



FOR IMMEDIATE RELEASE

Making the Healthy Choice the Easy Choice

Mt. Morris, NY -- There's a new local leadership team aiming to create more opportunities to participate in physical activity, healthy eating, and clean outdoor spaces – an effort that will allow Livingston County residents to have an easier time making the healthier choice.

The leadership team heading the effort is called Community Health Action Response Team (CHART) and includes the following members: Jean Angillilli, Cornell Cooperative Extension; Lisa Beardsley, Livingston County Department of Health; Angela Ellis, Livingston County Planning Department; Nita Hawkins, Livingston County Office of Workforce Development and Youth Bureau; Pam Maxson, Noyes Memorial Hospital; Cynthia Oswald, Livingston County Chamber of Commerce; Deborah Penoyer, SUNY Geneseo; Pete Yendell, Town of Lima.

CHART is part of the ACHIEVE initiative of the Centers for Disease Control and Prevention. ACHIEVE stands for **A**ction **C**ommunities for **H**ealth, **I**nnovation and **E**nvironmental **C**hange. Livingston County was recently named an ACHIEVE community by the CDC, and is one of 40 U.S. communities selected to participate in the program and find ways to combat chronic diseases.

The mission of the local ACHIEVE initiative is to empower the community to be a healthier place to live, work, and play through environmental, systems and policy changes. The CHART team has narrowed its focus to improving access to parks and trails, while encouraging municipalities to have tobacco- and smoke-free environments in outdoor public places. The team will also explore ways to encourage local worksites to offer employees healthy food and beverage options for meetings, vending machines and events.

Community members are welcome and encouraged to join the ACHIEVE team. If you would like to get involved, please contact Lisa at (585) 243-7299, LBeardsley@co.livingston.ny.us or Jean at (585) 734-2786, jma334@cornell.edu. For more information and updates about ACHIEVE visit www.livingstoncounty.us/doh_home.php.