



PATHWAY TO HEALTHY ADULTHOOD

FOOD ACCESS

Fresh fruits and vegetables delivered biweekly to the school

NUTRITION EDUCATION

Classroom-based nutrition education for elementary school students

SOCIAL SERVICES

Translation, SNAP assistance and other family services



Pathway to Healthy Adulthood (PHA) is a collaborative partnership between Montefiore School Health Program (MSHP) and Quincy Asian Resources, Inc. (QARI) to educate and empower youth and their family members to become stewards of their health, while fostering a healthier school and community environment. The goal of PHA is to bring culturally sensitive fresh produce and nutrition education to high-need schools in the Bronx -- New York City's hungriest borough.

www.QARIUSA.org/PHA



PATHWAY TO HEALTHY ADULTHOOD

Pathway to Healthy Adulthood (PHA) launched as a pilot at PS 199 in the South Bronx in April 2022. We plan to expand to a total of 6 schools in the Bronx for the 2022-2023 school year beginning in September.

FOOD ACCESS

On a biweekly basis, QARI oversees distribution of 300 boxes of fresh produce to students and families at PS 199. Boxes include a seasonal variety of 8-10 items, such as zucchini, broccoli, beets, carrots, onions, spinach, sweet potatoes, peaches, mangos, apples, oranges, and berries. Each box is accompanied by 1-2 plant-based recipes, provided in English and Spanish, to highlight that week's produce.

NUTRITION EDUCATION

MSHP Community Health Managers deliver classroom-based nutrition education to all 4th and 5th grade students at PS 199. The program uses the *Choose Health: Food, Fun, and Fitness (CHFFF)* curriculum, developed by Cornell University, with 6 weekly sessions delivered. The curriculum focuses on food choice for young students, developing healthy behaviors, and discussing healthy food with family members. Each class is pre- and post-tested for program evaluation.

SOCIAL SERVICES

QARI's onsite coordinator provides multilingual integrated social services to families and the school community, in partnership with MSHP and the school administration. Bilingual staff assist clients with information and referrals, applications for SNAP and other food assistance programs, adult education program enrollment, workforce development, and other social services as needed. QARI staff speak Spanish, Mandarin, and Cantonese.

The Montefiore School Health Program (MSHP) is a comprehensive and evidence-based model of health care. Over the last 36 years, they have broadened their primary service model to include 32 comprehensive Article 28 and 31 licensed school-based health centers (SBHCs) serving 95 New York City Department of Education public schools and 2 New York State Board of Education public schools spanning 3k-12th grade. MSHP's model provides on-site comprehensive primary care that includes medical, family planning, mental/behavioral health, oral health, and vision services, coupled with health education and disease prevention provided by an interdisciplinary health team.

Quincy Asian Resources, Inc. (QARI)'s mission is to foster and improve the social, cultural, economic and civic lives of immigrants and their families in order to benefit all communities. Through collaborations and partnerships, they provide culturally competent services, such as workforce development, multilingual family and elder services, food security programs, adult education, youth development, and cultural events as well as information and referrals to public or other community organizations.



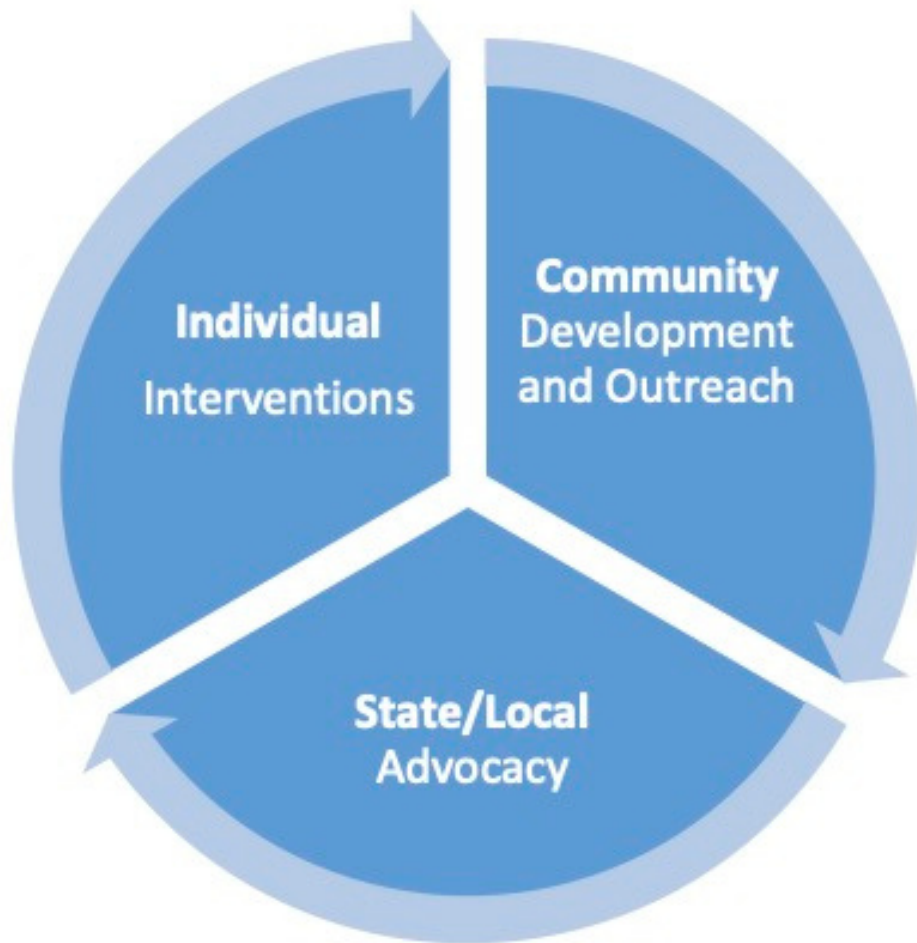
PATHWAY TO HEALTHY ADULthood

CHALLENGE

The Bronx is the “hungriest borough” in New York, with one in four residents experiencing food insecurity, and ranks 62nd out of New York’s 62 counties in health outcomes. As residents of the nation’s poorest urban county, approximately 40% of Bronx children live below the poverty level. At the height of the COVID-19 pandemic, 24.6% of the borough was unemployed, the highest rate in New York City.

SOLUTION

Elevating the Bronx will require a multi-pronged approach utilizing targeted individual interventions, broad outreach into the community and ongoing communication change makers. The Pathways to Healthy Adulthood (PHA) program will educate and empower Bronx youth to become better stewards of their health, provide access to quality food and job training to their parents and members of the community, and then share outcomes with key stakeholders.





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