



Public Health
Prevent. Promote. Protect.
Steuben County NY

Wellness Matters

December 2019 / January 2020

Community Calendar

World AIDS Day

December 1

Testing available most days at Planned Parenthood in Corning & Hornell and Finger Lakes Community Health in Bath. Call for more information or with questions.

Spirit of Christmas

Friday, December 6

6:00 - 8:00 pm

Pulteney Park, Bath

facebook.com/CentralSteubenChamberofCommerce/

Sparkle

Saturday, December 7

5:00 - 9:00 pm

Market Street, Corning

gafferdistrict.com/sparkle

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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)

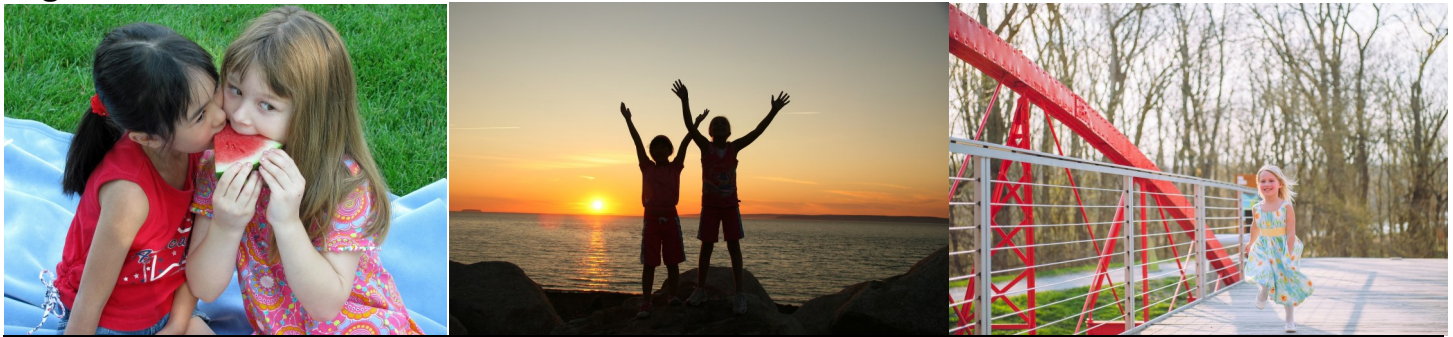
Qualifying blood work (one of the following): Hemoglobin A1C: 5.7-6.4%;

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@steubencountyny.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://rochesterymca.org/programs/diabetes-prevention/>, choose Corning from banner of locations or contact Christine Stanford by calling 585-341-4064.



2019 –2021 Community Health Assessment (CHA) & Community Health Improvement Plan (CHIP) Complete

Every three years, Steuben County Public Health and our local hospital systems — Arnot Health, Guthrie, and St. James — complete a community health assessment to determine the health needs of the community. To address these identified needs, the Community Health Improvement Plan (CHIP) is created with area partners who commit to a variety of activities to work towards improving the health of the community. The newly completed CHA and CHIP will be available by the end of the year on Public Health’s Community Health webpage at: <https://steubencony.org/pages.asp?PID=419>.

We are extremely lucky to have a large number of very dedicated partners who are enthusiastic about helping to better the health of Steuben County residents. Partners in this CHIP include the hospitals noted above, the Steuben Rural Health Network, the Southern Tier Tobacco Awareness Coalition (STTAC), Oak Orchard Health, Finger Lakes Community Health, UR Center for Community Health and Prevention, Steuben County Alcohol and Substance Abuse Services (SCASAS), the Center for Tobacco Free Finger Lakes, the Pregnancy Resource Center of the Valleys, Steuben County Suicide Prevention Coalition through Mental Health, and ProAction of Steuben and Yates, Inc. Additional support of the CHA and CHIP is provided by the S2AY Rural Health Network and Common Ground Health.

Health focus areas for 2019—2021:

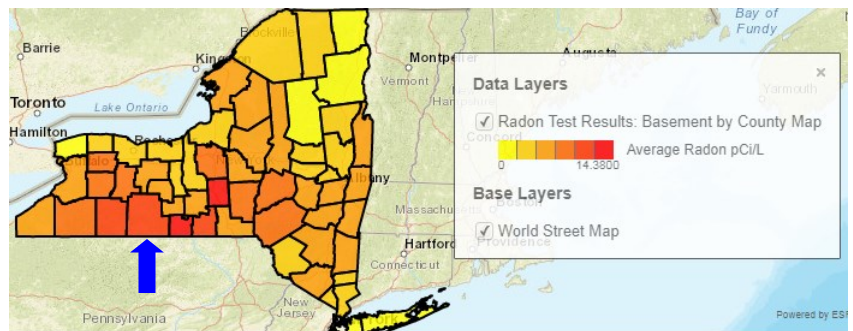
1. Child and Adolescent Health, 2. Tobacco Prevention, 3. Mental and Substance Use Disorders Prevention

January is Radon Action Month

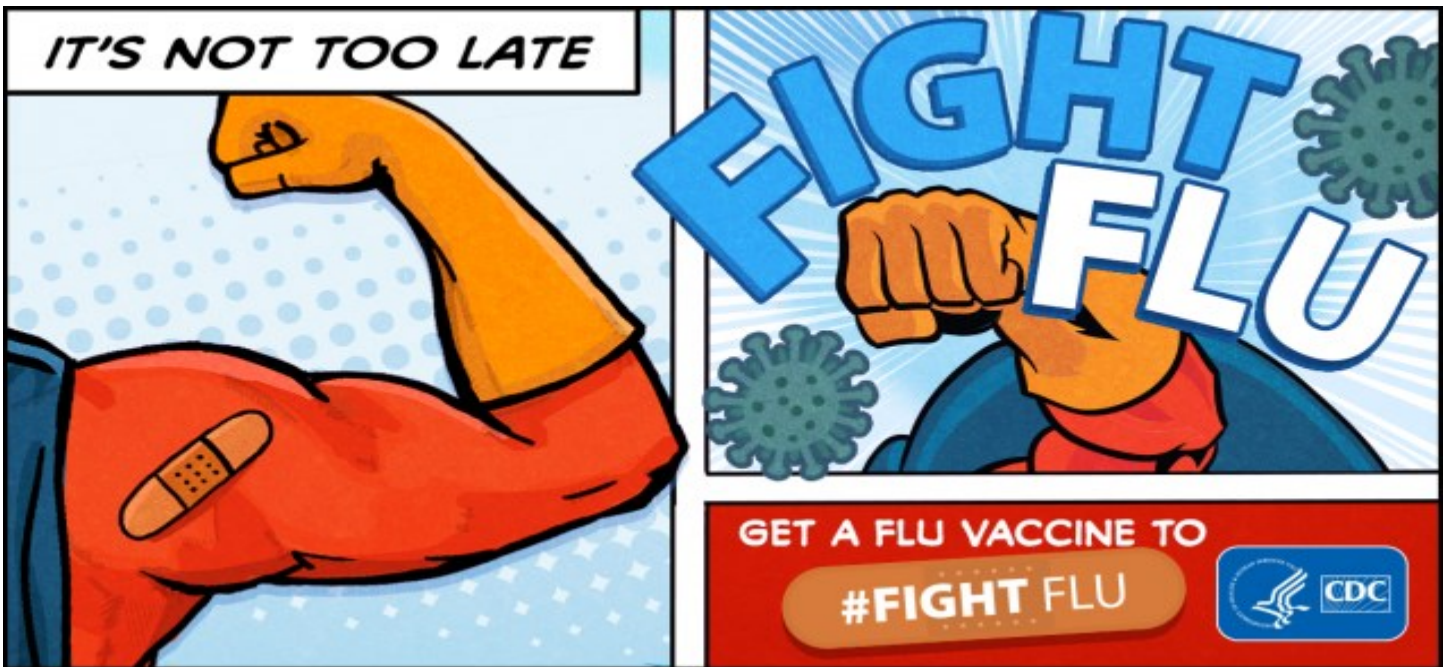
Lung cancer is the leading cause of cancer related death in Steuben County. Radon is the leading cause of lung cancer deaths among nonsmokers.

Radon is a naturally occurring radioactive gas that comes from the decay of uranium from the Earth that is found in nearly all soils.

Radon moves up through the ground and can come into homes through cracks and other small openings in foundations. Any home can have high radon levels, but the only way to find out if your home is affected is through testing. Steuben County Public Health has free radon test kits for residents.



A radon level of or above 4.0 pCi/L is considered high, and it is recommended that a system be added to keep radon out of your home to reduce exposure and risk of lung cancer. The map above shows the average radon test results in basement readings completed in each county beginning in 1987 to now. You can see Steuben is a darker orange color, indicating higher radon levels. In fact, of the 1,560 homes tested, the average radon level is 11.84 pCi/L. Get your home tested today by picking up your kit at Public Health, Monday - Friday between 8:30 am and 5:00 pm.



Support National Influenza Vaccination Week: December 1 - 7

December 1-7, 2019, is this year's National Influenza Vaccination Week (or NIVW). NIVW highlights the importance of continuing flu vaccination through the holiday season and beyond. NIVW serves as a reminder that even though the holiday season has arrived, it's not too late to get a flu vaccine.

As long as flu viruses are spreading and causing illness, vaccination should continue throughout the flu season in order to protect as many people as possible against flu. Everyone 6 months of age and older should get a flu vaccine every season. If you haven't already, it's not too late to get a flu vaccine! Along with spreading holiday cheer, gatherings can increase the risk of spreading the flu to those who have not yet gotten their shot. Flu is not the gift you want to receive this holiday season.

It's Not Too Late!

There are many reasons to get a flu shot. Flu shots can reduce your risk of flu illness, doctors' visits, and missed work and school due to flu. Even if you are vaccinated and still get sick, flu vaccine can reduce the seriousness of your illness. Flu vaccination also can help protect women during and after pregnancy and protect the baby born to a vaccinated mom for several months after birth. Flu shots also have been shown to save children's lives, prevent serious events associated with chronic lung disease, diabetes and heart disease, and prevent flu-related hospitalization among working age and older adults. Getting vaccinated isn't just about keeping you healthy; it's also about helping to protect others around you who may be vulnerable to becoming very sick, such as babies, older adults, and pregnant women.

It's not too late to get a flu shot to protect yourself and your loved ones this flu season! Find a place near you to get a flu shot with the HealthMap Vaccine Finder: <https://vaccinefinder.org/>.

Tobacco Purchasing Age Raised to 21 — The Quitline Can Help!

Contact the NYS Smokers' Quitline for support Monday - Thursday from 9 am - 9 pm and Friday - Sunday from 9 am - 5 pm. Call 1-866-NY-QUITS, visit nysmokefree.com, or find them on Facebook, Twitter or Instagram. The Quitline has trained quit coaches to help you form a quit plan and offers 2 - 4 weeks of free nicotine replacement therapies, including patches, gum, and lozenges. With tons of free resources, the Quitline is a great place to start your journey to being tobacco free.



Public Health
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Steuben County NY

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@steubencountyny.gov

**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 lwagner@steubencountyny.gov 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

STD TESTING: Uninsured county residents can get free STD testing & treatment at: **Finger Lakes Community Health** in Bath: 607-776-3063 and **Planned Parenthood** in Corning: 607-962-4686 or Hornell: 607-324-1124

TUBERCULOSIS (TB) TESTS

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