

Southampton CHSC Informational Meeting



Sustainable LI & Shinnecock Leaders



Shinnecock Indian Health Fair



**“Alone we can do so little; TOGETHER we can do so much”**

*Helen Keller*

## Summary

Western Suffolk BOCES together with our partners, Stony Brook Medicine (SBM) and Sustainable Long Island (SLI), have begun to make strides in building strong relationships, common goals and opportunities for health and wellness between Southampton Union Free School District (SUFSD), the people of the Shinnecock Indian Nation and the Southampton community at large.

## Challenge

SUFSD is located on the south shore of eastern Long Island and serves approximately 1500 students, K-12, with over 162 students from the Shinnecock Indian Nation attending the school district. The people of the Shinnecock Indian Nation have been previously identified by the CDC as a high needs community. Of the 1500 students that attend SUFSD, 32 % are overweight or obese according to 2010-2012 NYS Health Data. The challenge first and foremost is learning what the unique needs are of this diverse community and developing common goals, access and opportunities. This past year we have been working together to build relationships in both the school and community in a combined effort by all Creating Healthy Schools and Communities (CHSC) partners.

## Solution

We have been successful in including CHSC school and community coordinators, SUFSD staff, students and their families, members of the Shinnecock Indian Nation and community partners in SUFSD health and wellness committee meetings, community meetings, and activities in both the school and community settings. Together working towards a unified goal; to increase access to healthy affordable foods and increased opportunities for physical activity for all of people in Southampton regardless of race or ethnicity.

*“ We are excited to join together with Western Suffolk BOCES and its partners, Stony Brook Medicine and Sustainable LI to provide our students and surrounding community with opportunities to maintain a healthy lifestyle”*

*-Darren Phillips, SUFSD  
Director of Athletics,  
Physical Education,  
Health and Wellness.*



**Student Support  
Services Center**  
Western Suffolk BOCES



**Stony Brook  
Medicine**



## Lessons Learned

Kicking off the CHSC program in January with a school and community informational meeting helped establish a district wellness committee of diverse stakeholders. The committee provided numerous opportunities to interact with both school and community leaders, develop relationships and make correlations between the CHSC school and community objectives early on. Presence at the wellness committee meetings allowed SBM the opportunity for numerous introductions to key players in the Southampton community, including the introduction to influential leaders of the Shinnecock Nation. These introductions led to an invitation for all three partners, to attend the Shinnecock Indian Health Services Health Fair. At the fair coordinators had an opportunity to interact with both Shinnecock Nation leaders and residents and gain a better understanding of the climate and community needs of the reservation before recommending changes.

SBM is now currently working with many different departments on the reservation, including Health and Human Services, Environmental Department, Cultural Department, Senior Nutrition Program and Wuneechanunk Preschool in an effort to reach the entire community by promoting healthy affordable foods and physical activity all while staying close to their native roots.

SLI was able to identify problem areas for Complete Streets and walkability on the reservation while also fielding ideas from the community on possible solutions. SLI hopes to use this feedback and data moving forward to find potential to collaborate with the Shinnecock Nation on Complete Streets implementation projects, as well as additional opportunities to educate and engage community members on the topic of Complete Streets.

## Achieving Sustainable Success

Building relationships and engaging all stakeholders is essential to the success of the CHSC project in Southampton. Collaboration and team building will help maximize the future sustainability in the school and community setting. By creating both school and community policies and practices that are applicable in both settings, access to healthy affordable foods and increased opportunities for physical activity will be more readily available and therefore more opportunities for individuals to be successful.

**Type of Change:**  
Policy & Practice

**Expected Outcome:**  
Heightened Visibility,  
Increased Physical  
Activity and  
Healthier Eating

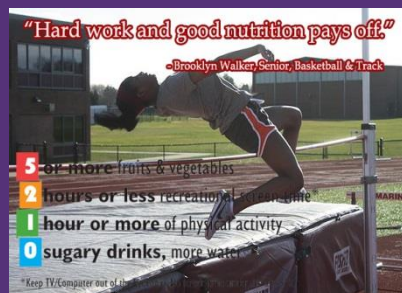
**Setting:** Community  
AND School

**Reach:** 1500  
students and their  
families

## Contact

Patricia Gremillion-Burdge  
CHSC School Coordinator  
WSBOCES  
31 Lee Ave  
Wheatley Heights, NY 11798  
(631) 595-6847  
pgremill@wsboces.org

## Community Events and Projects



**Creating Healthy Schools  
and Communities**