November 2019

Influenza
- There have been 2 cases of influenza A in the past month in county residents, for a total of 3 cases this season.
- There has been geographically localized influenza activity in New York State.
- There have been no outbreaks of influenza in the county this season.

Vaping
- The Health Educator attended two presentations related to vaping in November. One was presented by Michael DeLeon, the founder of Steered Straight, Inc. Michael provided scientific data from lab testing, what drug trends are being seen in other parts of the country, and suggestions for prevention. The other presentation was by Giovanni Maurino, a college student who nearly died this year due to vaping related illness. Giovanni is sharing his experience in hopes that students will not turn to vaping like he did.
- The NYS law increasing the minimum purchasing age of tobacco and e-cigarettes went into effect on November 13; information on this was shared on Public Health’s Facebook and Instagram pages.

Radon
- In observance of Lung Cancer Awareness Month (November), a press release was submitted about radon, the leading cause of lung cancer among nonsmokers. Public Health has free radon test kits available through a grant for Steuben, Schuyler, and Yates residents. The release was also shared with Steuben County employees. Because of the publicity, nearly 70 radon kits were distributed in less than a week.

S2AY/Steuben Worksite Wellness Committee
- The Steuben Worksite Wellness Committee has decided to discontinue meetings for 2020 with a changing workplan focus for Steuben Rural Health Network. Worksite wellness is also not included in the new CHIP for Public Health. The committee members will continue to work together as beneficial.

National Diabetes Prevention Program (NDPP)
- The Bath NDPP class has completed its first year of classes. At year’s end, the class lost an average of 5.1% body weight, meeting the CDC’s goal of at least 5%. The “biggest loser” in the class lost 42 pounds. The Hornell class will complete its first year in December.
- Beginning in February 2020, Medicaid will begin to cover the cost of NDPP. Public Health is starting recruit for the 2020 class. See end of report for details.

Farm to Cafeteria
- The group is changing its focus to Healthy Eating and Food Security. Regional goals will be determined in 2020.

Injury Prevention
- The Health Educator presented car seat information to prospective foster parents on November 14 and to expectant parents at Corning Hospital on November 23. The NYS law stating that children must remain rear facing to at least age 2 went into effect this month. Reminders to the public were shared on Public Health’s Facebook and Instagram pages.

Media
The Health Educator spoke with WVIN about radon and the free test kits available through Public Health on November 25.

**Lead Poisoning Prevention**
- Monitoring: 10 children with lead levels 5 – 9.9 mcg/dl, 8 with levels 10-14.9 mcg/dl, 1 with lead levels >15 mcg/dl. 3 new referrals. Home remediation in progress for 5 residences.
- Notified that we will receive $3,000 from United Way. Money is unrestricted. Will be used to help families with remediation costs.
- Steuben will be the Chair for the Finger Lakes Coalition to Stop Lead Poisoning in 2020.
- Social media postings and LeadCheck test kit giveaways for Lead Poisoning Prevention week.

**Rabies Control**
- 1 cat and 1 cow were submitted for rabies testing due to having potentially exposed humans or domestic animals this month; both were negative. A gray fox that was submitted through the DEC was positive but there was no exposure.
- 3 county residents were each exposed to a bat, a cat and a dog that were not available for testing, and were started on PEP.

**Communicable Diseases**
- There were 3 cases of Group B streptococcus, 2 cases each of strep pneumoniae and salmonellosis, and 1 case each of cryptosporidiosis and campylobacteriosis this month in county residents.
- Under the new surveillance system, there were 2 confirmed and 1 probable case of lyme disease this month.

**TB**
- Public Health continues to case manage the man and his daughter who are county residents with active TB. His wife continues treatment for latent TB. The man and his daughter are on 3 times and 2 times per week DOT respectively.
- No new county residents started on latent TB therapy this month.

**Vaccine Preventable Diseases**
- We held our two regular daytime and evening immunization clinics in Bath.
- The increased clinic appointments due to removal of the religious exemption for immunizations requirement for school attendance has subsided.

**Public Health Emergency Preparedness**
- The Public Health Emergency Coordinator participated, along with several county and local partners, in a locally delivered multi-day training course, Managing Critical Incidents at Institutes of Higher Education, hosted by Corning Community College. The course was very insightful and helpful as we continue Public Health emergency planning with the college for Medical Countermeasure dispensing and Public Health response to disease outbreaks. We also were able to connect with several different community partners in EMS, Fire, and Law Enforcement.
- The Public Health Emergency Coordinator, in partnership with the Steuben County Office of Emergency Services, made presentations to residents at Spring Meadows and Lakeview Apartments (Bath area independent living sites) to promote emergency preparedness, increase awareness of the Steuben County Access & Functional Needs Registry, as well as share information/recruit for our ServSTEUBEN Medical Reserve Corps.
- We have started work on revising our Public Health Emergency Preparedness and Response (PHEPR) plan, to meet a Public Health Emergency Preparedness grant requirement. The PHEPR Core team discussed and worked through review of the Public Health incident command positions necessary for response and recovery to Public Health emergencies. This includes use of our Public Health Operations Center (HOC) to effectively coordinate and share information about the Public Health actions during an emergency.
• See our EP Holiday Gift Guide (attached).

**Glossary of acronyms:**

CHA Community Health Assessment  
CHIP Community Health Improvement Plan  
DOT Directly Observed Therapy  
NDPP National Diabetes Prevention Program  
PEP Rabies post exposure prophylaxis  
POD Point of Dispensing  
TB Tuberculosis

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With the holidays fast approaching, Steuben County Public Health and ServSTEUBEN MRC encourage you to consider giving gifts that will help protect loved ones during a future emergency. “Giving a gift that helps prepare for emergencies could be life saving for friends and family,” said Public Health Director, Darlene Smith. “These gift ideas provide a great starting point for being prepared for an emergency or disaster.”

**Stocking Stuffers**
- LED flashlight and extra batteries
- Rain poncho
- Moist towelettes
- Work gloves
- Hand warmers
- Glow sticks
- Batteries
- Duct tape
- Whistle
- Food bars
- Solar-powered cell phone charger

**Larger Items**
- Battery-powered or hand-crank combo flashlight/radio/NOAA Weather Radio
- NOAA Weather Radio with tone and/or strobe light alert
- Smoke detector and/or carbon monoxide detectors
- First aid kit
- Fire extinguisher
- Fire escape ladder
- Books, coloring books, crayons, and board games for kids in case power goes out
- Personal hygiene comfort kit with shampoo, body wash, washcloth, hairbrush, comb, toothpaste, toothbrush, and deodorant
- Waterproof pouch or backpack to safely store items

For more info, preparedness tips or other gift ideas, visit [www.Ready.gov](http://www.Ready.gov)
Why do I PreventT2?

I want to spend as much time as I can with my daughter. So when my doctor told me I had prediabetes, I made preventing type 2 diabetes a priority.

Kick off a new year to your health.

The National Diabetes Prevention Program (NDPP) offered by Steuben County Public Health teaches participants how to lose weight, be more physically active, lower stress, and reduce type 2 diabetes risk.

Do you want to stay healthy for a long time? You can do it with NDPP.

NDPP is a commitment to your health. This 2 year program has helped dozens lose weight and feel great. Classes begin weekly for 4 months and then taper down to biweekly and eventually monthly.

An info session will be held in January and classes will start in both Bath (County Office Building) and Hornell (YMCA) in the afternoon and evenings in February.

Cost: Covered by Medicare, Medicaid, and for Steuben County Employees. $150 for the 2 years for others.

Eligibility: Must be at risk for developing type 2 diabetes (cannot have ever been diagnosed with diabetes)

Qualifying blood work (one of the following): Hemoglobin A1C: 5.7-6.4%. Fasting glucose: 100—125 mg/dL; or 2 hour glucose: 140—199.

Risk test: cdc.gov/diabetes/risktest

For more information on the program visit: https://www.cdc.gov/diabetes/prevention/people-at-risk.html. To register for the program complete the registration form found on the PH website, email lwagner@steubencounty.ny.gov or call 607-664-2438.

The Corning YMCA also offers a similar program. You can sign up or request more information for their program by filling out their form online: https://cochetseymca.org/programs/diabetes-prevention/. Choose Corning from banner of locations or contact Christine Stanford by calling 585-341-4064.