



Public Health
Prevent. Promote. Protect.
Steuben County NY

Wellness Matters

December 2016 / January 2017

Community Calendar

Bath Baby Café Holiday Party

Friday, December 16
11:00 am - 1:00 pm
Dormann Library, Bath

Healthy Eating Class

Tuesday, December 6
5:00 - 7:00 pm
Corning Hospital

Programs Beginning in January

Diabetes Prevention

Public Health or
Corning YMCA

Healthy Weight and Your Child

Corning YMCA

Freedom From Smoking

Public Health

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babycafé



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Join us for the 2nd Annual Bath Baby Café Holiday Party!



Friday, December 9
11:00 am - 1:00 pm
Dormann Library
101 W. Morris Street, Bath

All activities are free of charge.

Drop in any Friday between 11 am - 1 pm for a fun, supportive environment to relax and meet with other moms and children and to receive hands-on help with breastfeeding from trained professionals if needed.

- Receive a free holiday photo with Santa in a 4x6" print
- Visit with Santa and Mrs. Claus
- Decorate cookies
- Other fun family activities

For more information about the Baby Café call Steuben County Public Health at 607-664-2438

Now's the Time for a Flu Shot!

Influenza (flu) is a serious disease that can lead to hospitalization and sometimes even death. The best protection and prevention from getting the flu is to get a flu shot every year. There are several types of flu vaccines recommended depending on age and health status.

A flu shot is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with certain chronic health conditions (e.g. diabetes, heart disease, lung disease), and people aged 65 years and older.

Flu season starts as early as October and can go through May, but it usually peaks between December and February. It takes about two weeks after receiving a flu shot for the immune system to build full protection against the flu. Get a flu shot now and enjoy a happy and healthy holiday season.

It's National Influenza Vaccination Week (NIVW)!

December 4 - 10, 2017



Are You Ready to be Smoke-Free in the New Year?

Freedom From Smoking (FFS) is a recognized program to help people successfully quit smoking. Ranked the most effective smoking cessation program, FFS offers a structured, systematic approach to quitting, and its positive messaging emphasizes the benefits of better health. What have you got to lose? Contact Lorelei at Public Health today for more info, to sign up, or to refer a patient for the program by email to loleleiw@co.steuben.ny.us or call 607-664-2438. A new class will start in early 2017 if at least 8 people sign up. The program is free and runs for 10 sessions over 9 weeks.

Having great support from the facilitator and class members every week made my quit attempt successful.

—January 2016 participant

Healthy Eating for the Holidays & Beyond Free Community Class

The holidays can be a tricky time if you are trying to eat healthy. Join Julie Walenta, Guthrie HealthWorks Registered Dietitian Nutritionist, for a free interactive class for adults about making healthier food choices this holiday season and into the new year.

In this class, you will learn:

1. Nutrition basics, such as the types of foods you need to include in a health-promoting diet and why
2. Healthy holiday eating tips to keep you on track this time of year
3. The secret to maintaining your weight during the holidays and beyond.



Tuesday, December 6 from 5:00 - 7:00 pm
Guthrie Corning Hospital, Niagara and Concord Rooms

Seating is limited. Please register online at www.Guthrie.org/NutritionClass or by calling 570-887-4663.



Healthy Weight and Your Child Program

The Corning YMCA is holding an evidenced-based program designed to make the whole family healthier. Healthy Weight and Your Child is a program that decreases childhood obesity. The program includes a Family Information Session followed by 25 sessions over 4 months. The family-based weight-management program focuses on nutrition education and physical activity for the whole family.

A Family –Based Lifestyle Change Program

- In-person sessions for children and adults
- Physical activity
- Healthy eating
- Portion control
- Grocery store tour
- Food label reading
- Internal and external triggers

Who Qualifies for Participation in This Program

- Child must be 7-13 years old
- Child must carry excess weight, with a body mass index (BMI) of the 95th percentile or higher
- Child must receive clearance from a healthcare provider or school nurse to participate
- Parent/caregiver must attend all sessions

Healthy Weight and Your Child is a FREE program and participating families receive access to the Corning YMCA for the duration of the program. A new class will be starting in January if at least 10 children are registered.

For more info, to sign up, or to refer a patient, contact the Corning YMCA at 607-936-4638 or visit www.RochesterYMCA.org/healthy-weight.



Smart Steuben Finalizes Community Health Assessment and Community Health Improvement Plan

In 2016 the Smart Steuben group, including Steuben County Public Health, local hospitals (Corning Hospital, Ira Davenport Memorial Hospital, and St. James Mercy Hospital) and other organizations, completed a Community Health Assessment (CHA) with help from the S²AY Rural Health Network.

The finalized CHA will be posted by the end of the year to Steuben County Public Health's website at www.steubencony.org/publichealth on the Community Health page.

Data and information on the following topics can be found in the CHA:

- Demographic data on Steuben County
- Health needs
- Obesity
- Behavioral health
- Early childhood health
- Dental health
- Cancer
- Hypertension
- Injury prevention (falls)
- Health care access

From the CHA, the Community Health Improvement Plan (CHIP), an attachment to the CHA, was created to address three key health issues that were identified: obesity, hypertension, and early childhood health. Team members of Smart Steuben will be working on evidence-based initiatives to increase the health of Steuben County residents in relation to decreasing obesity in children and adults, decreasing hypertension and related illnesses, and improving early childhood health over the next several years. Smart Steuben CHIP initiatives include:

- Working with schools on wellness policies
- Increasing the number of Breastfeeding Friendly healthcare provider practices
- Increasing worksite wellness offerings, including healthy nutrition and beverage options
- Decreasing density of tobacco retailers
- Increasing participation of providers in the regional blood pressure registry
- Providing home visiting programs, including a Community Health Worker, to support families
- Increasing breastfeeding exclusivity rates at discharge from hospitals
- Increasing the number of Breastfeeding Friendly Daycare centers and homes
- Encouraging the adoption of smoke-free policies
- Promoting and providing programs to prevent or manage chronic disease, like the National Diabetes Prevention Program (NDPP) or the Chronic Disease Self-Management Program (CDSMP)

To follow the progress of our initiatives, like us on Facebook at www.facebook.com/SmartSteuben.

Want to Lose Weight and Decrease Diabetes Risk in 2017?

The National Diabetes Prevention Program (NDPP) is a proven program from CDC to increase health and reduce the risk of developing type 2 diabetes by nearly 60%. Small lifestyle changes equal big results in this program. NDPP is run by trained lifestyle coaches who offer motivation, support, and lessons on:

- Nutrition and healthy eating
- Physical activity
- Problem solving
- Positive self-talk and ways to stay motivated
- Fat and calories
- Food and social cues
- Healthy eating at restaurants
- Stress management

**Informative, supportive, fun:
NDPP keeps you on task
and it works!**
—Current participant

NDPP is run in 25 sessions over a year's time. Programs will start in January. For more info on program cost and eligibility, to sign up, or to refer a patient to the program, contact:

Steuben County Public Health

Jo-Anne Taylor

607-664-2438 or joannet@co.steuben.ny.us

Corning YMCA (through Rochester Y)

Christine Stanford

585-341-4064

Visit <http://www.cdc.gov/diabetes/prevention> to learn more about NDPP.



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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

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STANDARD
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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 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.