

City of Allentown

Bureau of Health

Tina Amato, MS, RD, LDN
Nutrition & Physical Activity Manager



Health Bureau Programs

Adult

- Cholesterol screening and follow-up nutrition counseling
 - Lipid panel
 - Fasting blood glucose
 - Blood pressure



Youth

- Overweight youth counseling
- Shape It Up afterschool fitness class



Policy and Environmental Change Strategies



Community Gardens

The Allentown Community Garden Coalition is involved with...

- Neighborhood Gardens
- Children's Gardens
- High School & College Gardens
- Church Gardens
- International Refugee Gardens



Fruits & Veggies On the Move



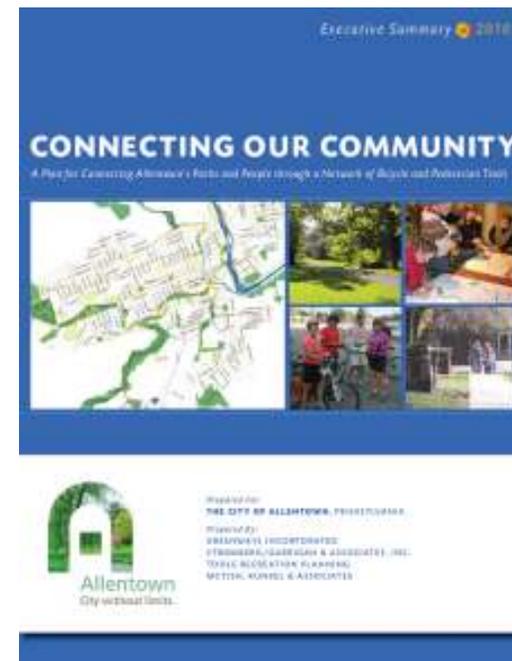
ASC Farm Share Program

- Partner with



Allentown encourages a culture of walking and biking

- Connecting our Community
- Safe Routes to School







Walking Route 1: Existing Conditions

Easy to Cross Street?



- ★ Need to install new marked crosswalks and restripe faded crosswalks

Turner St / N Jefferson St



Turner St / N 14th St

Bike Racks & Helmets

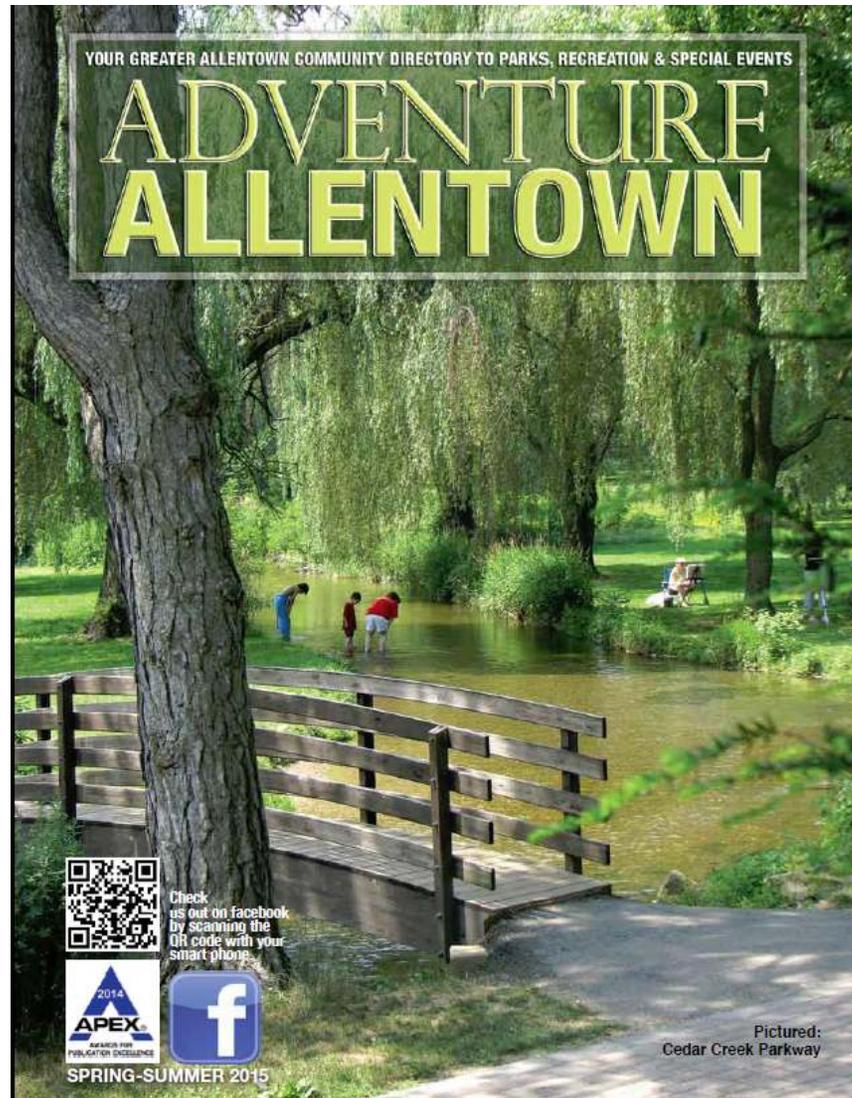


LifeTrail™

The Pathway to Total Wellness™

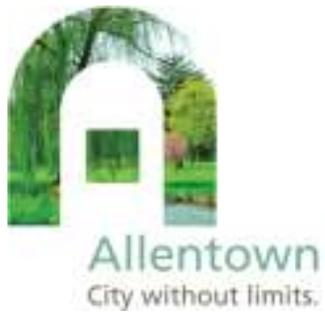


Check out Adventure Allentown!



<http://www.allentownpa.gov/Parks-and-Recreation>

Destination Playground



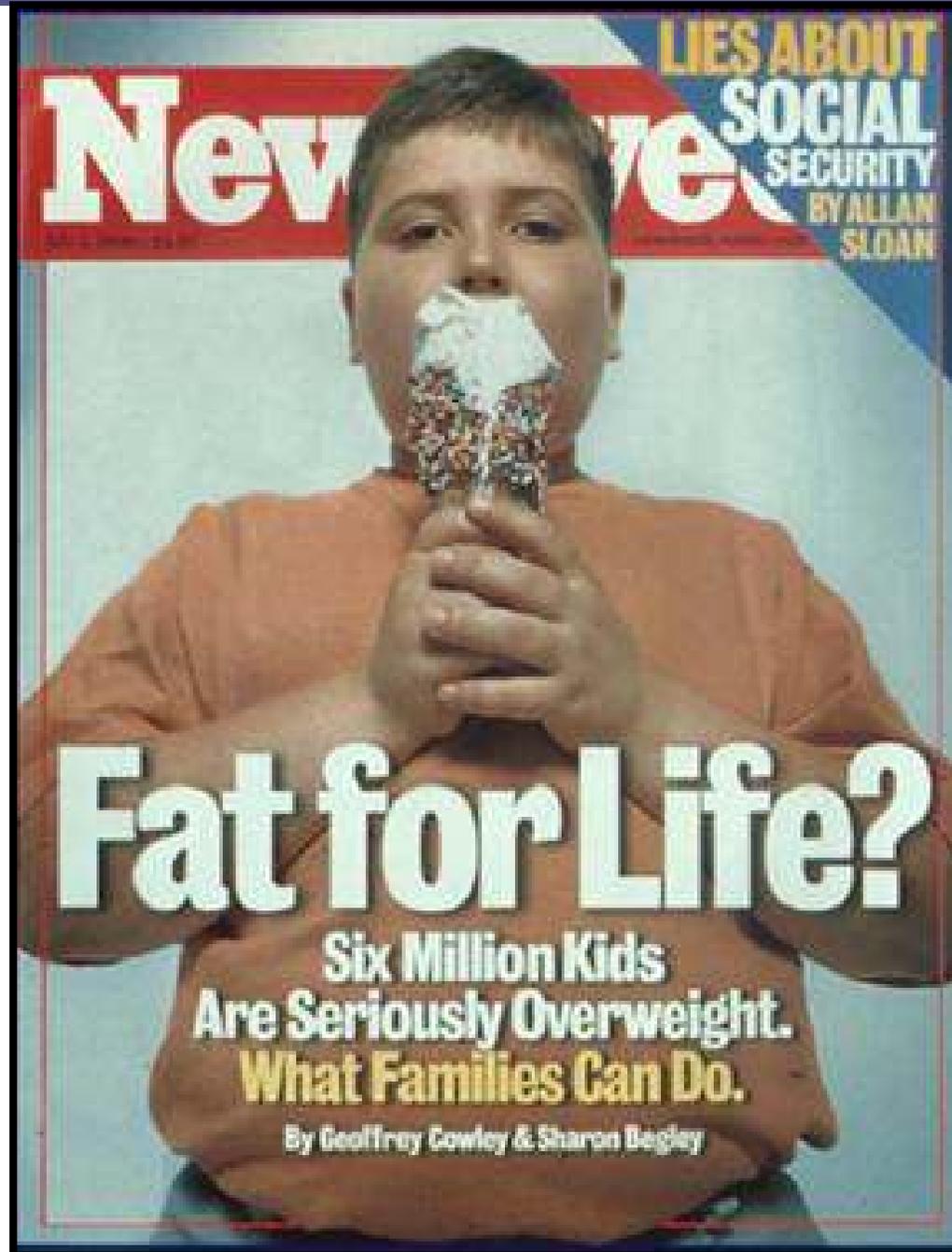
City marks 100th Romper Day Celebration



Allentown has been designated

- **Let's Move! City**
- **Playful City USA**





Basic Nutrition and Physical Activity Policies for Youth Serving Organizations



- 60 minutes physical activity/day, outside play is preferable
- No screen time for children less than 2 years of age, and limit screen time (TV, video games, computer) for older children to 1-2 hours per day of educational programming or programming that fosters physical activity
- No sugar-sweetened beverages
- Low fat (1%) or non-fat milk for children older than 2 years
- Water throughout the day
- A fruit or vegetable at meal or snack time



Encourage Before and After School Programs



Lactation Accommodation in Worksites



It's the law!

Million Hearts

- A national initiative that brings together communities, health systems, nonprofit organizations, federal agencies, and private-sector partners from across the country to fight heart disease and stroke.



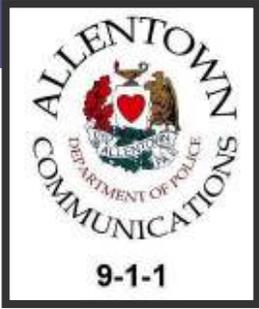
*Million Hearts™ is a national initiative to prevent
1 million heart attacks and strokes by 2017.*

Million Hearts Workshop

Friday, March 20, 2015

8:00am– 3:30pm

Be one
in a  Million
Hearts™



City of Allentown Bureau of Communications 9-1-1 Public Education Program **Red E. Fox / Cell Phone Sally**

- 9-1-1 Education for Children of ALL Ages!
- Target
 - Kindergarten Age Students > ASD
 - 8th Year of Program
 - Over 9,800 Students
- Partnerships
 - Allentown School District
 - St Lukes Hospital & Health Network
 - Allentown Health Bureau
 - Fast Signs > 1301 Tilghman St
 - Just Born Inc.

