

Questions and Answers related to the Step Up Program

Dear Ms. Flynn'

I am writing to gather more information about your step-up Seneca program for some of the clients that I serve. There are a few questions that were asked and I said that I would contact you to hopefully gain further insight. The questions that were asked were the following:

What are the specific eligibility criteria?

The individual has to be committed to improving their health with frequent exercise. This means minimally going to the Athletic Center 10 times a month. I complete an interviewing screen with everyone who would like to join the program and based upon this health screening, as well as, the level of commitment I then can refer them to the Chiropractic College. The individual also must be able to provide their own transportation to and from the facility to meet the minimal attendance requirement. This is a 6 month commitment and if the minimal criteria are not met then the membership is discontinued. The college monitors the attendance on a monthly basis (of course, if there are extenuating circumstances that is taken into consideration). The goal of the program was to include diet and exercise as a way of life to improve the health of Seneca County residents who have struggled with added weight hence, increasing risk for chronic disease.

Is there income eligibility?

No. However, the intent of this program has been to offer a membership to those individuals and families who would not typically be able to finance a membership (or have Medicaid) and is not intended for those who have private insurance that covers a gym membership. This is reviewed through the screening process and does not mean you have to have Medicaid in order to be eligible.

Must the individual/family reside in Seneca County or could they also qualify if they worked in Seneca County?

Participants must be Seneca County residents.

Are the facilities at NYCC 24-hour facilities or only set days/times?

It is not a 24 hour facility and the individual who goes through the program has the same benefits as a paying member. The times are reviewed when the participant attends the college for an initial meeting going over all the terms of a membership. Anyone can call the college to inquire about the Athletic Center.

Are the nutritional counseling services also located at NYCC or is this at another location or at the individual/family's residence?

They are at the college in the health center. This would include an initial meeting with the nutritionist and then scheduled follow-up appointments are made.

What are the free nutritional certificates?

As listed above. "Nutritional Certificates" refers to the numbers of individuals approved to receive nutritional counseling appointments at no cost (there usually is a cost involved). Not everyone who enters the program is interested in the nutritional counseling. The appointments must be kept to continue with the nutritionist or at least advanced notice if a scheduled appointment needs to be canceled.

Will successful participants be able to participate again next year if they still have further fitness goals to reach?

This is reviewed around the fifth month of membership. If the participant has shown due diligence in

meeting the program requirements another six months is offered providing a year total of access to the facility. However, this is all individual and is up to the college if they are willing to extend based on need. Beyond a year, if the participant wants to continue then they will have to pay the membership fee. There are decreased rates for seniors.



Step Up
Seneca

Get
Active

Be Well



Obesity has become a known growing public health threat reaching epidemic proportions globally. Interventions require a multifaceted evidence-based approach from a public health perspective to identify solutions to the problems facing children and families regarding obesity. Step Up Seneca – Get active, Be Well program was developed as a result of a review of Seneca County’s health indicators as reported in our 2010-2013 Community Health Assessment. In response to these findings the Seneca County Public Health Department and New York Chiropractic College (NYCC) have been partnering to improve health and increase physical activity levels among Seneca County residents.

Complimentary 6-month memberships to the NYCC are being offered to individuals and/or families who meet specific criteria. The program primarily focuses on those individuals who would otherwise not be able to financially afford the opportunity and/or do not have private health insurance that may cover the cost. In addition to full use of all the facilities at NYCC, nutritional counseling services are also available. Individuals and families chosen must be motivated and ready to make positive changes in their daily living. Commitment involves active participation with a minimal use of the NYCC Athletic Department eight to ten times a month. Free nutritional certificates are also available at the health center located on campus.

Program participants must consent to an initial bio-metric screening upon entry into the program and one upon completion. The screening includes blood pressure, height and weight, finger stick for a blood glucose and cholesterol level. NYCC will provide successful participants an opportunity to extend their membership for a full year based upon a review of the individual and/or families’ health improvements.

If you would like to refer yourself or family please contact:

Seneca County Public Health Department
31 Thurber Drive
Waterloo, NY 13165
(315) 539-1930
Attention: Mary Jo Flynn, MS, RN
e-mail: mflynn@co.seneca.ny.us



Step up Seneca Get- Active, Be Well 2011 Referral Form

The New York Chiropractic College (NYCC) and the Seneca County Public Health Department (SCHD) are partnering to improve the health and level of physical activity among Seneca County residents. A limited number of free 6 month memberships to the NYCC Athletic Center will be offered to Seneca County families and individuals who meet specific criteria. Once referrals are received you will receive a phone call from the project manager Mary Jo Flynn to discuss your readiness to commitment to an exercise program and nutritional consultations. **If you would like to refer yourself, have a patient, client or know of an individual or a family that could benefit from this program please complete the following referral form and return to:**

Mary Jo Flynn, MS(c), RN Deputy Director Public Health

Seneca County Health Dept. 31 Thurber Drive Waterloo, NY 13165

Fax: (315) 539-9493

Phone: (315) 539-1930

E-mail: mflynn@co.seneca.ny.us

_____ Referral for Individual

_____ Referral for Family

Name(s) : _____ Ages _____

Address:

_____ Street _____ City _____ State _____ Zip _____
Phone: () _____ E-mail: _____

Children's' Names _____

Children's Ages _____

How did you hear about the program?

If referring an individual or family they should be informed and accepting of this referral.

Referred by: _____
Name and Contact Information



Step Up Seneca- Get Active, Be Well Agreement Form

I understand and agree to the following terms and conditions as requirements to my participation in the Step Up Seneca Get Active Be Well Program with the Seneca County Health Department and the New York State Chiropractic College. If I am selected to participate in the program, I agree to the following terms:

- ✓ I agree to complete an initial intake visit or phone call with a representative from the Seneca County Public Health Department to discuss my level of willingness to commit to a six month physical activity program.
- ✓ I agree to use the NYCC facilities at least ten (10) times during a month if I do not I understand that my membership may be subject to discontinuation.
- ✓ I understand entrance into the Athletic Center requires the swiping of an ID Card, which is recorded.
- ✓ I agree to sign a sign-in sheet upon entrance into the Athletic Center.
- ✓ Failure to meet the monthly usage requirement for a second month will result in the termination of the membership through this Joint Use Agreement.
- ✓ I agree to an initial nutritional consultation during the six month membership and three progress visits with the nutritionist.
- ✓ I agree to participate in a Bio-Metric Screening prior to starting the program and upon completion of the program. This includes blood pressure, height and weight, BMI, fingerstick for cholesterol and glucose. This will be completed at the Seneca County Health Department. Informed consents will be obtained to share these results with your primary care physician and the NYCC.

Signature

Date

_____ Intake completed by SCDOH

Date of Intake: _____

_____ Sent to NYCC

Date: _____