

Healthy Hearts, Happy Families

Family Fun Night at Syracuse City School District's Institute of Technology (ITC)

The Onondaga County Health Department's Creating Healthy Schools and Communities (CHSC) grant collaborates with the Syracuse City School District (SCSD) and community partners as part of the district wide Wellness Committee.



One way CHSC and the SCSD Wellness Committee worked with the community was to collaborate with Parent University for parent and family engagement activities. On Thursday, February 1st, 2018, the Wellness Committee held a Healthy Hearts, Happy Families: Family Fun Night engagement event at the Institute of Technology at Central (ITC). This engagement event was part of Healthy Heart Month activities that were held throughout the SCSD during the month of February. The event featured speakers

that included Superintendent Jaime Alecia, Dr. Indu Gupta, Onondaga County Commissioner of Health, Dr. Joseph Nimeh, a pediatrician from Upstate Medical University, Srdan Lukic from "Fight for Hearts", and USA Olympic Boxer Cam F. Awesome. The speakers addressed realistic ways to help improve heart health for all family members through healthy eating and daily physical activity. The speakers' presentations took place during the dinner portion of the evening with a healthy heart dinner provided by the SCSD Food Services Program. The meal featured recipes taken from the Cornell Cooperative Extension cookbook that each participating family received that evening.

There were several physical activity stations, information stations, and demonstrations held during the evening with support from SCSD Wellness Committee member organizations and other community partners. Examples of physical activity stations included: Math and Movement, Downtown Syracuse YMCA, Syracuse Parks and Recreation, and Fight for Hearts. In addition, information stations were staffed by American Diabetes Association, American Heart Association, Cornell Cooperative Extension, Safe Routes to School, the Lerner Center at Syracuse University, and the Tobacco Action Coalition of Onondaga County. United Healthcare had an information table and provided each participating family with a \$3 Farm Fresh Mobile Market coupon that was redeemed at the Farm Fresh Mobile Market that evening. Over 55 people from the Syracuse community attended the event and very positive feedback was received. Plans are underway to offer additional Family Engagement activities in the future.

