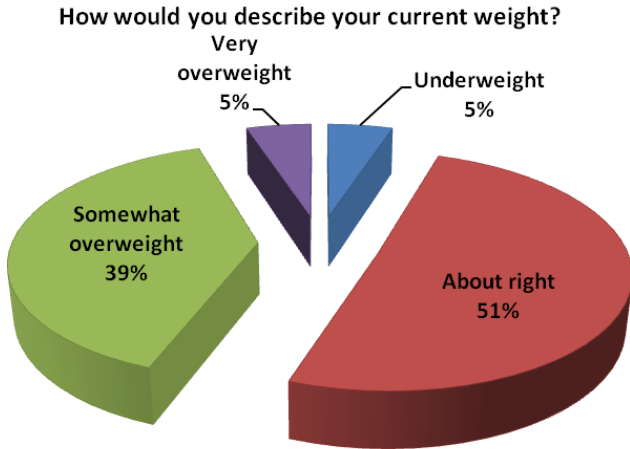


## Siena College Research Institute Announces Healthy Communities Program

Loudonville, NY – The Siena College Research Institute (SRI) announces its Healthy Communities Program in response to a statewide Siena College Research Institute Health Poll released on February 25, 2009.

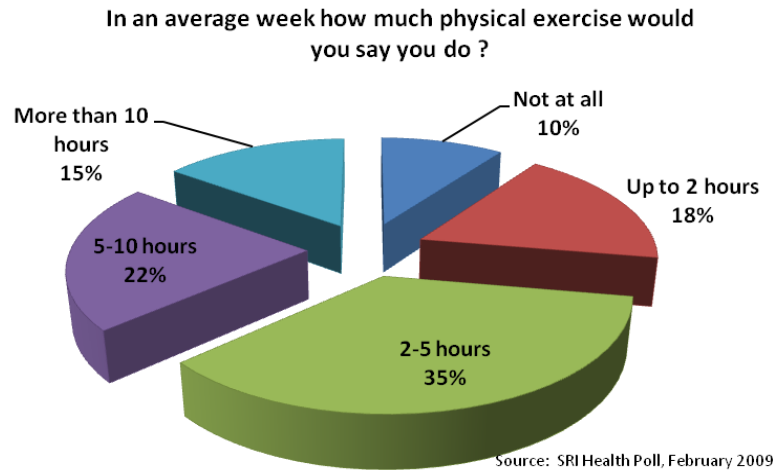
“When it comes to health, nutrition and exercise, knowing and doing just don’t match up. Most New Yorkers have all the information they need, have medical advice, and say that in many cases they are making healthy life choices, but still only 28% of all residents report both that their health is great and their weight is about right,” according to Dr. Don Levy, Director of the Siena College Research Institute.



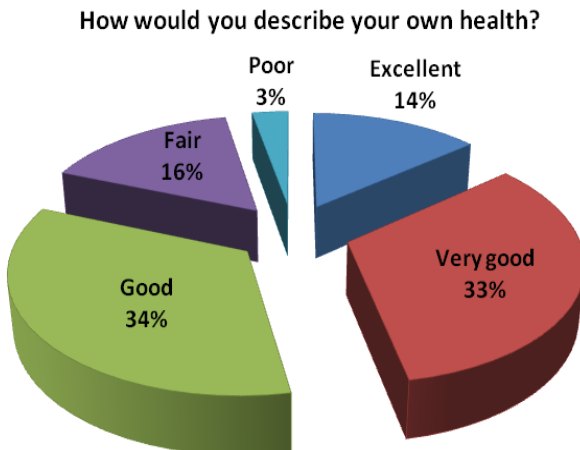
Source: SRI Health Poll, February 2009

SRI invites counties across New York to replicate this statewide survey among their local residents.

Participating counties will learn the self-described health, weight, and physical activity of their local residents as well as their need for information, health support, and their attitudes towards a variety of lifestyle affecting policy options.



Source: SRI Health Poll, February 2009

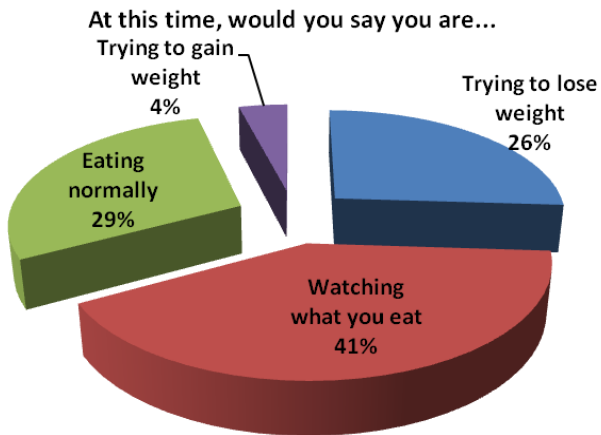


Source: SRI Health Poll, February 2009

Individual counties can assess those and additional local health related issues while at the same time comparing their population to the state as a whole and to participating peer counties.

Over 90% of New Yorkers agree that obesity is a serious public health problem. More than three-quarters (76%) have all the information they need in order to eat a nutritious diet and 58% have had a doctor talk to them about diet, exercise or nutrition. Still, 44% describe themselves as overweight. So where is the break down? How can communities and citizens move towards enjoying more health and vitality?

**How does you county weigh in?**

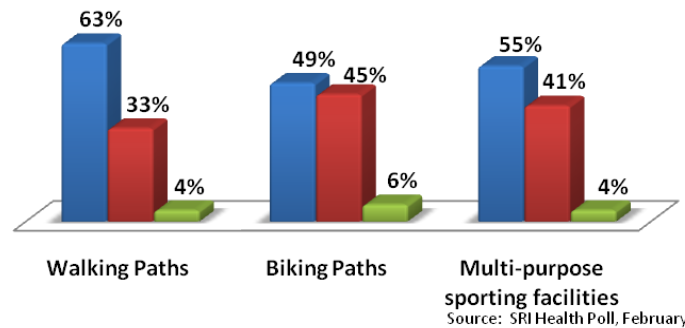


Source: SRI Health Poll, February 2009

**Is what your county doing working?**

Does your community have an adequate supply of...

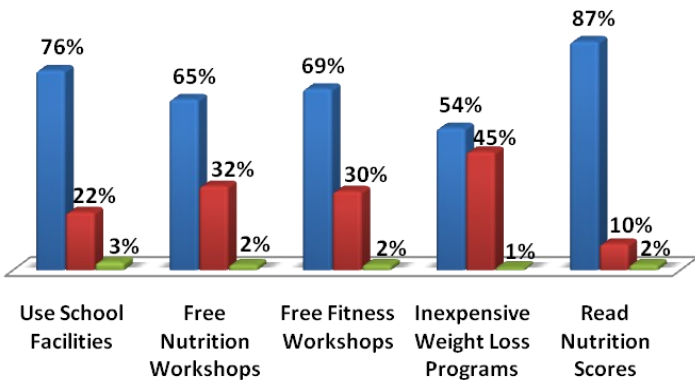
■ Yes ■ No ■ Don't know



Source: SRI Health Poll, February 2009

**What can your county do differently?**

■ Would participate in ■ Would not participate in ■ Don't know/Refused



Source: SRI Health Poll, February 2009

The Healthy Communities program can assist your county in getting these answers and more. SRI will work with you to replicate the statewide study and to investigate local needs. SRI will deliver:

- Questionnaire Development
- Sample Procurement
- Telephone Data Collection
- Data Frequencies
- Data Cross Tabulations
- Comparative Data
- Full Report & Analysis
- In-person Presentation

The statewide study including all questions and cross tabulated data is available at: [www.siena.edu/sri](http://www.siena.edu/sri).

Schedule your free assessment meeting today. Contact Dr. Donald P. Levy at 518-783-2901 or via email at [dlevy@siena.edu](mailto:dlevy@siena.edu).

This SRI survey was conducted January 29 - February 11, 2009 by telephone calls to 1005 New York State residents. It has a margin of error of  $\pm 3.0$  percentage points. Data was statistically weighted by respondent age, gender and region to ensure representativeness. For more information call Dr. Don Levy, SRI Director at 518.783.2901 or [dlevy@siena.edu](mailto:dlevy@siena.edu). For pdf of the release and cross tabulations, visit: [www.siena.edu/sri/research](http://www.siena.edu/sri/research).