



Public Health
Prevent. Promote. Protect.
Steuben County NY

Wellness Matters

October / November 2015

Community Calendar

Diabetes Health Fair

Saturday, October 3
11:00 am - 3:00 pm
Arnot Mall

National Diabetes Prevention Program

Beginning Tuesday,
October 13
5:30 - 6:30 pm
Hornell YMCA

Rabies Clinics

Saturday, October 17
9:00 - 11:00 am

- County Highway Barn, Bath
 - Hornell Fire Dept.
 - Corning Fire Dept.
- Call Public Health with questions: 664-2438

Freedom From Smoking Cessation Class

Beginning Monday,
November 2
5:30 - 6:30 pm
Steuben County Office Building, Bath

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Could You Be At Risk for Type 2 Diabetes? We Can Help You Prevent It!

More than 1 out of 3 adults have prediabetes, and most of those people do not know they have it. People living with prediabetes are at an increased risk for developing type 2 diabetes. The National Diabetes Prevention Program (NDPP) can reduce the risk of developing type 2 diabetes by nearly 60% through physical activity and weight loss. We will guide you through this wonderful program. As one of our current participants stated, NDPP is “informative, supportive, fun—it keeps you on task and it works! I will be sad to reach the end of the classes.”

Start lowering your risk of developing diabetes today!

What: National Diabetes Prevention Program
Where: Hornell YMCA, 18 Center Street, Hornell, NY 14843
When: Tuesdays, beginning October 13
 Meet weekly for 16 weeks, then monthly for rest of the year
Time: 5:30 - 6:30 pm
Cost: \$40 for non-YMCA members; \$30 for Hornell YMCA members. Bring a friend, and each person pays \$30. Upon completion of the program, participants receive half their money back.
Other: All non-YMCA members will receive a free guest pass to use any of the Hornell YMCA facilities and equipment on Tuesdays when the program is in session.

Complete the screening test below to see if you are at risk.

1. Are you a woman who has had a baby weighing more than 9 pounds at birth? Yes = 1 point
2. Do you have a sister or brother with diabetes? Yes = 1 point
3. Do you have a parent with diabetes? Yes = 1 point
4. Are you younger than 65 years of age and get little or no exercise in a typical day? Yes = 5 points
5. Are you between 45 and 64 years of age? Yes = 5 points
6. Are you 65 years of age or older? Yes = 9 points
7. Find your weight on the chart below. Do you weigh as much as or more than the weight listed for your height? Yes = 5 points

Height	Weight	Height	Weight	Height	Weight
4'10"	129	5'5"	162	6'0"	199
4'11"	133	5'6"	167	6'1"	204
5'0"	138	5'7"	172	6'2"	210
5'1"	143	5'8"	177	6'3"	216
5'2"	147	5'9"	182	6'4"	221
5'3"	152	5'10"	188		
5'4"	157	5'11"	193		

If you scored 9 or more points, you may be at risk for developing type 2 diabetes.

If interested in signing up for the program or if you have questions, contact Jo-Anne at joannet@co.steuben.ny.us or call 607-664-2438.

AMERICAN LUNG ASSOCIATION.

Freedom
FROM SMOKING®

Are You Ready to Be a Quitter?

Quitting smoking isn't easy – but it's easier with the right help. The American Lung Association's Freedom From Smoking® program gives you options, resources and support to quit for good!

Freedom From Smoking® is the premier smoking cessation program from the American Lung Association. It helps you develop a plan of action that leads to your quit day. You'll also get the support you need to remain smokefree for life!



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What You'll Learn

- How to know if you're really ready to quit
- Medications that can increase your success
- Lifestyle changes to make quitting easier
- How to prepare for your quit day
- Coping strategies for managing stress and avoiding weight gain
- Developing a new self-image
- How to stay smokefree for good

POP QUIZ:

Is Freedom From Smoking® right for you?

1. Do you want to quit?
2. Is quitting a priority for you?
3. Have you tried to quit before?
4. Do you want to improve your health – and your family's health, too?
5. Do you want to feel better and more in control of your life?
6. Are you ready to try to quit – even though it may be tough?

If you answered "YES" to even one of these questions, you owe it to yourself to find out how Freedom From Smoking® can help.



FREE Smoking Cessation Program Open to All!

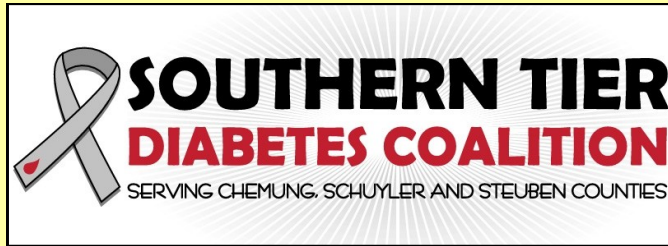
When: 9 sessions on Mondays, 5:30 - 6:30 pm from November 2 to December 28 + 1 session on Wednesday, December 9 from 5:30 - 6:30 pm

Where: Steuben County Office Building, Bath

Quit date is December 7. This program prepares you to successfully quit and offers help through the first few weeks after quitting. Give yourself and your family the greatest gift this holiday season: your health. To sign up for the program or if you have questions, contact Lorelei at lorelei@co.steuben.ny.us or call 607-664-2438.

Free:

- Resources
- Education
- Handouts
- Raffles
- Gift baskets
- Give-aways



Free Screenings:

- Blood Glucose
- Blood Pressure
- Body Fat
- Lung Age

Flu Shots

Available at the fair. Cost varies by eligibility.

Diabetes Health Fair

For those who are **AT RISK** for or have been **DIAGNOSED** with **DIABETES**

**Saturday,
October 3, 2015
11 am - 3 pm**

**Arnot Mall
Between Bon Ton & JCPenney
3300 Chambers Rd, Horseheads**

Veterans!

The Bath VA Mobile Van will be inside the mall with free flu shots, screenings, and information.

Participating Organizations: Arnot Health • Bath VA • Guthrie • Schuyler Hospital • Public Health • JDRF • American Diabetes Association • Physicians • Dietitians • Certified Diabetes Educators • Diabetes Companies: Meters, Pumps & Medications • Pharmacies • Fitness Agencies • Cornell Cooperative Ext. • Office for the Aging •



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Return Service Requested

WELLNESS MATTERS

Steuben County Public Health
3 E. Pulteney Square
Bath, NY 14810

Phone: 607-664-2438
Fax: 607-664-2166
Email: publichealth@co.steuben.ny.us

**PRESORTED
STANDARD
U.S. POSTAGE PAID
BATH, NY
14810
PERMIT NO. 1**

We're on the web!

[http://www.steubencony.org/
publichealth](http://www.steubencony.org/publichealth)

To change how you receive *Wellness Matters* contact the Health Educator at loreleiw@co.steuben.ny.us or call 664-2438.

Find us on Facebook!

[https://www.facebook.com/
SCNYPublicHealth](https://www.facebook.com/SCNYPublicHealth)

CLINIC / OFFICE DIRECTORY

OFFICE HOURS

Monday - Friday 8:30 am - 5:00 pm

TELEPHONE NUMBERS

Bath Office: 607-664-2438
Toll Free: 1-800-724-0471 (any office)
After hours: 1-800-836-4444

HIV TESTING CLINICS

Clinics are held in **Bath only**. Please call ahead for an appointment.

SEXUALLY TRANSMITTED DISEASE

(STD) TESTING is available. Please call for information about free testing.

TUBERCULOSIS PROGRAM

Screening tests for TB are available by appointment only, for a fee of \$25.

IMMUNIZATION CLINICS:

All clinics are by appointment only

BATH: Steuben County Office Building
3 E. Pulteney Square, Bath, NY

Day clinic:

**1:00 - 3:00 pm on 2nd Wednesday
every month**

Evening clinic:

**4:30 - 6:30 pm on 4th Tuesday
every month**

ADULT VACCINES ARE AVAILABLE.

Please call for an appointment.

**Please note: clinics are no longer held in
Corning or Hornell. Call to schedule an
appointment in Bath today.**