OBJECTIVES

I. Introduction to NYC Health Department Center for Health Equity Division
II. Harlem Health Advocacy Partners (HHAP)
III. Development of HHAP Walking Groups
IV. Achievements
V. Summary
MISSION AND VALUES

“To protect and promote the health of all New Yorkers”

“To strengthen and amplify the Health Department’s work to eliminate health inequities”

“To promote health equity and work to reduce health disparities at the neighborhood level”

Department of Health and Mental Hygiene

Center for Health Equity

Neighborhood Health Action Centers
The NYC Health Department has begun an intervention five Harlem public housing developments, each selected based on high rates of uncontrolled diabetes and chronic disease.

This is a demonstration project aimed at improving the health of New York City Housing Authority (NYCHA) communities.

Our five target NYCHA developments are Clinton, Johnson, King, Lehman and Taft.

Density of Persons with Poorly Controlled Diabetes New York City 2013

NYCHA Developments

*Density of persons with poorly controlled diabetes per 0.1 square mile
HARLEM HEALTH ADVOCACY PARTNERS

- **Goal:** Make the case for scale up of model by payers
- **Goal:** Determine cost savings & Identify pathways to increase cost savings
- **Goal:** Harness community power to advocate & change systems
- **Goal:** Reduce ED visits, hospitalizations and increase utilization of primary care

**Long-term Outcomes**

- **DECREASED MORBIDITY & PREMATURE MORTALITY**
- **IMPROVED & RESPONSIVE SYSTEMS WITHIN THE NEIGHBORHOOD**
- **DEMONSTRATE COST SAVINGS**
- **REPLICATE PLACED-BASED COMMUNITY HEALTH WORKER MODEL**

- **Goal:** Make the case for scale up of model by payers
DECREASED MORBIDITY & PREMATURE MORTALITY

- One-on-One Health Coaching
- Individual and Group Educational Workshops
- Insurance Enrollment and Navigation Services
- Referrals to Health & Social Support Services
- Peer support

- Group Wellness Activities
  - HHAP Walking Groups
The idea of creating walking groups came about when it was observed there were no outlets for physical activity within the five NYCHA developments. CHW’s and Program Coordinator identified interested Resident Participants and motivated them to start walking groups.

Identified

- Locations
- Key Partnerships
- New Participants
- Motivating Participants
HHAP WALKING GROUP LOCATIONS

Clinton Community Center

Central Park

Marcus Garvey Park

Johnson Community Center

And more!
NEW PARTICIPANTS

Recruiting staff who speak multiple languages

Collaborating with the New York State Health Foundation for East Harlem Community Walking Trail Event

Creating the HHAP Health Expo
MOTIVATING PARTICIPANTS

Presented Participants with Ribbons after completing their first walk

Partnering with local community based organizations to have a Health Fair after walking event

Walking with Participants during cold weather
ACHIEVEMENTS: SOCIAL COHESION

- **Build a community** of not only Resident Participants, but of individuals who live and work in East and Central Harlem
- Residents more **physically active** resulting in weight loss, increase mobility and management of chronic diseases
- Gain **knowledge and ownership** of their community and health
- **Discover values** as individuals and as a community
- Benefit from new found **resources**
SUMMARY

- Identify key locations: Suggest different routes including indoor options
- Identify key partnerships: Space, supplies, fun activities, referrals
- Identify new participants: Use staff who speak multiple languages, getting referrals from partners, creating big events
- Motivate participants: Create walking challenges, walk-a-thon, celebrate milestones, promote engagement amongst members
- Long-term sustainability
  - Identify leaders among the group
  - Social engagement

To date, Walking Groups make up over 25% of the 4,000 unduplicated residents who participate in HHAP wellness activities!
THANK YOU!
CONTACT US

Elizabeth Drackett, Program Director
edracket@health.nyc.gov

Diana Herrera, Program Coordinator
dherrera@health.nyc.gov

Sindia Avila, Community Health Worker
savila@health.nyc.gov