



Empowering a Healthier Generation:

A model to engage schools in your
work



Our Story



Together, we're empowering a healthier generation.

[Learn More](#)





Empowering a Healthier Generation Organizational Chart

SULLIVAN HEALTHIER GENERATION COUNCIL

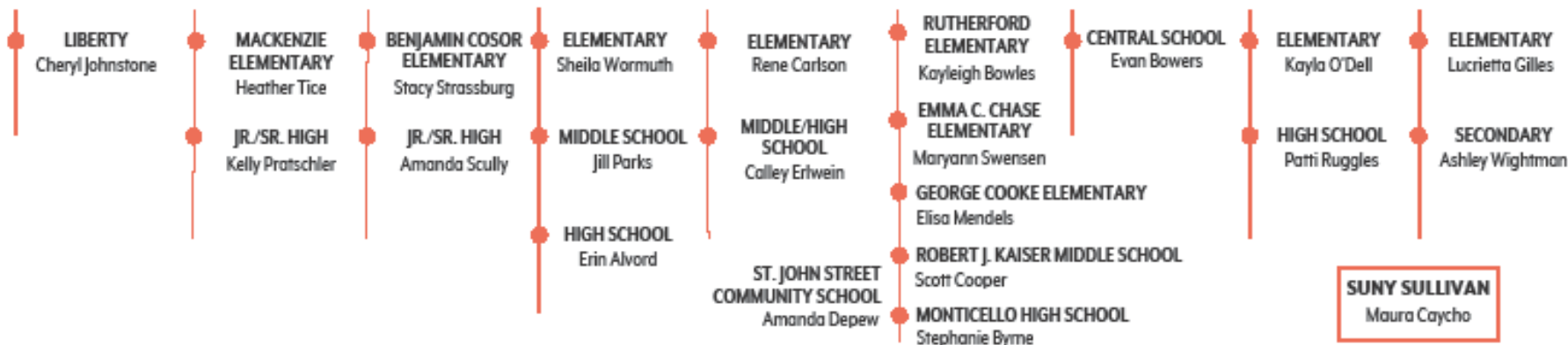
Hosted by Sullivan 180 - Chaired by SC BOCES Superintendent Dr. Robert Dufour - Membership includes all District Wellness Coordinators & HG Advisors

BOCES Wellness Coordinator Position Available	ELDRED Wellness Coordinator Kelly Pratschler	FALLSBURG Wellness Coordinator Amanda Stevens	LIBERTY Wellness Coordinator Erin Alvord	LIVINGSTON MANOR Wellness Coordinator David Eggleton	MONTICELLO Wellness Coordinator Dana Taylor	ROSCOE Wellness Coordinator David Eggleton	SULLIVAN WEST Wellness Coordinator Kurt Buddenhagen	TRI-VALLEY Wellness Coordinator Jason Class
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HEALTHIER GENERATION COMMITTEES

One (1) per school building - Led by a Sullivan 180 Healthier Generation Advisor - Supported by a Sullivan 180 EHG team member

BOCES	ELDRED	FALLSBURG	LIBERTY	LIVINGSTON MANOR	MONTICELLO	ROSCOE	SULLIVAN WEST	TRI-VALLEY
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HEALTHIER GENERATION SCHOOL RESOURCE COMMITTEE

A Single Bite - Action Toward Independence - Bethel Woods Center for the Arts - Boys & Girls Club - Catholic Charities of Orange, Sullivan & Ulster - Catskill Mountainkeeper
 Cornell Cooperative Extension - ENGN Civic Creative Center - Fearless! - Forest School - Garnet Health - Hurleyville Performing Arts Centre - Independent Living, Inc.
 Maternal Infant Services Network (MISN) - My Brother's Keeper - Planned Parenthood - PRASAD Children's Dental Health Program - SNAP-Ed NY - SALT (Sullivan Allies Leading Together)
 Sullivan County Public Health Services - Sullivan County Center for Workforce Development - Sullivan County Youth Bureau - Sullivan Public Library Alliance - The Center for Discovery
 Tobacco-Free Action Communities - YEG (Youth Economic Group)

EHG Stakeholders

Superintendents

Board of Education

Building Principals

Clerk

Business Official

Nurse

Guidance

Wellness Coordinatior

Wellness Champion
HG Advisor

School
Communications

Health &
Physical Ed

STUDENTS

Social Workers

PTA/PTSO

School Community
Resources

Parent/Guardian

Opportunities to Secure Stakeholder Buy-in

Stakeholders	Meetings
Superintendents	BOCES Monthly Meeting Strategic Planning Meetings
Board of Education	BOE Monthly Meeting
Principals	BOCES Monthly Meeting
Wellness Coordinator	Monthly/Qty Wellness Committee Meeting
Faculty	Regular Faculty Meetings
Communications	General outreach
Students	Lunchroom visit, classroom presentations, outreach events

Email/Phone Introductions
 Schedule 1:1 Meetings
 Host a roundtable
 Targeted outreach: Nurses, Food Service, Counselors, Wellness Champions, Clubs, etc.

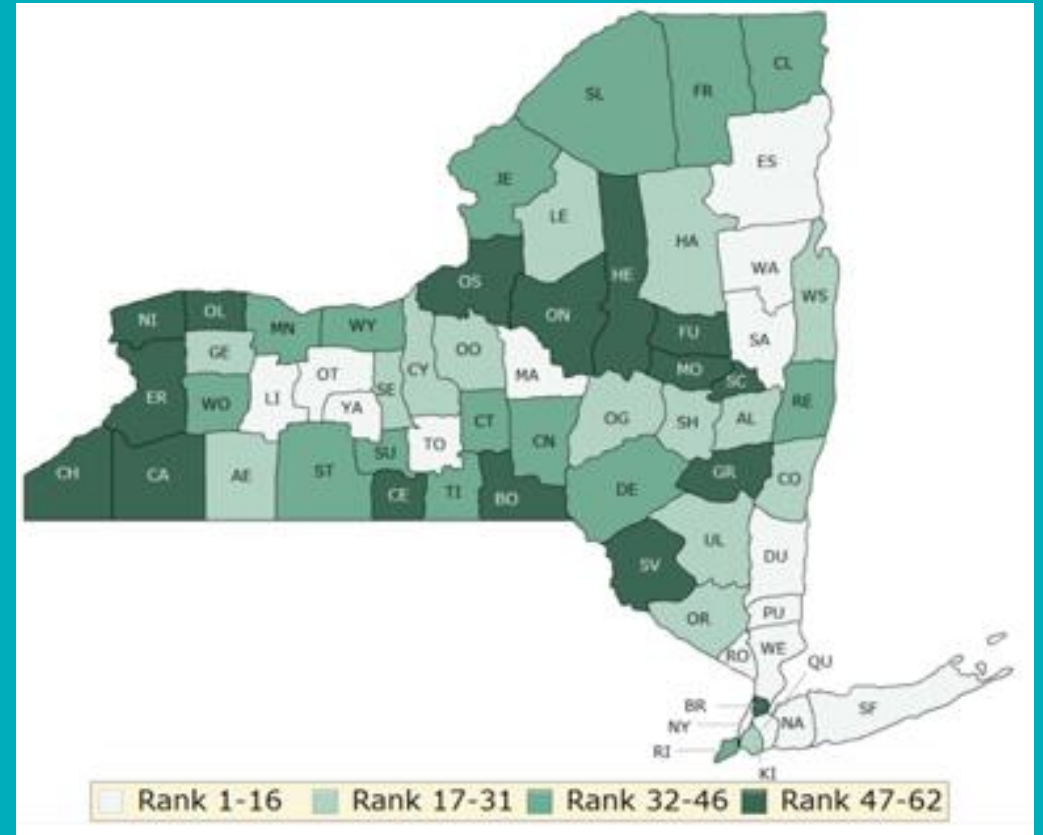
The Power of WHY



COUNTY HEALTH RANKINGS

Sullivan County has been at the bottom of the health rankings for over a decade. However, in the most recent Robert Wood Johnson (RWJ) County Health Rankings we have moved from county number 61 to 60, out of the 62 counties in New York State.

Since the inception of the RWJ Health Rankings in 1990, New York has risen from No. 40 in 1990 to No. 13 nationally, as per the United Health Foundation.



Compare Percent Overweight Or Obese for Most Recent School Year by Grade Level

Statewide
Elementary School Students
31.9%
with overweight or obesity

Statewide
Middle/High School Students
36.6%
with overweight or obesity

Statewide
District Total
33.8%
with overweight or obesity

	Elementary	Middle/High	District Total
Fallsburg Central School District	39.1%	41.7%	39.9%
Liberty Central School District	35.5%	43.2%	38.3%
Tri-Valley Central School District	34.6%	49.7%	40.6%
Monticello Central School District	32.7%	39.6%	35.7%
Sullivan West Central School District	31.1%	54.5%	39.5%
Roscoe Central School District	29.2%	37.5%	31.7%
Livingston Manor Central School District	23.4%	36.8%	28.1%
Eldred Central School District	21.5%	44.7%	29.9%

As per the Regional Community Health Needs Assessment in the Mid-Hudson Region Sullivan County has:

- Highest percentage of food insecurity in the Mid-Hudson region at 11.5%
- Highest percentage of economically disadvantaged students enrolled at 62%
- 53% of Sullivan County 3rd Graders have untreated cavities – the highest in NYS and twice the NYS average
- Highest percentage of youth receiving free/reduced school lunch
- Highest percentage of school aged children and adolescents who are overweight or obese; these rates are climbing
- Highest percentage of youth reporting poor mental health
- Highest percentage of “disconnected” youth
- Highest percentage of emergency room visits involving opioid overdose
- Increasing rates of sexually transmitted infections
- Lowest level of educational attainment in the Mid-Hudson region
- Highest rate of individuals with a depressive disorder in the region
- Second highest suicide mortality rate in the region

Again, this is pre-pandemic data!

How using EHG Model can
work for you...



EHG Stakeholders

Superintendents

Board of Education

Building Principals

Clerk

Business Official

Nurse

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HG Advisor

School
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“Nothing About Us, Without Us”



Empowering a Healthier Generation Impact



2023-25 Empowering a Healthier Generation Grant Summary

HG School Grants

Eligibility Healthier Generation Advisor & Wellness Coordinator

Deadline Application: Rolling from November 1 – December 22, 2023
Completion: May 15, 2025

Awards Up to \$4,000

HG Competition Grants

Healthier Generation Advisor & Wellness Coordinator. Prior successful completion of a School Grant and an established Healthier Generation Committee is required.

Application: Rolling from November 1 – December 22, 2023
Completion: May 15, 2025

Up to \$10,000
Competitive Grant (*up to five school buildings*)

HG District Impact Grants

Healthier Generation Advisor & Wellness Coordinator. Prior successful completion of a School Grant and an established Healthier Generation Committee is required. **School Administrator must lead Grant Project.**

Application: Rolling from November 1 – December 22, 2023
Completion: May 15, 2025

Up to \$20,000
Competitive Grant (*up to two school districts*)

2024 Impact by the Numbers

Sullivan 180 invested **\$563,102** in **73** projects in Sullivan County schools, municipalities, non-profit and community organizations with an intentional focus on youth and prevention.

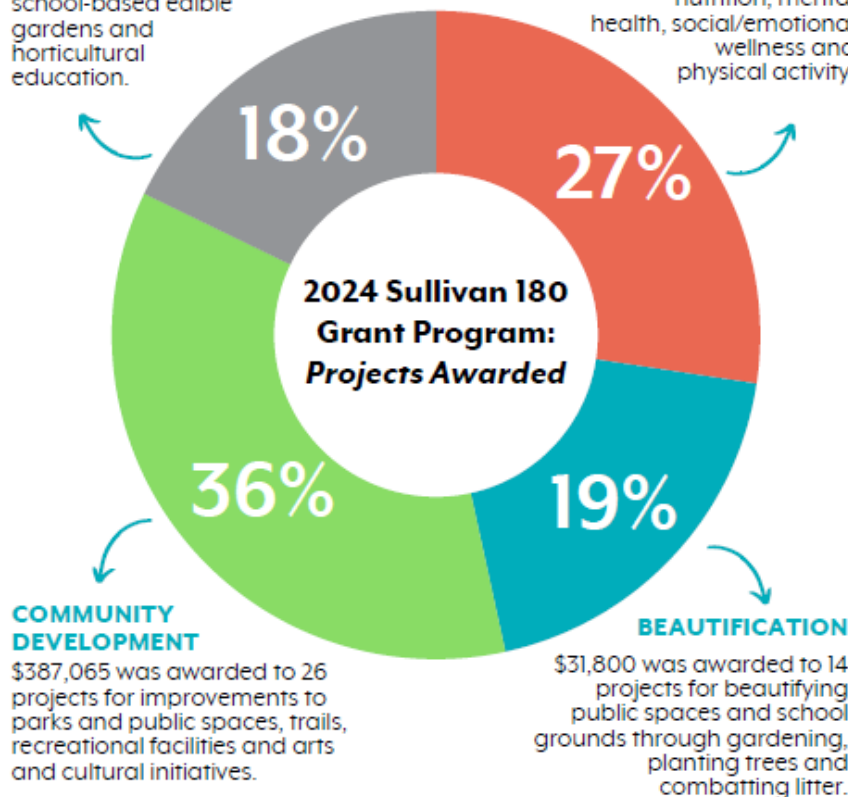
This year, Sullivan 180 has secured **\$415,339** in funding from local, state and federal grants.

CATSKILL EDIBLE GARDEN PROJECT

\$12,990 supported 13 school-based edible gardens and horticultural education.

EMPOWERING A HEALTHIER GENERATION

\$131,566 was awarded for 20 projects representing all Sullivan County school districts. Projects focus on nutrition, mental health, social/emotional wellness and physical activity.



COMMUNITY DEVELOPMENT

\$387,065 was awarded to 26 projects for improvements to parks and public spaces, trails, recreational facilities and arts and cultural initiatives.

BEAUTIFICATION

\$31,800 was awarded to 14 projects for beautifying public spaces and school grounds through gardening, planting trees and combatting litter.



Since 2021...



60
Healthier Generation Projects

30
School Resource Committee Organizations**

22
Healthier Generation Advisors

200
Healthier Generation Committee Members County-wide

100
"The Walking Classroom" Devices Purchased

531
Students with Access to "The Walking Classroom"

3,606
Students with Access to New Outdoor Classrooms

572
Students with Access to New Social and Emotional Learning Curriculum

1,082
Students with Access to "Mindset Matters" Mindfulness Kits

“ I feel like I am cooped up a lot being in school for 6 hours a day...when I am on the rail trail I remember that there is an entire world outside of the houses we live in.
-Rahmat Gambari, Class of 2024 Sullivan West High School

“ There are a lot of people as individuals, small organizations, whether they are civic organizations or not-for-profits who are trying to do good in this community. What Sullivan 180 has been able to do as a facilitator is to find those opportunities for success and to uplift; to support and to find the resources necessary for each of us to do our part.
- Audrey Garro, Executive Director, A Single Bite

*Population data throughout this document was taken from NYSED, 2021-22 School Year
**The HG School Resource Committee is a collective of agencies, nonprofits and community resources that provide no-cost/low-cost services that impact school health and wellness outcomes to benefit Sullivan County youth.

Sullivan West



DISTRICT SNAPSHOT

Population: 997

Superintendent: Dr. Kathleen Bressler

District Wellness Coordinator: Kurt Buddenhagen



SULLIVAN WEST MIDDLE-HIGH SCHOOL

6604 Route 52, Lake Huntington

Student Population: 463

Healthier Generation Advisor: Patricia Ruggles

Health & Wellness Highlights:

- Created campaign to spotlight student and staff wellness
- Fitness Center open to the community
- Purchased commercial food processor
- Catskill Edible Garden Project

Community Collaboration:

Cornell Cooperative Extension Sullivan County



SULLIVAN WEST ELEMENTARY

33 Schoolhouse Road, Jeffersonville

Student Population: 534

Healthier Generation Advisor: Kayla O'Dell



Health & Wellness Highlights:

- Implementation of Miss Kendra's Social Emotional Wellness Curriculum
- Internet and personal safety assembly
- Nature trail and outdoor classroom use
- Community marigold flower planting
- Garden competition amongst grades
- 123 Andres & Story Pirates with Bethel Woods
- Gym open to the community
- New mural on the building created by students, staff and community
- Mental health month activities for staff and students
- "Resilience" screenings for staff and community
- Staff yoga
- Therapy dog visit and classroom pets
- Healthy celebrations and blender bike
- New food preparation equipment for cafeteria
- Catskill Edible Garden Project
- Hosted SNAP-Ed programs

Community Collaboration:

Cornell Cooperative Extension Sullivan County,
Bethel Woods Center for the Arts



DISTRICT OUTCOMES

Increased access to fitness opportunities for the school community.
Increased healthy celebrations, social emotional learning and mental health education to staff and community. Increased staff wellness initiatives.



I think it's wonderful that there is a competition that's centrally focused on health. I think it's not just unique in Sullivan County, I think it's probably fairly unique in the country and probably the world...Being in the competition has exposed us to new things...Miss Kendra is one of those things...now that we are implementing it and we are seeing already the positive results of it, we've already gained, regardless.



- Rod McLaughlin, Principal, Sullivan West Elementary School



Connect with Us!

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