses to improve asthma management of children in their care by:

- Encouraging families to complete medication administration forms for all children with asthma so they can take their medication in school.
- Identifying children with poorly controlled asthma and ensuring proper treatment.
- Referring families of children with asthma to community case management and health care services.

Work in Housing

Through the DPHO’s Healthy Neighborhoods program, home visits are conducted to identify and address hazards associated with asthma symptoms. These hazards include mold, and cockroach and rodent infestations. Staff works with residents, property owners and government housing agencies to ensure that identified hazards are fixed. Families are referred to the asthma case management programs serving the community.

Community Coordination

The New York City Department of Health and Mental Hygiene is one of a number of organizations and government agencies committed to decreasing asthma-related illness. While many resources are available to families of children with asthma, it can be hard to know where to find them. The DPHO is taking the lead in identifying and coordinating asthma-related services available to community residents by:

- Encouraging communication among asthma-service programs.
- Increasing community awareness of available resources through the development and distribution of an asthma case management guide.
- Helping residents get asthma care by making referrals to local medical providers.
- Participating in local coalitions and asthma initiatives.

