

Community Health Action of Staten Island increases Healthy Food access for New Yorkers

Community Health Action of Staten Island (CHASI) has been improving the health of Staten Islanders for over 30 years. CHASI offers the community a wide range of services including domestic violence interventions, care for people with multiple chronic health conditions, harm reduction services, and a community food pantry, serving almost 21,000 Staten Islanders each year. Their community food pantry, located in Port Richmond along the North Shore of Staten Island, provides access to nutritious foods, fresh fruits, and vegetables for over 2,700 community members each month. According to the NYC Department of Health and Mental Hygiene, in the neighboring communities of Stapleton and St. George, 26% of adults have been told they have hypertension. Community Health Action of Staten Island is addressing the rate of hypertension in their community through combined efforts of hypertension management and increasing access to fresh fruits and vegetables.

In March 2023, Community Health Action of Staten Island revised and affirmed their commitment to providing the healthiest options for community members of the North Shore. CHASI adopted an organization-wide nutrition policy, utilizing the Healthy Eating Research Nutrition Guidelines to steer their priorities. The Healthy Eating Research Nutrition Guidelines recommends fresh fruits and vegetables, whole grains, lean protein, and low-sodium options. In alignment, Community Health Action of Staten Island ensures their shelves are intentionally stocked to encourage the selection of healthy items. This principle is also adopted in pre-packaged offerings, providing appropriate balance to each unique pantry member. CHASI remains a resource for fresh fruits and vegetables access for thousands along the North Shore, including the newest and emerging communities. As a part of their nutrition policy, they remain dedicated to meeting the cultural needs of the changing population.

Additionally, in May 2023, Community Health Action of Staten Island determined a physical change was necessary in their pantry to better suit the growing needs of community members along the North Shore. With assistance provided by the American Heart Association, CHASI was able to purchase a brand-new additional refrigeration unit. The device was delivered on 05/25/2023 to their pantry located in the Port Richmond neighborhood. The refrigeration unit will ensure the pantry is able to procure more fresh fruit and vegetables and expand access. It will not only increase procurement capacity, but also will expand the shelf-life of frozen and fresh items. This is essential. CHASI team members, like many across New York City, have remarked not having enough or reliable storage for their items. This environmental change addresses this issue and will benefit thousands of residents in Staten Island.

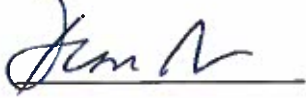
Community Health Action of Staten Island has taken a comprehensive approach to serving Staten Islanders. Earlier this year, CHASI retooled and implemented a Self-Measured Blood Pressure initiative in their pantry. The team identified the intersection of food access and health related outcomes and are now able to provide important elements of hypertension management and control. The partnership between the Community Health Action of Staten Island and the American Heart Association will increase blood pressure control, remove barriers to improving health in vulnerable populations, and increase access to fresh fruits and vegetables. The potential is limitless, as both organizations are committed to this unifying mission. Together, we work to ensure every New Yorker in Staten Island lives their healthiest life.

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_____ Date 5/25/23

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