



Public Health
Prevent. Promote. Protect.
Steuben County NY

Wellness Matters

August / September 2016

Community Calendar

Bath Baby Café

Every Friday
11:00 am - 1:00 pm

World Breastfeeding Week Event

August 5
11:00 am - 12:30 pm
Dormann Library, Bath

Steuben County Fair

August 16 - 21
Fairgrounds in Bath
Stop by our booth in
Building 2

Car Seat Check Event

August 18
11:00 am - 4:00 pm
Steuben County Fair

Strong Kids Safe Kids

September 17
1:00 pm - 4:00 pm
Haverling High School
Gym, Bath

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babycafé



Bath Baby Café

World Breastfeeding Week Event

Friday, August 5, 2016

11:00 am - 12:30 pm

Dormann Library, Bath

Join us for games, snacks, local organizations tabling, car seat checks and education, and much more!

Come see:

Steuben County Public Health, **Healthy Families**, **WIC**, **Cornell Cooperative Extension**, **S2AY Rural Health Network**, **ProAction**, **Bath Area Family Resource Center**, and **others!**
Tanglewood Nature Center to follow event.

Breastfeeding Friendly Businesses will be recognized by WIC at the event.

Bath Baby Café is Open Every Friday!

Dormann Library
101 W Morris Street, Bath
Every Friday from 11:00 am - 1:00 pm

The Baby Café is a free drop-in support group for pregnant women, breastfeeding moms, and all moms, dads, and families. Bath Baby Café is staffed by professionals from Public Health, Healthy Families, WIC, and others.

Relax and join us for refreshments, support, and information.
Questions? Call Public Health at 607-664-2438

All children should be tested for lead at ages 1 and 2. Testing can be done in some doctors' offices or through a lab. Too much lead in a child's body can cause serious health and learning problems. Eating foods high in iron, vitamin C, and calcium helps to protect against lead poisoning.

Iron: High blood lead levels reduce the iron in blood cells. Each day, children should eat food high in iron to combat damage done by high lead levels. Iron found in animal products is easier for the body to use than iron found in plant foods.

High Iron Animal Products:

- Ground and other cuts of beef
- Organ meats (liver, giblets)
- Shrimp - canned
- Clams and cooked oysters
- Duck meat
- Lamb - shoulder



High Iron Plant Foods (Eat with vitamin C foods):

- Fortified dry and instant cooked cereals
- Soybeans
- Spinach
- Kidney, lima, and navy beans
- Chickpeas
- Potatoes
- Refried beans
- Swiss chard
- Tomato puree and paste



Calcium: Eating high calcium foods helps keep lead from being absorbed into the blood. It's recommended to have two servings each day of high calcium foods.

- Low fat yogurt
- Fat free or 1% milk (at age 2 and older)
- Low fat cheese
- Broccoli
- Greens
- Kidney beans
- Calcium fortified juices
- Breast milk or iron fortified infant formula



Vitamin C: Vitamin C helps the body to better use iron found in plant foods. It is best to eat foods with vitamin C at the same meal as those with iron. The CDC recommends that children six months of age and older get at least two servings of foods high in vitamin C each day.

High Vitamin C Foods:

- Red and green bell peppers
- Oranges and orange juice
- Kiwi fruit
- Grapefruit juice
- Vegetable juice cocktail
- Strawberries
- Brussels sprouts
- Broccoli
- Sweet potatoes
- Tomato juice
- Pineapple
- Cauliflower
- Kale
- Mango
- Cantaloupe
- Edible pod peas



More Healthy Tips:

- Eat foods in lead free areas and that have a low risk for lead exposure, such as at a table rather than on the floor.
- Always wash hands before eating.
- Use lead free containers, cookware, silverware, and dishes. Some cookware or pottery may contain lead.
- Enjoy regular healthy meals and snacks. Lead is more easily absorbed on an empty stomach.



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Steuben County Public Health
Lead Poisoning Prevention Program
607-664-2438 or 1-800-724-0471
www.steubencony.org/publichealth



August is National Immunization Awareness Month (NIAM). Immunizations represent one of the greatest public health accomplishments of the 20th century. The purpose of NIAM is to celebrate the benefits of vaccination and highlight the importance of vaccination for people of all ages. No matter the age, vaccines are very safe and keep people healthy.

Vaccines are recommended for children of all ages.

- Vaccinating according to the recommended immunization schedule provides children with the best protection against preventable diseases.
- Recommendations for the timing of vaccines are made through proven studies of when protection is strongest, so children may receive vaccines against diseases they are not currently at risk for, but are likely to be exposed to later in life. Building immunity early and strongly is important for the best protection against serious diseases.

Vaccines are not just for kids:

Adults need them too.

- The need for vaccinations does not end in childhood. Vaccines are recommended throughout our lives based on age, lifestyle, occupation, travel, medical conditions, and vaccines received in the past.
- Every year, tens of thousands of adults in the U.S. needlessly suffer, are hospitalized, and even die from diseases that could be prevented by vaccines, such as the flu, pneumonia, hepatitis B, and HPV.

Pregnant women can protect themselves and pass protection on to their babies.

- There are two vaccines routinely recommended during pregnancy: flu and Tdap (to protect against whooping cough). Pregnant women can get the flu shot any time during their pregnancy. Women should get the Tdap vaccine during each pregnancy, ideally in the third trimester.
- The vaccines received during pregnancy will provide the baby with some disease protection that will last the first few months of life before babies are able to receive vaccines or be fully protected by their own vaccines.

Babies receive vaccinations to protect them from 14 serious diseases by age 2.

- Children who don't receive recommended vaccines are at risk of getting serious diseases or having severe cases of diseases.
- Vaccines don't just protect the individual child. Immunization is a shared responsibility. Vaccinating each child can help protect the entire community—especially babies who are too young to be vaccinated or protected fully.

Healthcare providers and patients should work together to make sure all the recommended vaccines are received on time for the best protection. To find easy to read vaccination schedules visit

www.cdc.gov/vaccines/schedules/easy-to-read/index.html.



Priorities Chosen for Community Health Improvement Plan (CHIP)

The Smart Steuben team met on July 12, 2016 to finalize chosen priorities to guide the CHIP that begins in 2017. After analyzing data from many sources, including what was gathered from community focus groups, the top 3 priorities the Smart Steuben team will focus on are **obesity, hypertension, and early childhood health**. For more info, see SCPH's website www.steubency.org/publichealth and like us on Facebook at www.facebook.com/SmartSteuben.



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Return Service Requested

WELLNESS MATTERS

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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 607-664-2438.

Find us on Facebook!

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

CLINIC / OFFICE DIRECTORY

OFFICE INFORMATION:

Location:

First Floor (Basement)
Steuben County Office Building
3 E. Pulteney Square, Bath, NY

Hours:

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

Phone Numbers:

Office: 607-664-2438
Toll Free: 1-800-724-0471
After hours: 1-800-836-4444

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.

All clinics are by appointment only.

HIV TESTING CLINICS

Please call ahead for an appointment.

IMMUNIZATION CLINICS:

Please call ahead for an appointment.

Day clinic:

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

Evening clinic:

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

ADULT VACCINES ARE AVAILABLE.

Please call for an appointment.