

Healthy Lifestyles and Behaviors

To promote healthy lifestyles and behaviors as part of the Adopt a School Model, St. Luke's Allentown collaborated with Union Terrace Elementary School for the Tail on the Trail (TOT) kickoff event. The goal of TOT is to connect people to the outstanding opportunities along the D&L Trail while increasing health awareness and improving the health status of the community. Twenty-five students attended the event held at Sand Island, Bethlehem. Students spent the afternoon learning about physical activity, healthy eating and the history of the Delaware and Lehigh Trail. The Tail on the Trail challenge was then promoted in the school by the students and teachers who attended the event, with the hope to increase physical activity among school faculty, students and their families.

St. Luke's Allentown and community partner volunteers conducted the Healthy Habits for Life curriculum in five kindergarten classrooms at Union Terrace Elementary School. The curriculum guides children to making the right choices by helping them learn about healthy eating and allowing them to choose from a variety of nutritious foods. It also teaches children how to incorporate physical activity into everyday movement. The program was conducted monthly throughout the school year. Approximately 125 students participated in this program.

As part of St. Luke's efforts to reduce childhood obesity, we have partnered with Kellyn Foundation to build school gardens and educate children about healthy eating habits through the "Healthy Families Need Healthy Roots" School Programming. During FY 14, this partnership led to program discussions at Union Terrace Elementary School. Beginning in FY 15, students from third through fifth grade will participate in age appropriate nutrition education and hands-on activities, including building and harvesting a school garden, to build a foundation of healthy living knowledge.

To expand healthy living concepts to St. Luke's employees, St. Luke's Hospital partnered with Eagles Point Farm to offer the opportunity for the St. Luke's Allentown staff to participate in a Community Supported Agriculture (CSA) program. For 22 weeks, employees received weekly shares of seasonal fruits and vegetables grown locally. A total of 18 Allentown employees participated in the CSA. Our hope is this number continues to increase each year.

In order to reduce flu incidence rates, we have a flu vaccine campaign Lehigh County.

Lastly, St. Luke's Allentown provides tobacco cessation counseling to residents of Lehigh County through the St. Luke's Tobacco Cessation Treatment Center. The program is funded by Tobacco Free Northeast Pennsylvania and the Burn Prevention Network and the Department of Health. A total of 202 patients were enrolled in the tobacco cessation program in FY 14, with 22% reporting they were from Lehigh County.