



WELLNESS INSTITUTE
OF GREATER BUFFALO

CreatingHealthyCommunities.org

July & August 2019 Newsletter

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The Wellness Institute of Greater Buffalo strives to create happy & healthy communities! We do our work by **empowering citizens, organizations & communities** to **strategically** address & create healthy social, environmental, economic and human practices. This comprehensive approach enables citizens to enhance their quality of life & WNY's sustainable future.
THANK YOU FOR READING!

Thank You To All Who
Participated In Our
WNY Walks! Summit



NATIONAL HEALTH OBSERVANCES FOR JULY & AUGUST 2019

July

[Cord Blood Awareness Month](#)

[International Group B Strep Awareness Month](#)

[Juvenile Arthritis Awareness Month](#)

[National Cleft & Craniofacial Awareness & Prevention Month](#)

[UV Safety Month](#)

[July 15 - 21 National Youth Sports Week](#)

[July 28 World Hepatitis Day](#)

August

[Children's Eye Health and Safety Month](#)

[Digestive Tract Paralysis Awareness Month](#)

[Gastroparesis Awareness Month](#)

[National Breastfeeding Month](#)

[National Immunization Awareness Month](#)

[Psoriasis Awareness Month](#)

[August 1 - 8 World Breastfeeding Week](#)

[August 4 - 10 National Health Center Week](#)

[August 19 - 23 Contact Lens Health Week](#)



JULY & AUGUST 2019 EVENTS

July

Tue 2nd [10th Annual Buffalo Day at Chautauqua](#); Chautauqua Institute, Hall of Philosophy; 12PM

Sat 13th [Crossroads of Creativity](#); At the crossroads of the North Buffalo Rail Trail & Linear Park

Sat 13th Diabetes Awareness Health Walk; Delaware Park; 10AM Dr William Holley and Team!

13th-14th [Taste of Buffalo](#); Niagara Sq; 11AM-9PM

14th-18th [Session II of Hilbert College Boys Summer Basketball Camp](#)

Tue 23rd [Prelude to Drums Along the Waterfront - Rhythm at the Rapids](#); Niagara Falls High School; 6:30PM

August

Sun 4th [Drums Along The Waterfront](#); New Era Field; 6:30PM

7th-18th [Erie County Fair](#); Hamburg Fairgrounds

Coming in September: [Uplift Buffalo- Buffalo's First Mindfulness Festival](#)



SOCIAL CAPITAL

Buffalo, also known as The City of Good Neighbors, has so many events during the summer for everyone to get out and attend. From food events to walks/races to concerts to festivals and so much more there is something every week to help you get out **and socialize** while enjoying our amazing city and region.



Increasing our trust and deeper understanding within our communities grows our stock of social capital. This leads to positive changes, better personal & community health and higher quality relationships.

Resources:

[Visit Buffalo Niagara](#)

[Step Out Buffalo](#)

[Population Health Learning Collaborative “Virtual Workshop”](#)

[Social Capital](#)

[Fitness in the Parks](#)



ENVIRONMENTAL HEALTH

Resources:

[Partnership for the Public Good](#)

[Grow WNY](#)

[Citizen Science Community Resource](#)

[Erie County- Environment & Planning](#)

[Buffalo Niagara Waterkeeper](#)

[Greenway](#)

[WNY Land Conservancy](#)

[NY State Parks](#)

21st Century Park Initiative





PERSONAL HEALTH

In a new study in JAMA, it was found that daily steps had a correlation with mortality rates. Older women with at least 4,400 steps had a reduced mortality rate than their counterparts.

You can find the article [HERE](#) if you would like to read more.

Resources:

[True Health Initiative](#)

[WNY Healthy Communities Coalition](#)

[Youth Advantage](#)

www.HealthPromotionAdvocates.org

www.ACSM.org



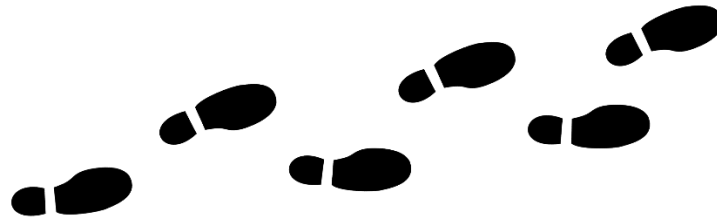
ECONOMIC HEALTH

Our City's financial health. Is it good or bad? Possibly somewhere inbetween? In 2017, a report was released by the Urban Institute called The Financial Health of a City. Buffalo was put in a peer-group with Atlanta, Chicago, Cincinnati, Pittsburgh, St. Louis and Wilmington. This group has mixed economic conditions along with stagnant or decreasing populations. If you are interested in reading more about this report, please click [HERE](#).

And check out the FTI Consulting firm report on the Economic Burden of poor health on the Buffalo Niagara Region calculated at 2,5 BILLION annually!



WNY Walks! Summit Recap



Thank you all who attended the first annual **WNY WALKS!** Summit! Your evaluations told us the event went well over the two days of networking with approx. 60 attendees from a variety of disciplines, Media coverage of the event and keynotes by the Buffalo News, Buffalo Rising, WBFO, Business First and our own Social media tools.

We set and achieved our 4 key Summit objectives of: enhancing community social capital through networking, raising community awareness/education on creating walkable communities & improving physical activity, **establishing a WNY WALKS! Community Advocacy Team (CAT)**, and gaining perspectives to **DRAFT** a strategic plan to regionally addressing Walkable Communities and improved physical activity through the lifespan .

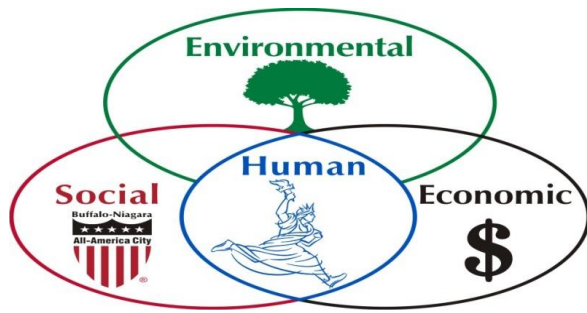
We are working on the draft Summary Report to send out and should have that document by mid July to share for feedback. It will also be available at the Friday, June 28th WNY Healthy Communities Coalition **meeting and walk** (9 to 12) at the ACQUA restaurant on Niagara Street.

We plan to host a mid-July **WNY WALKS!** CAT meeting at the Buffalo Grand Hotel for those who signed up & anyone who is interested in continuing their involvement in the **WNY WALKS!** (n'Rolls) initiative set into motion at the Summit. Our plan is to implement the **WNY WALKS!** strategic plan Fall 2019 and host a **WNY WALKS!** progress Summit June of 2020 . You and colleagues are invited to join or sponsor us as we embark on this community culture changing journey to better health !

Thank you again for your time, participation, and talent as a part of making the **WNY WALKS!** Summit an action focused experience.

P.S. Summit Keynote recordings/presentations at www.CreatingHealthyCommunities.org

Special Thanks To: WI Staff Lucy, Trisha, Sara, Liz, Michaela, Adriana and Mike Billoni, Paul Maurer, Tony Mastrangelo, Rod Nagy, Imagine Buffalo, Partners For A Liveable WNY, 21st Century Park, Harry Stinson and The Buffalo Grand Hotel Staff!



**WELLNESS INSTITUTE
OF GREATER BUFFALO**

CreatingHealthyCommunities.org

Our Mission is to Create Healthy Communities.

The Wellness Institute of Greater Buffalo & WNY was incorporated in 1989 as a public benefit organization. *The Institute's Mission is to create a healthy community!* The mission is addressed by advocating for and facilitating strategy fostering a regional culture that invests in, encourages and sustains individual, family, organizational and community capacity **to practice positive civic, environmental, economic and health enhancing behaviors.** Strategically guided by the interdisciplinary "healthy community" movement, the Institute's work is enhanced through assessment and Visioning, collaboration, networking, advocacy, professional development services, educational programs, communication, volunteers, innovation and leadership on local health promotion, civic engagement and quality of life issues.

OUR SHARED VISION

"Citizens within our communities share in the shaping of our thriving bi-national region. Safe and stable neighborhoods, respect for diversity, accessible cultural/recreational opportunities, a healthy population, and lifelong learning provide an exceptional quality of life. Our dynamic business climate evolves from a competitive workforce, responsive governance, and a comprehensive transportation system. A balanced, sustainable, environment ensures the prosperity and natural resources of our region."

Our Values: The Social, Environmental, Economic and Human Capital of Greater Buffalo

**Our Strategic plan: 5 Actions 4 Disciplines 3 Markets 2 Key principles and 1 outcome:
Improving our [Robert Wood Johnson WNY County Health Rankings](#)**

Please feel free to contact us with any feedback on our newsletter!

If you would like to submit an event and/or article please contact us at BeActive@city-buffalo.org.

THANK YOU!

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