



Saratoga County Public Health

The Public Health Connection Fall 2016

A Community Newsletter for Better Health & Wellness



Focus of the Season: TOBACCO CESSATION

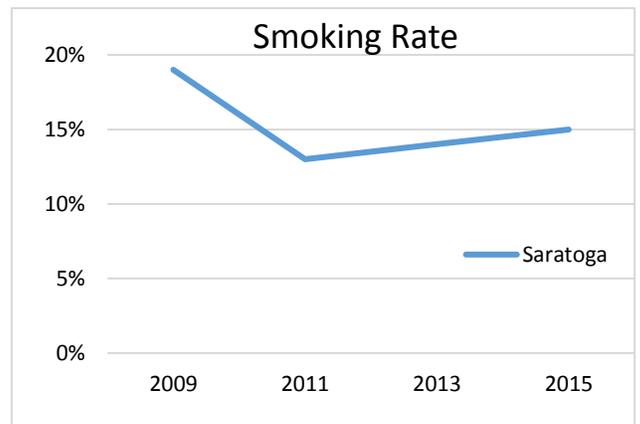
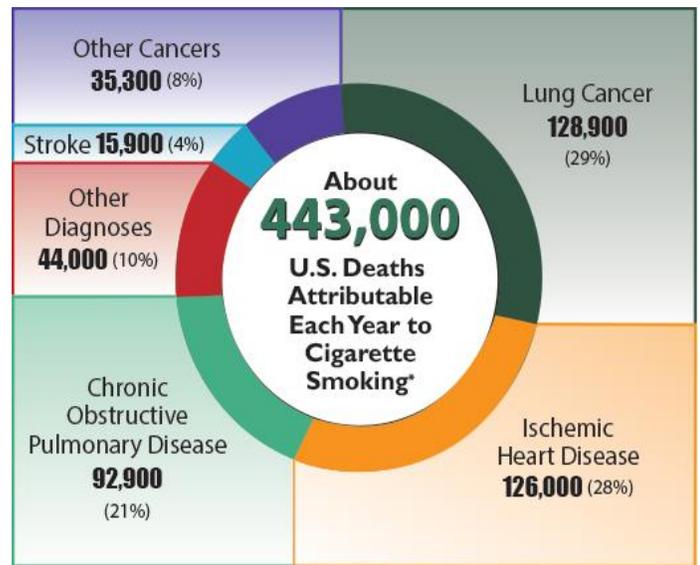
According to the CDC, cigarette smoking is the leading preventable cause of death in the U.S., leading to more than 480,000 deaths each year. Smoking causes cancer and greatly elevates the risk of cardiovascular disease, stroke, birth defects, arthritis, and diabetes.

The rate of smoking increased in Saratoga County in 2015 when compared to 2013. A recent survey indicated that Saratoga County residents generally support more restrictive regulation of the availability and display of tobacco products.

According to the survey, **67% of all county residents think that tobacco products should not be sold in stores that are located near schools, 62% are in favor of a regulation that would ban the sale of all tobacco products in pharmacies, and 74% are in favor of a policy that would prohibit smoking in entrance ways of public buildings and workplaces.**

Many counties in New York State have adopted smoke-free policies and Saratoga County Public Health is happy to support healthier, smoke-free environments.

Visit the Saratoga County Public Health's tobacco cessation page on our main website under 'NYS Smokers Quitline' for more detailed information and resources: saratogacountyny.gov/publichealth



ELECTRONIC CIGARETTES

Most electronic cigarettes or 'e-cigarettes' contain nicotine, which causes addiction, may harm brain development, and could lead to new or continued tobacco use. Manufacturers are not required to disclose chemicals used in the products, which are not regulated. E-cigarettes are often portrayed as containing 'harmless water vapor' and are sold in flavors that attract youth (Sour Patch Kids, bubblegum, Red Bull, cotton candy, etc.) In Saratoga County, 19% of residents have reported tried using e-cigarettes. Tobacco product advertising typically targets youth, enticing them to become regular customers. In the U.S., 69% of middle and high school students were exposed to e-cigarette advertisements in retail stores, on the Internet, in magazines/newspapers, or on TV/movies. In Saratoga County, 63% of residents are in favor of prohibiting the use of e-cigarettes in workplaces, restaurants, and bars.



Spotlight on... PREDIABETES



Type 2 Diabetes is on the rise. According to the American Diabetes Association (ADA), one in three people will be diagnosed with type 2 diabetes by the year 2050. Diabetes, in particular, type 2 diabetes is in most cases, controllable if not preventable. According to the ADA, the biggest risk factor for childhood diabetes and prediabetes is obesity. With rising rates of childhood obesity, prediabetes is a public health concern. Recently a Prediabetes Coalition has formed to discuss strategies to address prediabetes in Saratoga County. Please see below to assess your risk and learn more information about our upcoming meetings.

How do I know if I am at risk for pre-diabetes?

Check each box that fits you.

- Family members have diabetes
- Overweight
- American Indian
- 30 years old or older
- Had gestational diabetes or had a baby that weighed more than 9 pounds at birth
- Had high blood sugar in the past
- Have high cholesterol

Answer the questions to the right to learn your risk for having pre-diabetes

- 0-1 low risk
- 2-4 some risk
- 5-6 high risk
- 7-8 very high risk

Join us to participate in
Saratoga County's
PREDIABETES
COALITION



10/25

**59D Myrtle St
2nd Floor Classroom 2A
Saratoga Springs**

12:00pm-1:00pm

**Tuesday
October 25, 2016**

Please RSVP by October 21st to Amanda 584-7460 ext 8303 or
aduff@saratogacountyny.gov

STEPS FOR PREVENTING TYPE 2 DIABETES

STEP 1: MOVE MORE!

- ✓ Park your car further away from stores, movie theaters, or your office.
- ✓ Use TV breaks to stretch, walk around. Walk in place while watching TV.
- ✓ Set walking dates with families and friends.
- ✓ Walk during breaks.
- ✓ Deliver in person messages to coworkers instead of email. Use the stairs instead of the elevator.



STEP 2: MAKE HEALTHY, FOOD CHOICES

- ✓ Eat a variety of colorful fruits and vegetables. Try new recipes!
- ✓ Replace juices and soda with water.
- ✓ Broil or bake instead of frying.
- ✓ Eat healthy snacks between meals.
- ✓ Buy healthy snacking options. If the potato chips and cookies aren't in the pantry- they aren't an option!

STEP 3: START YOUR GAME PLAN TO PREVENT DIABETES

- ✓ Keep trying new things to find what works for you.

QUICK THOUGHTS ON... CHRONIC PAIN

Chronic pain can lead to a vicious cycle of diminished self-efficacy, altered functional status, social limitations, and avoidance behaviors. Chronic pain can affect mental health and quality of life. Potential outcomes of chronic pain can be a route to dependent behavior and substance abuse. At Public Health, we are working on resources and initiatives that address chronic pain to avoid mental and physical health burdens. Stay posted!



Working at a desk all day can be taxing on your postural muscles. Try these stretches out to help relieve the strain of sitting in an office chair all day. Be consistent! These exercises won't fix the problem in one day. Foam rollers can also help significantly to loosen the muscles.



Stretches
to undo the
effects of
sitting all day

Q&A WITH A PUBLIC HEALTH NURSE!

JAMIE BERARDI, RN TUBERCULOSIS CONTROL PROGRAM

How long has Jamie been a nurse?

Jamie has been a nurse since 1985, and working at Public Health since 2000.

Where would Jamie live if anywhere in the world?
Somewhere warm!

What made Jamie take interest in nursing?

Jamie took interest in nursing because of the exceptional care that was given to someone very close to her.

What's Jamie's favorite food?
Tomatoes

What has Jamie learned being a nurse?

Every day is a new day, and every day brings something new. You learn how factors in life shape people, such as work, culture, religion, family, and ethnicity. Over 28 countries are represented at Saratoga County Public Health.

What are Jamie's responsibilities at Saratoga County Public Health?

Jamie's responsibilities include coordinating the Tuberculosis (TB) Control Program, TB testing in the community, and monitoring latent and active cases



What is a quote, saying, or perspective on life that Jamie lives by?

Haves are always going to have, the have nots are the ones we need to advocate for, and assist. You can never be too comfortable in your own situation; things can change at the blink of an eye.

Does Jamie have any pets?
3 cats

What would Jamie change about the healthcare system if possible?

Allow the doctors to have more say in the healthcare system, as opposed to the insurance companies having such significant pull.

Find more information about the TB program here: <http://www.saratogacountyny.gov/upload/tbbrochure.pdf>

**Saratoga County Public Health
TB Program
31 Woodlawn Avenue Saratoga Springs, NY 12866
Phone (518) 584-7460
Fax (518) 693-7389
www.saratogacountyny.gov**

3 MINUTE WORKOUT

ARMS (BEGINNER)

:30 SECONDS



ARM CIRCLES

STRETCH ARMS OUT TO 'T'. PALMS FACE THE FLOOR.

:30 SECONDS



KNEE PUSH-UPS

LOWER BODY UNTIL SHOULDERS ALIGN WITH ELBOWS.

START ON ALL FOURS. HANDS AND KNEES ON GROUND.

:30 SECONDS



OVERHEAD PRESS

START WITH ELBOWS BENT AT 90°. USING YOUR OWN RESISTANCE, PUSH ARMS SLOWLY UP AND OVERHEAD, UNTIL FULLY EXTENDED.

:30 SECONDS



FLOOR TRICEP DIPS

KNEES BENT, HANDS BEHIND FINGERS FORWARD.

PUSH UP THROUGH ARMS, LIFT HIPS, AND EXTEND ELBOWS.

:30 SECONDS



KNEE PUSH-UPS

LOWER BODY UNTIL SHOULDERS ALIGN WITH ELBOWS.

START ON ALL FOURS. HANDS AND KNEES ON GROUND.

:30 SECONDS



BICEP CURLS

START FEET APART, ARMS AT SIDES. LOCK ELBOWS AGAINST BODY, AND USING YOUR OWN RESISTANCE, SLOWLY CURL ARMS UP.

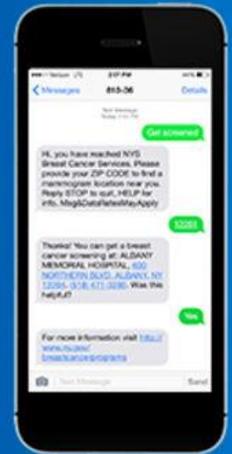
Buzz Feed

TIPS AND RESOURCES



Text **GET SCREENED** to **81336** to find your nearest breast cancer screening location in New York State.

#GetScreenedNY



5 steps you can take to get ready

Disasters can strike on ordinary days. But that doesn't mean you should live in fear. With just a few easy steps, you can be ready when emergencies come. Here are five to get you started!



Get more preparedness tips at www.APHAgotready.org



PUBLIC HEALTH CLINIC SCHEDULE

Monday	Tuesday	Thursday	Friday
<p>8:15am-9:30am: Walk-in Immunization Clinic/ PPD Placement</p>	<p>8:15am-9:30am: Walk-in Immunization Clinic/ PPD Placement</p> <p>first and last Tuesday of the month: Child Clinic <i>(uninsured and no doctor)</i></p> <p>12:45-3pm: STD Clinic at Community Health Center <i>(appointment needed)</i></p>	<p>8:15am-9:30am: Walk-in Immunization Clinic</p>	<p>8:15am-9:30am: Walk-in Immunization Clinic/ PPD Placement</p>

Free vaccines and sliding fees are available to qualifying families. PPDs must read within 72 hours and therefore may not be placed before holidays. All clinics are closed on holidays.

Please call [\(518\) 584-7460 ext. 8599](tel:(518)584-7460) with any questions or to make an appointment.

**Saratoga County Public Health Services is located at
31 Woodlawn Ave Saratoga Springs NY 12866**

FLU PREVENTION TIPS



UPCOMING EVENTS

LET'S TALK ABOUT ASTHMA IN OUR
COMMUNITY AND HOW WE CAN COME
TOGETHER TO MAKE A DIFFERENCE!

PLEASE JOIN US FOR THE FIRST MEETING OF
THE

ADIRONDACK ASTHMA COALITION

TUESDAY, OCTOBER 11, 2016
5:00PM-7:00PM

GLENS FALLS HOSPITAL 1ST FLOOR CLC-B
DINNER WILL BE PROVIDED



RSVP TO ADUFF@SARATOGACOUNTYNY.GOV OR (518)584-7460 EXT 8303

Got Drugs?

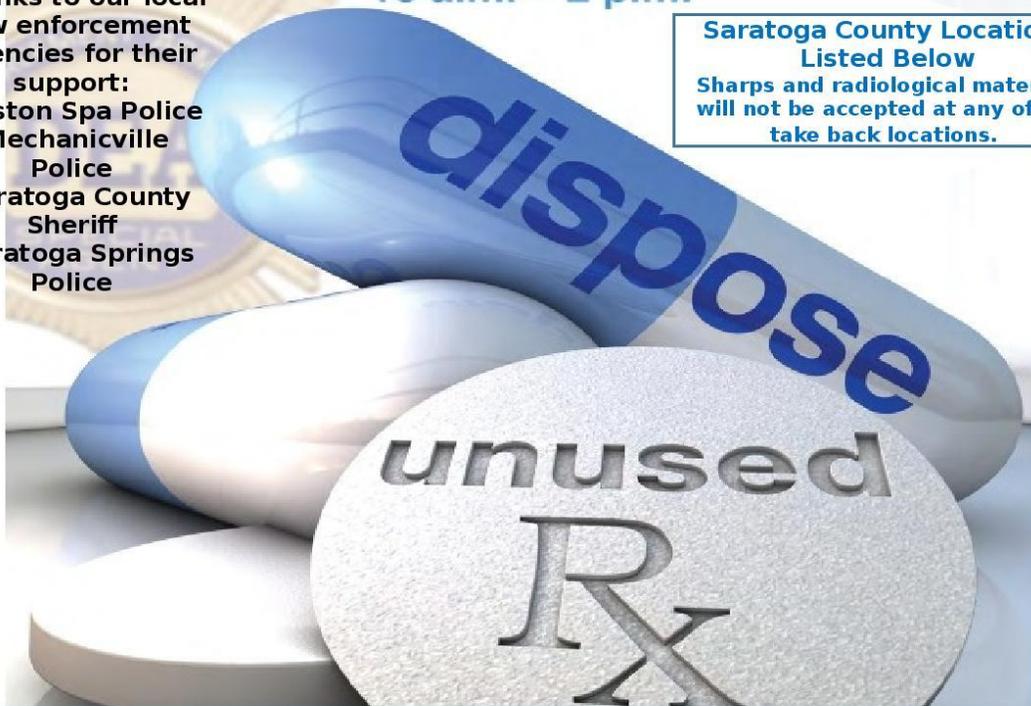
Turn in your unused or expired medication for safe disposal
Saturday, October 22nd,
10 a.m. – 2 p.m.

Thanks to our local law enforcement agencies for their support:

Ballston Spa Police
Mechanicville Police
Saratoga County Sheriff
Saratoga Springs Police

Saratoga County Locations
Listed Below

Sharps and radiological materials
will not be accepted at any of the
take back locations.



Moreau Community Center - 144 Main Street, South Glens Falls
Moreau EMS - 1583 Rt. 9, Moreau

Saratoga Hospital Emergency Room Parking Lot - 211 Church Street,
Saratoga Springs

Saratoga Springs Police Department - *LAKE AVE SIDE* Saratoga Springs
Mechanicville CVS - 12 S. Central Ave, Mechanicville

Ballston Spa Police Department - 30 Bath St #1, Ballston Spa
Clifton Park Halfmoon EMS - 15 Crossing Blvd, Clifton Park





TALK SAVES LIVES

A BRIEF INTRODUCTION TO SUICIDE PREVENTION

Learn the warning signs and risk factors of suicide, and how together, we can help prevent it.

Thursday, October 6
6:30 – 8:00 pm
Clifton Park-Halfmoon
Public Library

Register:

www.cphlibrary.org, call
371-8622 or stop by the
Ask Desk.

Brought to you by the Clifton Park
Library and funds raised by the Capital
Region NY Chapter of AFSP.



AMERICAN FOUNDATION FOR
Suicide Prevention

afsp.org

MOVING ON: TRANSITION FAMILIES

(FROM EI TO CPSE)



This workshop will help participants to understand the transition process from EI Services to the Committee for Preschool Special Education (CPSE).

LEARNING OBJECTIVES:

- how to be an active member of the transition team*
- understanding the difference between EI and CPSE*
- how to understand the components of an IEP*
- and how to strategize ways to introduce new providers to the child.*

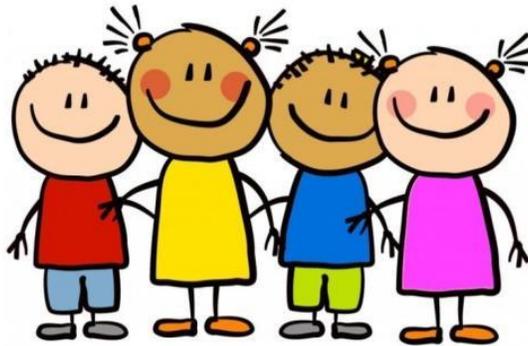
OPEN TO PARENTS/GUARDIANS OR EI SERVICE PROVIDERS

Contact: Kerry White, Saratoga County EI Program Manager to RSVP @

(518) 584-7460 x8390 or kwhite@saratogacountyny.gov

TRAINING DATE: 10/11/2016 @ 10:00am – PLEASE RSVP BY 10/7/16

*Clifton Park/Halfmoon Town Library
475 Moe Road
Clifton Park, NY -Program Room C*



SPONSORED BY: EARLY CHILDHOOD DIRECTION CENTER

SPEAKER: ELLEN BURNS

Please contact us if:

- You have any events that you would like us to share in our upcoming newsletter
- You aren't currently signed up to receive our quarterly newsletter
- You have any questions regarding our services
- You have suggestions on upcoming topics
- You would like to collaborate with us in any way to promote optimal public health!

You can reach Amanda Duff, Public Health Educator at 518-584-7460 ext. 8303 or aduff@saratogacountyny.gov.