



Creating Healthy Schools and Communities in Syracuse

Increasing Academic Achievement through Healthy Food and Physical Activity

The goal of the Creating Healthy Schools and Communities in Syracuse initiative is to develop schools and their surrounding communities into places where it is easier to practice healthy behaviors. The Onondaga County Health Department has partnered with the Syracuse City School District to improve the nutrition and physical activity environments where children and their families live, work and play. Within the school district, we will work together to achieve these specific goals:

- Decrease food marketing to children of unhealthful food items within school buildings
- Adopt and implement a comprehensive school physical activity program
- Enhance the Syracuse City School District wellness policy and support implementation of new programs and policies as identified by the WellSAT Assessment tools
- Improve the nutrition quality of foods sold in school buildings, served in classroom celebrations, and at school fundraising events

In addition to the school component, Creating Healthy Schools and Communities staff will be working on a community component that will positively impact Syracuse City School District students and their families to create a healthier out of school environment. Throughout the city of Syracuse we will work with a variety of community partners to achieve these specific goals:

- Establish farmers markets in and around school buildings
- Encourage community based organizations, municipalities and businesses to establish policy, practice, and environmental changes that increases opportunities to consume healthier foods
- Expand complete streets, creating a landscape that is walkable, bikeable and safer for non-motorized transportation
- Improve access to fresh produce within small food retail sites such as corner stores and grocery stores

*Creating Healthy Schools and Communities in Syracuse is a five year initiative funded by the NYSDOH