

# CAMPUS AS LABORATORY

## The Lerner Center Promotes Sustainability Through Health and Well-Being

Sustainability is not just about “green” programs; it requires healthy relationships between the environment, the economy, and human society. Building such relationships is a primary goal of the Lerner Center for Public Health Promotion at SU’s Maxwell School.



Through its Healthy Monday campaign, the Lerner Center works to help people draw the connections between daily behaviors, personal health, and the health of the community. Their interventions may be as subtle as delineating a Monday Mile course, which invites walkers to see the landscape as an opportunity for developing fitness, or more elaborate, as with the “Meatless Mondays” program, which

offers students in the dining halls attractive, meat-free entrees and encourages them to take meat out of their diet just once a week. The health benefits of such a dietary change are significant, and so are the environmental benefits, since meat production in the U.S. is a major source of greenhouse gases and water pollution.

The center has just initiated an “I Love NY Water” campaign to highlight the availability of bottle refill stations on campus. According to Program Coordinator Leah Moser, “What we hope to do is promote both the health benefits of drinking more water as well as the environmental benefits of using a reusable bottle.”

This fall, the Lerner Center will begin the highly innovative Healthy Shopper Rewards program on the Near Westside of Syracuse. Developed in conjunction with Nojaim Brothers Grocery Store and St. Joseph’s Hospital, the program will help grocery shoppers make healthy choices and offer them a connection to health resources right next door to the store. Lerner Fellows, who are graduate students in public health and public administration, have been involved in seeking public input, in order to make this program as useful and effective as possible.

“How can we not only increase access to healthy foods but educate and encourage people to make small but lasting changes?” asks Program Director Rebecca Bostwick. “As with most public health concerns, it will take a diverse set of stakeholders to make real change. We certainly hope this is what we accomplish.”